LUNCH BITES

Homemade Bird Feeder To Feed Oregon's State Bird

The school children of **Oregon** voted the **Western Meadowlark** as the **state bird** in 1927 in an election sponsored by the **Oregon** Audubon Society.

Learn how to Recycle or UPcycle your plastic bottles and empty toilet paper rolls with these super easy DIY examples of cheap, quick and simple bird feeders. Tons of fun for everyone and a good way to provide food for birds in the winter when natural seed sources are scarce.

Check out this video on how to make birdfeeders. >>>>>>>> (Open the camera on your iPad and hold over QR



code)



WESTERN MEADOWLARK
OREGON STATE BIRD





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LUNCH BITES

Chicks and Salsa

A Read Aloud Written by Aaron Reynolds

What happens at Nuthatcher Farm when the chickens get tired of the same old chicken feed? The rooster hatches a plan, of course! With a pinch of genius, a dash of resourcefulness, and a little pilfering from the farmer's garden, the chickens whip up a scrumptious snack of chips and salsa.

Hey Kids! Follow along as the rest of the farm animals try to spice things up too!

Check out this video>>>





(Open the camera on your iPad and hold over QR code)



What does a chicken have in common with a band?

Drumsticks.

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LUNCH BITES

Brussels Sprouts

FUN FACTS

- Brussels sprouts grow clustered together up and down woody stalks. The stalks can grow 45 inches tall.
 Can you measure 45 inches?
- They were first cultivated by farmers in Brussels, Belgium, which is how they got their name.
- They look like tiny cabbages and they are related to cabbages, broccoli, and cauliflower.

Check out this video starring Oregon grown Brussels sprouts>>>>>>

(Open the camera on your iPad and hold over QR code)





What do you call a kid from Belgium? A Brussels sprout!

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LUNCH BITES

MOSTLY WATER

Water is important for our bodies and our planet!
Did you know that our bodies are 70% water, and
70% of the surface of the earth is covered in water!
Use the chart to track how many glasses of water you
drink each day. (Recommended amount is roughly 5
to 10 cups depending on age).







What runs but never walks?

Water!

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Bocadillos para el almuerzo

Comedero para pájaros casero para alimentar Pájaro Nacional de Oregon

Mira este video >>>>



(Abra la cámara en su iPad y mentenga presionado el código)QR)



WESTERN MEADOWLARK
OREGON STATE BIRD



Las escuelas de Bend-La Pine es un proveedor de igualdad de oportunidades.



BOCADILLOS PARA EL ALMUERZO

Pollos y salsa

Una lectura en voz alta escrita por Aaron Reynolds

¡Hey niñas!

Mira este video >>>>>



(Abra la cámara en su iPad y mentenga presionado el código QR)







Las escuelas de Bend-la Pine son un proveedor que ofrecen igualdad de oportunidades.



BOCADILLOS PARA EL ALMUERZO

Coles de Bruselas

Mira este video >>>>>>

(Abra la cámara en su iPad y mentenga presionado el código QR)





