



Beef | Sun, Soil, Water, Beef?

Activities

Developed by: Gallatin Valley Farm to School (www.gvfarmtoschool.org)

Grades

Afterschool | 2nd-5th

Objective

Students will examine the relationship between animals, vegetables, and the environment. The lesson will begin with fun facts about beef in Montana. Then, small groups will be given a laminated picture of a component of a hamburger and will travel to a sunlight, soil, and water station and discuss how each component is related. *Dirt Made My Lunch* by the Banana Slug String Band may be sung to conclude the activity.

Students will be able to:

- Describe the relationship between living things, sunlight, soil, and water.
- Articulate the importance of beef to Montana

Materials

- Laminated pictures of the components of a hamburger (buns, lettuce, beef, tomato)
- Posters representing the sun, soil, and water
- Fun Facts about Beef in Montana (see HOM Classroom Bites handout)

Dig Deeper

Get more information, register, or download resources:

Aubree Roth

Montana Farm to School Coordinator

aubree.roth@montana.edu | (406) 994-5996

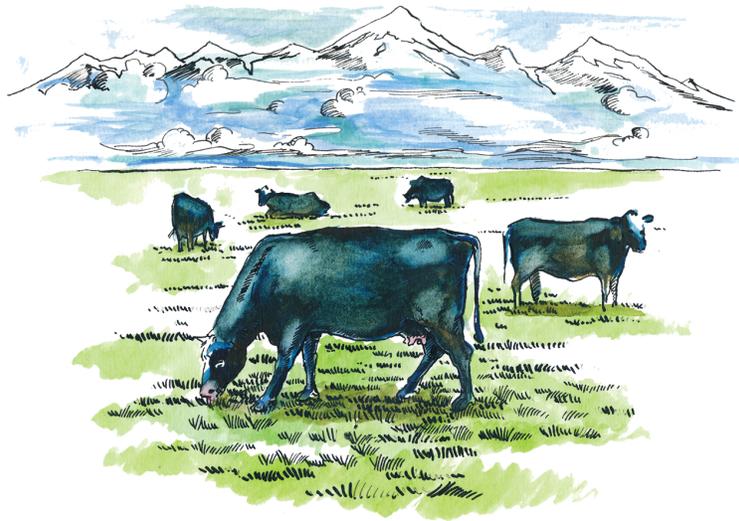
mtharvestofthemonth.org

Directions

Begin with asking students about the Harvest of the Month Program. What is it? What foods have they tried during the program? Then proceed into the activity.

- You may choose to begin with asking students questions about what they think about beef in Montana.
 - Have you ever seen a cow in Montana?
 - How many cows do you think we have in Montana? 2,550,000 (2016)
 - How many people? 1,015,165 (2016)
 - Are they all the same type (breed) of cow?

- Place posters representing sunlight, soil, and water around the teaching area.
- Ask students if they have ever had a hamburger.
 - What is your favorite kind?
 - What ingredients were on it?
 - Where did they come from?
- Explain that everything on our hamburger can be traced back to sunlight, soil, and water.
- Hand out pictures of each component of a hamburger to groups (multiple components to three groups).
- Have the groups move to each station and discuss the relationship between their ingredients and the element represented on the poster.
 - While there, ask the group to come up with a physical way to remember what they discussed (song, dance, poem, rhyme).
- Rotate all groups through each station.
- Reconvene and have the students share what they discussed and their favorite rhyme, poem, dance, or song.
- If time allows wrap up with a rousing version of *Dirt Made My Lunch* by the Banana Slug String Band.



The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, Montana Organic Association, and Montana Department of Agriculture. More information and resources are available at: mtharvestofthemonth.org.

Funds were provided in part by a USDA Team Nutrition Training grant, a USDA Farm to School grant, Montana Healthcare Foundation, Northern Pulse Growers Association, Montana Department of Public Health and Human Services, and Montana School Nutrition Association. USDA is an equal opportunity provider and employer. The Montana State University Extension Service is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach. This publication was supported by the Grants or Cooperative Agreements Numbers, 6 U58DP004818-03-01 & 5 U58DP004818-03-00, and funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the DPHHS.