

KANSAS FARM BUREAU'S AG LEARNING ZONE

YOUTH ACTIVITY: KANSAS FARM SNACKS

OBJECTIVE: YOUTH WILL UNDERSTAND THAT KANSAS FARMERS GROW NUTRITIONAL CROPS THAT HELP KEEP PEOPLE, AND OFTEN ANIMALS, HEALTHY AND STRONG.

Vocabulary Words

- Protein – helps our body work as well as possible
- Carbohydrates – keep us alert and active
- Essential vitamins (Vitamins A, C, D, E, K, and B vitamins (riboflavin, niacin, thiamine, folate, B12, B6, niacin, pantothenic acid and biotin)) and minerals (calcium, potassium, sodium, magnesium, phosphorus, and chloride) – are necessary to help our bodies growth and develop properly.

Ks Farm Snack Lesson

Ask youth if it is important to eat healthy food. Allow time for a short discussion.

- Read “Farmers and Ranchers Care for Their Animals” to the students.
- Inquire as to who makes their meals, who makes sure they have clothes to wear and who gets them medical care when they need it? Explain that much like a parent, ranchers care for their animal’s basic needs because it’s their responsibility to be sure they are safe and healthy.
- We share many of the same nutritional needs livestock do including **protein, carbohydrates, vitamins** and **minerals**.
- Some farmers use horses as work animals (rounding up livestock) or for transportation (better access to areas hard to reach by vehicle or ATV). There are also fun things to do with horses like rodeos, jumping, racing or to ride them in fields or on trails.
- Today we are going to make a tasty snack for kids that will represent what Kansas ranchers might feed their horses.
- Present information on Handout 1 – Horse Feed (printed and enlarged).

Fun Facts About KS Farm Families

- In 2012 there were 61,773 farms in Kansas. These are the farmers who help provide the food you eat, the clothes you wear and the shelter you enjoy. They feed their families the same products they grow for everyone else.
- The average age of the Kansas farmer is 58.
- The average size of a Kansas farm is 747 acres, or about the same size as 575 football fields!

Assessments

- True or false? Farmers and ranchers help provide the food we eat and the clothes we wear.
- True or false? Healthy food is good for people and animals.
- True or false? Farmers and ranchers care for their animals every day of the year.

Hands-on Activity

- Remove lid from plastic container.
- Place small amount of “horse feed” snack into container and replace the lid.
- While enjoying your snack, remember the families who worked hard to provide the ingredients.

Suggested resources

- Handout 1 – Horse Feed
- Plastic condiment containers with lids
- Popcorn, granola, shredded wheat, M&M’s and Cheerios



KANSAS FARM BUREAU
The Voice of Agriculture®

HORSE FEED for HUMANS

Horses Eat:	Represented by:	Nutritional Need:
Corn	Popcorn	Protein/Carbohydrates
Oats	Granola	Protein/Vitamin B
Hay	Shredded Wheat	Protein/Minerals/Vitamins
Sugar Beet Pulp	M & M's	Carbohydrates
Bran	Cheerios	Protein/Carbohydrates

KS Horse Feed Crop Rankings:

Corn for grain - 9th in the US, 4 percent of the U.S. total

Corn for Silage - 1.6 percent of the U.S. total

Oats - 1.2 percent of the U.S. total

Hay, Alfalfa - 3.7 percent of the U.S. total

Hay, All - 9th in the US and 3.6 percent of the U.S. total

Hay, other - 6th in the U.S. and 3.5 percent of the U.S. total

Sugar Beet Pulp

Bran