**Program Delivery Record**  
**OSU Extension Staff:** ____________________  
**Revised:** 6/28/13  
**School, Teacher, Grade:** ____________________  
**Nutrition Education Program**  
**Enrollment:** Boys _____ Girls _____ Total _____

- OFNP [☑]  
- Series [☑]  
- Audience [☐] Adult  [☑] Youth  [☑] Regular Participant(s)  

<table>
<thead>
<tr>
<th>Other Staff/Volunteers assisting - name(s)</th>
<th>Date &amp; # of Minutes contributed</th>
</tr>
</thead>
</table>
| **Subject/Topic/Lesson Description** Enjoying our Healthy Harvest – 4th Grade  
Every lesson: Wash hands  
If students repeat in a subsequent year in a split class, use the alternate lessons.  
When choosing foods for the lessons, choose a balance of fruits and veggies.  
Always include a dark green and orange veggie in the series.  
Supplies that need to be ordered/purchased are in RED. You may wish to bind your Fruit and Veggie Recipe cards with black combs.  
All students get a *NEP Youth folder, set of Fruit and Veggie Recipe Cards* (FVRC), and set of *Oregon’s Healthy Harvest Cards* (OHH); *AITC Oregon Map mini-poster* (free). See Parent Newsletters for each food lesson. *Pencils* with a nutrition message for all students who complete the chart “Nutrition messages are:” Hand out pencils at last session.  
Each teacher gets an *Ag in the Classroom (AITC) poster* (free from AITC) |

<table>
<thead>
<tr>
<th>Date:</th>
<th>2014 Key Messages</th>
<th># Lesson minutes</th>
<th>Total Session/Delivery time:</th>
</tr>
</thead>
</table>
| **4th Grade Food Safety Lesson** Note: To teach Hand Washing to students that have not learned in a previous year, use the High Speed Hand Washing Lesson  
**Nutrition Message:** “Keep hands clean and food safe!”  
**Academic Activity during Intro or Hand Washing:** Post the nutrition message. Write nutrition message on chart “The Nutrition Messages are:” Hand out AITC county map. Find home county on state map, draw house in that county and write county name.  
**Parent Handout:** We Wish You Well (Eng/Span)  
Balanced Energy Physical Activity Tool Kit (BEPAT): *Find the Veggie game*  
Teacher Prep  
Extended Delivery by Teacher: Review; practice hand washing  
Writing Prompt: *Hand washing*  
**Apples are Appealing.** Shopping for *Apples*, cleaning and prep  
**Nutrition Message:** Apples are a good source of fiber.  
**Academic Activity during Hand Washing:** Post the nutrition message. Write nutrition message of the day on chart “The Nutrition Messages are:” With County Map, draw apples in counties with commercial production.  
**Food Safety Message:** Knife Safety Demo  
**Food Sample:** Apple Festival (4 varieties of apples to slice & taste)  
**Nutrition Reinforcement:** FVMM Produce Wheel  
**Parent Handout:** FVRC - Apple  
Balanced Energy Physical Activity Tool Kit (BEPAT): *Find the Veggie game*  
Teacher Prep  
Extended Delivery by Teacher: *Catch a Rainbow Every Day mini poster; Have Fun with Fruits and Veggies Word Search* pg. 21. Teacher needs one copy of *Key*, pg 36.  
Writing Prompt: *Select with a Produce Wheel*  
**Blueberries are Blue-tiful.** Shopping for *Blueberries*, cleaning and prep  
**Nutrition Message:** Blueberries are a good source of Vitamin C and  
Teacher Prep |

