

# Hands-on learning

Students explore nutrition at garden

Tanya Bañuelos The Argus Observer |



ONTARIO — First graders from Alameda Elementary kicked off Thursday morning with a walk to Four Rivers Community Garden for a fun day of science, health and nutrition.

All the children took part in numerous Food Hero activities hosted by Oregon State University 4-H in Malheur County throughout the day.

To kick off the event, students played an exciting game of bucketball, followed by rotations through five stations at the garden.



The blending bike was perhaps the most popular, where students pedaled to make smoothies for their classmates. One station featured the chance to venture into the garden with a magnifying sheet and ruler to explore the many plants and vegetables.

Another station allowed students to take turns breaking down oats, wheat and barley on a hand grinder.

In keeping with the learning spirit, the students also made living necklaces and growing bracelets to understand plant botany and the needs of plants.

As part of the hands-on activities, the youths helped harvest produce from the garden. Those vegetables went to the Next Chapter Food Pantry for its fresh produce distribution.

To share their experience with family, all of the children went home with a Food Hero magnet, which they designed with their favorite fruit or vegetable, as well as their own community garden storybook.



It may have been one of the greatest school trips of the year, first-grade teacher Kisa Iseri said.

“This field trip is one of the best ones we do in the year,” she said.

“There are a lot of interactive stations for the kids to go to, they get to take things home with them, they get to make things and it makes them excited about the different foods that they’ve seen and want to eat them when they get back to school or at home,” Iseri said.