



Cream of the Crop

A harvest of ideas for educators

May 2019



California Foundation for Agriculture in the Classroom

Fantastic Ag Fact:

Did you know that May is BEEF month and that 98% of beef cattle is used with less than half eaten as beef?!



In this issue...

- [Teacher Feature](#)
- [Beef Seminar](#)
- [Featured Resource](#)
- [Grant Feature](#)
- [More Ways to LearnAboutAg](#)
- [Community Events for Educators and Students](#)
- [Support LearnAboutAg](#)



Attendees from our Healthy Students, Healthy Minds Agricultural Nutrition Education Seminar on a tour of Fiery Ginger Farm in West Sacramento.



Teacher Feature

Chris Lavagnino

Fourth Grade Teacher
Ronald Reagan Elementary
Madera County

Chris Lavagnino was selected as California Foundation for Agriculture in the Classroom's 2018-2019 Educator of the Year.

"I feel it is important for young Californians to realize the legacy of our state's agricultural heritage. My goal is to teach and inform them of the great bounty of crops in the

Central Valley and help them to appreciate what is available to them within easy reach."

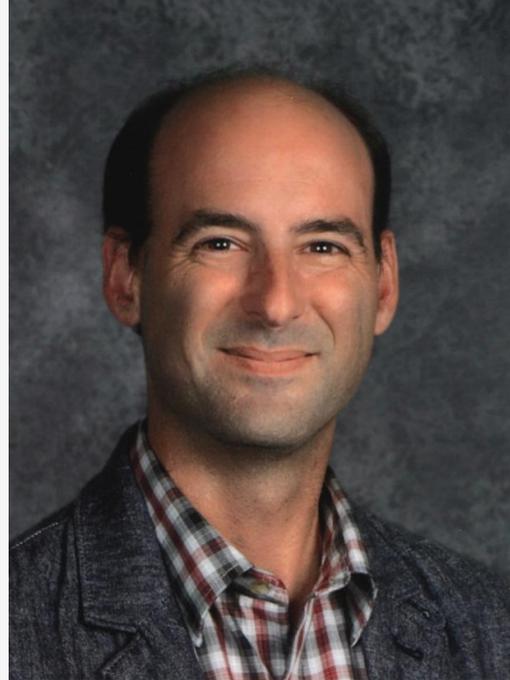
- Chris Lavagnino

What inspires you to teach about agriculture?

The fact that there is SO MUCH around us that ties into agriculture, yet most students know SO LITTLE about it astounds me. When a student makes that discovery and connection in my classroom, I feel so proud that we have all reached a better understanding of how our food grows.

Tell us about your recent teaching adventures.

We are lucky to have our own greenhouse on site where we can conduct experiments and grow plants. A few years ago, my students transplanted and grew a variety of succulents, which we entered into the Chowchilla Fair. All students won a first place ribbon! This year, I'd like to establish three raised garden boxes on our campus. These boxes will be used to generate interest in a school garden from students, staff, and the community. The boxes will be used for general classroom lessons, as well as for the after-school intervention program that focuses on English Language Learners.



Meat 'n' Greet - LearnAboutAg... Beef Seminar

take 5
It's time to get beef from farm to fork.

bountiful
www.learnaboutag.org

BEEF IT UP

If you're looking to beef up your diet, California is a great place to start. Ranked 117 of 50 countries on the Beef Production Index, California is one of the nation's leading beef states. Producing 12% of the nation's beef, California's 2.5 million head of beef cattle are worth \$1.5 billion annually. And with 130 million head of beef cattle, California is the nation's largest beef producer. So, beef it up! Beef is a great source of protein, iron, zinc, and selenium. Let's take a closer look at five essential nutrients found in beef.

- 1 PROTEIN**
After water, protein is the most plentiful substance in the body. It's essential for building muscle, repairing tissues, and maintaining the body's pH. Beef is an excellent source of protein, providing 26 grams of protein per 100 grams of lean beef. It's also a good source of essential amino acids, which are necessary for building and repairing tissues and supporting the immune system.
Daily Value provided by 3 oz. lean beef: 48%
- 2 ZINC**
Found in only a few foods, zinc is an essential mineral that plays a role in many biological processes, including DNA synthesis, protein synthesis, and cell division. It's also important for maintaining the immune system and supporting the body's ability to produce energy. Beef is a good source of zinc, providing 5 mg of zinc per 100 grams of lean beef.
Daily Value provided by 3 oz. lean beef: 10%
- 3 IRON**
Connecting to health, iron is essential. One of the most important health benefits of iron is that it's a key component of hemoglobin, the protein in red blood cells that carries oxygen from the lungs and delivers it throughout the body. Beef is a good source of iron, providing 2.6 mg of iron per 100 grams of lean beef. It's also a good source of heme iron, which is more easily absorbed by the body than non-heme iron.
Daily Value provided by 3 oz. lean beef: 12%
- 4 SELENIUM**
Although not as well-known as other nutrients, selenium is key to good health. It's essential for the production of selenoproteins, which are involved in many biological processes, including DNA synthesis, protein synthesis, and cell division. Beef is a good source of selenium, providing 15 mcg of selenium per 100 grams of lean beef.
Daily Value provided by 3 oz. lean beef: 40%
- 5 B VITAMINS**
There are eight B vitamins, and they all play a role in the body. B vitamins are essential for energy production, DNA synthesis, and cell division. Beef is a good source of B vitamins, providing 12% of the Daily Value for B12, 10% for B6, and 10% for B3 per 100 grams of lean beef.
Daily Value provided by 3 oz. lean beef: 12%, 10%, and 10%

MORE ONLINE
Beef is a Bountiful Beef. Discover how to get the most out of your beef at www.learnaboutag.org for educational resources for all ages and watch the California Beef Council's beef grading tour at www.californiabeef.com.