<table>
<thead>
<tr>
<th>1, 5, 6, 8, 11</th>
<th>Total Session/Delivery time:</th>
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</thead>
<tbody>
<tr>
<td>Antioxidants. <strong>Academic Activity during Hand Washing:</strong> Post the nutrition message. Write nutrition message of the day on chart “The Nutrition Messages are:” With County Map, draw blueberries in counties with commercial production. <strong>Food Sample:</strong> Berry Blue Peachy Sundae (recipe in lesson plan) <strong>Parent Handout:</strong> FVRC – Blueberries Balanced Energy Physical Activity Tool Kit (BEPAT): Find the Veggie game 4</td>
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<tr>
<td><strong>Teacher Prep</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Extended Delivery by Teacher:</strong> AITC: Oregon Ag: Facts &amp; Figures Writing Prompt: <strong>Family Interview</strong></td>
<td>1, 3, 5, 6, 8, 11</td>
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<tr>
<td><strong>Broccoli:</strong> The Dark Green Nutrient-Rich Machine. Shopping for <strong>Broccoli</strong>, cleaning and prep <strong>Nutrition Message:</strong> Broccoli is a good source of Vitamin C and antioxidants <strong>Academic Activity during Hand Washing:</strong> Post the nutrition message. Write nutrition message of the day on chart “The Nutrition Messages are:” With County Map, draw broccoli in counties with commercial production. <strong>Demo:</strong> Broccoli &amp; Cheese Roll-Ups (Kids’ Corner on OHH card – Broccoli) <strong>Food Sample:</strong> Italian Pasta Salad Demo the recipe with kid assistants. Or, Raw and/or Steamed Broccoli with low-fat salad dressing dip or Pico de Gallo seasoning &amp; lime juice. <strong>Parent Handout:</strong> OHH card – Broccoli Balanced Energy Physical Activity Tool Kit (BEPAT): Find the Veggie game 4</td>
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<td><strong>Teacher Prep</strong></td>
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<tr>
<td><strong>Extended Delivery by Teacher:</strong> AITC: Grown in Oregon Writing Prompt: <strong>Explain Healthy Eating</strong></td>
<td>1, 5, 6, 8, 11</td>
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<tr>
<td><strong>Carrots are Colorful.</strong> Shopping for <strong>Carrots</strong>, cleaning and prep <strong>Nutrition Message:</strong> Carrots are an excellent source of vitamin A, and a good source of fiber and vitamin C. <strong>Academic Activity during Hand Washing:</strong> Post the nutrition message. Write nutrition message of the day on chart “The Nutrition Messages are:” With County Map, draw carrots in counties with commercial production. <strong>Food Safety Message:</strong> Grater safety demo <strong>Food Sample:</strong> Carrot Jicama Salad, or Beaver Salad <strong>Parent Handout:</strong> FVRC - Carrot, OHH card – Root Vegetables Balanced Energy Physical Activity Tool Kit (BEPAT): Find the Veggie game 4</td>
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<tr>
<td><strong>Teacher Prep</strong></td>
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<tr>
<td><strong>Extended Delivery by Teacher:</strong> Veggie Power! Word scramble AITC: The ABC’s of Oregon Agriculture Writing Prompt: <strong>Life in a Garden</strong></td>
<td>1, 5, 6, 8, 11</td>
</tr>
<tr>
<td><strong>Corn is A-Maizing! or Corn-ucopia of Uses.</strong> Shopping for <strong>Corn</strong>, cleaning and prep <strong>Nutrition Message:</strong> Corn is a good source of vitamin C and fiber. <strong>Academic Activity during Hand Washing:</strong> Post the nutrition message. Write nutrition message of the day on chart “The Nutrition Messages are:” With County Map, draw corn in counties with commercial production. <strong>Food Safety Message:</strong> Keep your hands and utensils clean while assembling the recipe. Taste with a clean spoon, and then wash it. <strong>Food Sample:</strong> Critter Corn Salad (FVRC - Corn) Microwave corn in husk for 2 minutes. <strong>Parent Handout:</strong> FVRC – Corn Balanced Energy Physical Activity Tool Kit (BEPAT): Find the Veggie game 4</td>
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<td><strong>Teacher Prep</strong></td>
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<td><strong>Extended Delivery by Teacher:</strong> AITC: Oregon Ag: Facts &amp; Figures Writing Prompt: <strong>Family Interview</strong></td>
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### Teacher Prep

<table>
<thead>
<tr>
<th>Extended Delivery by Teacher:</th>
<th>Great Grains Word Scramble.</th>
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<tbody>
<tr>
<td>Writing Prompt:</td>
<td>Try</td>
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</table>

**Pare a Pair of Pears.** Shopping for Pears, cleaning and prep

**Nutrition Message:** Oregon State Fruit Pears are an excellent source of fiber and good source of Vitamin C.

**Academic Activity during Hand Washing:** Post the nutrition message. Write nutrition message of the day on chart “The Nutrition Messages are:” With County Map, draw pears in counties with commercial production.

