Food, Fibers, and Farming



Complete at least six of the 10 activities.

1. Plant It, Eat It
Plant and care for a garden that includes at least one vegetable your family or friends can eat. Harvest your crop at the proper time, and share it with others.

2. Caring for Animals
For at least two weeks, take care of an animal, such as a chicken, rabbit, or lamb that is usually raised for food or fiber. Keep a daily record of what you did.

3. Raising an Animal
Choose an animal you would like to raise. Interview someone who raises this kind of animal or learn more about it. How would you care for the animal for two weeks? Include questions about the type and amount of food the animal eats, feeding schedules, the best living conditions for the animal, ways it gets exercise, and any special health problems it could have.

4. What's Swimming or Growing Near You?
Talk to a county cooperative extension agent, local farmers, ranchers, or people in the fishing business to learn about agriculture or fishing. Find out about food products raised in your area. Make a display showing others what you learned.

5. Down on the Farm
Spend several days living and working on a farm or ranch, either on your own or with your family or troop/group. Learn about life there by:

- Helping with work and asking questions about what you see.
- Keeping a daily journal of your experiences.

If you live on a farm or ranch, invite some girls who do not live on one to visit you. Help them experience life on a farm or ranch.

6. What Is a Food Chain?
Farmers grow plants like corn and feed them to cows and other animals, which are then eaten by people. It takes 15-17 pounds of grain and plants to make one pound of meat suitable for people to eat.

Figure out how many pounds of meat you eat each week. (If you are a vegetarian, try this for a friend who eats meat.) Then figure out how many pounds of grain it took to produce the meat you ate. Could eating less meat provide more food for people who are hungry? What do you think?

7. Take a Churn
Try your hand at food processing. Make butter, cheese, yogurt, raisins, applesauce, or a processed food of your choice.

8. Grow Sprouts
Sprout mung beans, alfalfa, or other seeds. Choose seeds that have not been treated with chemicals, and use your crop in salads or sandwiches or as a side dish.

9. Visit a Fair
Go to a county fair or other agriculture exhibit. Learn at least two new things about foods, fibers, or farming.

OR

Enter something you have grown, raised, or made from an animal or plant product in a county fair or other similar exhibit.

10. From Field to Table
Visit a food- or fiber-processing plant. Learn about the steps involved in getting the finished product from the field to you. You might visit a:

- Cannery
- Flour mill
- Cereal plant
- Feed or meal company
- Frozen food processing plant
- Wool or cotton mill
- Citrus-processing plant
- Meat-, fish-, or poultry-packing company