42 08/16/2016 10:11

We are pleased to host a beef education seminar, *Meat 'n' Greet*, on Thursday, June 13, 2019 in Sacramento for 40 educators from 8:30 a.m. - 5:00 p.m. We hope teachers will gain an appreciation for the beef industry, all that it provides our daily lives, and learn how to include beef curriculum aligned to California state standards into everyday lessons and curriculum.

Tentative Agenda:

- Meet Frank Mitloehner, renowned U.C. Davis Professor, Air Quality Extension Specialist, and chairman of the United Nations Food and Agriculture Organization, who will share his thoughts on how he is shaping the way science views the world's livestock production.
- Engage in STEM lessons and hands-on activities to LearnAboutBeef that are easy to incorporate into your classroom.
- Experience a cattle ranch tour where you will have a chance to "experience the west" and visit with real live cowboys!
- Leave with a Starter Kit of beef-focused resources including nutrition, the environment, sustainability, and agriculture literacy.

A \$25 deposit is required to secure your reservation and will be returned to you following your participation in the seminar.

[Register Today!](#)



Featured Resource

Bon à la Beef



California Foundation for Agriculture in the Classroom partnered with California Beef Council to create four professional video clips featuring elementary through high school students preparing recipes to educate students, teachers, and the public about beef, its nutritional value, and its proper handling and preparation. The student-developed recipes use easy techniques and readily available ingredients. Each of the four cooking video clips are paired with educational lesson plans that are aligned to Standards for students in grades 3-5, 6-8, and 9-12.

[Request your free copy!](#)



Grant Feature

Look at Agriculture... Organically! Grant



The "Look at Agriculture... Organically!" grants are designed to creatively enhance the understanding of organic agriculture for kindergarten through eighth grade students. Grants of up to \$1,000 will be provided to educators nationwide. These grants are made possible by a partnership between California Certified Organic Farmers Foundation and California Foundation for Agriculture in the Classroom.

[Apply Online Today!](#)

Deadline: May 6, 2019



Farm Academy Live

Farm Academy Live offers classrooms virtual field trips to farms using interactive video conference technology. Trusted by teachers since 2009, 100,000 students across 33 states and four countries have benefited from this program. This 40-minute virtual tour of a farm teaches plant and animal science in line with national science standards. The experience is enhanced by offering students the opportunity to engage in hands-on activities like ginning cotton by hand and mixing a feed ration for a dairy cow. Find out more [here!](#)

Mobile Dairy Classroom

Bring agriculture to your school with the Mobile Dairy Classroom! An assembly teaches how milk and dairy foods are produced and how they contribute to healthy eating. When you combine the Mobile Dairy Classroom with Common Core aligned nutrition lesson plans, your students learn the full story of healthy foods - from the farm to the table - and how they can make healthy choices for themselves. Find out more [here!](#)

Want to go to Arkansas this summer?

Mark your calendars for June 18-21, 2019. Attend the 2019 National Agriculture in the Classroom Conference in Little Rock, Arkansas. Surround yourself with educators passionate about agriculture. Find out more [here!](#)



For Educators

Event Name and Description	Event Location	Event Date
Life Lab Workshops	Santa Cruz, CA	Spring - Summer

Life Lab has trained tens of thousands of educators across the nation! Sign up today for one of their many workshops, spring through summer!		2019
<p><u>Powerhouse Science Center</u> For over 65 years, Powerhouse Science Center has been dedicated to partnering with educators across Northern California. Visit the center to try the hands-on labs, workshops and programs that are aligned to the Next Generation Science Standards and focus on providing opportunities for mastering disciplinary core ideas (DCIs) and Science and Engineering Practices (SEPs).</p>	Sacramento, CA	Year-Round (including summer)

For Youth

Event Name and Description	Event Location	Event Date
<p><u>El Dorado Farm Day 2019</u> Third grade classes are invited to a day of fun, hands-on experience, and agricultural lessons. Interactive displays include subjects like nutrition, land stewardship, and more!</p>	El Dorado County Fairgrounds	May 7, 2019
<p><u>Hilmar Cheese Company School and Youth Tours</u> Join us for the most fun and educational field trip in the Central Valley! Free for all public, private and home schools associated with a school district. Organized and led by trained tour guides, safe and fully accessible. All students receive free cheese samples, a hairnet, Daisy's Dairy "ABCs" and a souvenir pencil.</p>	Hilmar, CA	Year-Round
<p><u>AgVentures! Learning Center</u> Tours of the Learning Center are available year-round for elementary school students. Cost is \$3 per student.</p>	Tulare, CA	Year-Round

Show Your Support for Agricultural Literacy

Help us continue providing programs and materials that create an awareness and understanding of agriculture among California's educators and students. Make a [donation](#) today!

Stay Connected! @LearnAboutAg



Forward to a Friend