**Nutrition Reinforcement:** Pear slicer/packer (optional)

**Food Safety Message:** Pear Slicers demo, Paring Pear Demo

**Food Sample:** Pear Party (4 varieties of pears to slice & taste)

**Parent Handout:** FVRC – Pears; Pear Board Kid’s Pear Cookbook Pear Bureau Northwest.

Balanced Energy Physical Activity Tool Kit (BEPAT): **Find the Veggie game**

### Writing Prompt: Try

1, 5, 6, 8, 11

### Total Session/Delivery time:

**Balanced Energy Physical Activity Tool Kit (BEPAT):** Find the Veggie game

### Teacher Prep

<table>
<thead>
<tr>
<th>Extended Delivery by Teacher:</th>
<th>AITC: Oregon Facts &amp; Symbols; USA Pear Maze and Word Search; Power up with Pears, pg 4 “Tag” Pear Activity booklet; Pear Bureau Northwest.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Writing Prompt:</td>
<td>Healthy Food Preparation</td>
</tr>
</tbody>
</table>

**Powerhouse Pumpkins.** Shopping for Pumpkin, cleaning and prep

**Nutrition Message:** Pumpkins are an excellent source of fiber and vitamin A.

**Academic Activity during Hand Washing:** Post the nutrition message. Write nutrition message of the day on chart “The Nutrition Messages are:” With County Map, draw a pumpkin in counties with commercial production.

**Food Sample:** Pumpkin Smoothie in a Cup

**Parent Handout:** OHH card - Winter Squash; Pumpkin Smoothie in a Cup recipe.

Balanced Energy Physical Activity Tool Kit (BEPAT): **Find the Veggie game**

### Writing Prompt: Try

1, 3, 5, 6, 7, 8, 11

### Total Session/Delivery time:

**Balanced Energy Physical Activity Tool Kit (BEPAT):** Find the Veggie game

### Teacher Prep

<table>
<thead>
<tr>
<th>Extended Delivery by Teacher:</th>
<th>MyPlate Scramble: Milk and More! Word Scramble; Ag in the Classroom: The ABC’s of Oregon Agriculture</th>
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</thead>
<tbody>
<tr>
<td>Writing Prompt:</td>
<td>Superhero</td>
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</tbody>
</table>

**Berries A-Bound in Nutrients.** Shopping for Raspberries, cleaning and prep

**Nutrition Message:** Raspberries are excellent source of vitamin C and a good source of fiber,

**Academic Activity during Hand Washing:** Post the nutrition message. Write nutrition message of the day on chart “The Nutrition Messages are:” With County Map, draw a raspberry in counties with commercial production.

**Food Sample:** Razzleberry Shiver

**Parent Handout:** FVRC - Raspberry

Balanced Energy Physical Activity Tool Kit (BEPAT): **Find the Veggie game**

### Writing Prompt: Try

1, 5, 6, 8, 11

### Total Session/Delivery time:

**Balanced Energy Physical Activity Tool Kit (BEPAT):** Find the Veggie game

### Teacher Prep

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<tr>
<th>Extended Delivery by Teacher:</th>
<th>Fantastic Fruits! Word Scramble. Ag in the Classroom: Facts &amp; Figures</th>
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<tbody>
<tr>
<td>Writing Prompt:</td>
<td>Influence</td>
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**Watermelons are Wonderful for your Health!** Shopping for Watermelon, cleaning and prep.

**Nutrition Message:** Watermelons are an excellent source of vitamin C and a good source of vitamin A.

**Academic Activity during Hand Washing:** Post the nutrition message. Write

### Writing Prompt: Try

1, 5, 6, 8, 11

### Total Session/Delivery time:
nutrition message of the day on chart “The Nutrition Messages are:” With County Map, draw watermelon in counties with commercial production.  
**Food Sample:** Seed-Spittin’ Salsa  
**Parent Handout:** FVRC – Watermelon

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<tr>
<td>Balanced Energy Physical Activity Tool Kit (BEPAT): Find the Veggie game</td>
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</table>

| Extended Delivery by Teacher: “J. Slice Fun Page,” National Watermelon Promotion Board.  
**Writing Prompt:** Goals | 1, 5, 6, 8, 11 |

| Survey: Administer at end of last lesson. Make arrangements with teacher for a slightly longer lesson. | 10 |