



Consumer Focus

► by *Trisha Gedon, communications specialist*

'Farm to You' exhibit teaches children about agriculture, health

Oklahoma school children will soon be able to learn about how the foods they eat get from the farm to their dinner table and how this food is used for good health.

Promoting healthy habits

"Farm to You" is an interactive, walk-through display geared toward kindergarten through sixth-grade students. The exhibit features nine stations that take the students from the farm to the market and through the body.

Farm to You recently was unveiled to stakeholders, donors and supporters at a special presentation in Oklahoma City. The exhibit is a collaborative effort of the Oklahoma Cooperative Extension Service; 4-H; family and consumer sciences and agricultural education programs; Oklahoma State University (OSU) Department of Nutritional Sciences; Oklahoma State Department of Health Special Supplemental Nutrition Program for Women, Infants and Children (WIC) services; and Southwest Dairy Farmers.

Deana Hildebrand, Cooperative Extension nutrition specialist, says it is important for children to know where food

comes from and how their food choices are related to their health. Poor eating habits and sedentary lifestyles among Oklahoma's youth indicate the need to educate children on the importance of eating healthy and being physically active.

"The importance of the information available in this exhibit can be found in the major health issues prevalent in our target audience," Hildebrand says. "Children in kindergarten through sixth grade don't normally consume enough fruits and vegetables. They often have excessive calorie consumption and low physical activity levels, which contribute to being overweight. This age group also has a high prevalence of dental decay, low consumption of milk and dairy foods, and a high rate of smoking between adolescent and teens. Being overweight as a child increases the risk of developing diabetes and cardiovascular disease later in life. Eating habits and lifestyle practices develop early in life, so it's

important to promote a healthy lifestyle at an early age. And the Farm to You exhibit does just that."

The nine stations that make up the agricultural and health adventure include Cheeseburger Farm, To Market, Healthy Cool Café, Mouth, Stomach, Small Intestine, Muscle, Bone and Skin. Students will spend about six minutes at each station, participating in activities and learning about the relationships between agriculture, food and health.

Diana Romano, who serves as coordinator for Farm to You, says the exhibit is ready to start traveling around the state.

"Any school that wants to have the exhibit should contact their local Cooperative Extension office first," Romano says. "The county office then contacts me, and I schedule it."

The school must have a 40-foot (ft.) × 40-ft. space available, at least eight volunteers to set it up and take it down, and nine volunteers to be station presenters. Ideally, the school should have between 300 and 450 students available to walk through the exhibit.

"Many children don't know where food comes from and how their food choices are related to their health," Hildebrand says.

Recipe of the Month: Pepper Herb-Crusted Beef Tenderloin

Ingredients:

- 1 well-trimmed whole beef tenderloin roast (4 to 5 lb.)*
- Salt, to taste

Seasoning:

- 2 tsp. cracked mixed peppercorns
- 2 cloves garlic, minced
- 1 tsp. dried basil leaves, crushed
- 1 tsp. dried oregano leaves, crushed

Instructions:

1. Heat oven to 425° F. Combine seasoning ingredients; press evenly onto all surfaces of beef roast.
2. Place roast on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast in 425° oven 50-60 minutes

for medium rare; 60-70 minutes for medium doneness.

3. Remove roast when meat thermometer registers 135° for medium rare; 150° for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15-20 minutes. (Temperature will continue to rise about 10° to reach 145° for medium rare; 160° for medium.)
4. Carve roast into thick slices; season with salt, as desired.

Makes 8-10 servings.

Nutrition information per serving (1/8 of recipe), using tenderloin: 381 calories; 47 g protein; 1 g carbohydrate; 20 g fat; 104 mg sodium; 141 mg cholesterol; 5.8 mg niacin; 0.5 mg vitamin B₆; 4.6 mcg vitamin B₁₂; 6.6 mg iron; 8.2 mg zinc.

*The *Angus Journal* suggests using *Certified Angus Beef*® (CAB®).

For more tasty beef dishes, visit www.beefitswhatsfordinner.com.



“This exciting adventure will help Oklahoma children make this connection.”

More information about Farm to You is available at www.farmtoyou.okstate.edu, or by calling Romano at 405-713-1125, ext. 2122, or by e-mail at diana.romano@okstate.edu.



Editor's Note: *Trisha Gedon is a communications specialist with Oklahoma State University's Agricultural Communications Services.*



PHOTO BY TODD JOHNSON, OSU AGRICULTURAL COMMUNICATIONS SERVICES

► Diana Romano, coordinator of the Farm to You exhibit, prepares material at the Cheeseburger Farm, which is the first station of the exhibit.