



WINTER 1999/2000

WELCOME!

The FFA Mission
FFA makes a positive difference
in the lives of students by developing
their potential for premier
leadership, personal growth and career
success through agricultural education.

PAL to PAL is sponsored by Kraft
Foods, Inc. as a special project of the
National FFA Foundation.



FFA Homepage: www.ffa.org

INSIDE:

2 Bread in a Bag



3 PALS Personal Growth

3 PALS Fest

4 Agriculture's Future

4 Join the Ag Day Celebration!

PAL to PAL

A Newsletter for FFA Advisors and PALS Mentors

Meeting Special Needs

THE FFA CHAPTER IN PLAIN CITY, Utah, is anything but plain. Forty-five Fremont FFA members serve as mentors to almost 300 elementary students, approximately 80 percent of whom are at risk in some way.

The elementary students are from three local schools, and each FFA member is assigned two mentees at each school. "We started four years ago with 13 students, and it just mushroomed," says Jo Egelund, one of four agriculture teachers at Fremont High School. "There were so many elementary students in our community who were interested in participating, we just had to figure out a way to make it work."

The mentors focus on helping their PALS develop basic life skills through fun, ag-related activities. As an example, in a lesson on making friends and listening, the mentors spoke about the importance of body language and facial expressions. At the end

of the lesson, the mentees and mentors drew faces on pumpkins to express different emotions. The mentees also learned how pumpkins are grown and used.

The annual holiday celebration is always a highlight. All of the PALS from each elementary school visit the high school for a Christmas Fest. The high school students provide special tours of the aquaculture lab and the greenhouse as well as the rest of the agriculture facility. They teach their mentees how to make sleeves for house plants grown in the greenhouse. Then, the mentees write letters giving their plants to someone as part of a lesson on the gift of giving. The mentees and mentors sing Christmas carols for the school administration and then receive special packets of "magic reindeer food," which consist of oats and glitter.

The PALS are instructed to sprinkle the reindeer food in their yards by 9 p.m. on Christmas Eve



Photo courtesy of the Fremont FFA Chapter Continued on page 4

ACTIVITIES

National Ag Day is March 20. You can help celebrate by teaching your students how to make bread. Look for more ideas in the PALS Activity Handbook and online.

BREAD IN A BAG

OBJECTIVE:

High school students work with their elementary PALS to make bread. During the process, they'll learn how to measure and follow instructions. They'll also learn that bread isn't made in the grocery store.

SUPPLIES:

Each group will need the following items, some of which may be shared with other groups:

- 1 package rapid rise yeast
- salt
- vegetable oil
- whole wheat and all-purpose flour
- warm water
- heavy-duty one-gallon freezer bags
- twist ties
- sugar
- non-fat dry milk
- no-stick cooking spray

If a snack is planned, you'll also need:

- hand-wash wipes
- serrated knife
- butter or margarine
- jams, jellies or other spreads
- napkins

EQUIPMENT:

- oven*
- rolling pin
- clean towels
- bread loaf pans*
- measuring spoons and cups
- timer or clock*
- pot holders*
- wire racks*

**If baking facilities are unavailable, bread may be sent home with students for baking.*

INSTRUCTIONS:

Organize participants into groups. Each group should have at least one high school student. Assign each team to a work area.

Before the activity begins, instruct all participants to thoroughly wash their hands. You may want to refer to the hand-washing activity in the Fall '99 issue of *PAL to PAL*.

Depending on the participants' ages, you may need to demonstrate how to measure flour or other procedures.

Have one team member hold the large freezer bag open. Other team members should take turns measuring and adding the following ingredients to the bag:

- 1 CUP ALL-PURPOSE FLOUR
- 1 PACKAGE RAPID RISE YEAST
- 3 TABLESPOONS SUGAR
- 3 TABLESPOONS NONFAT DRY MILK
- 1 TABLESPOON SALT

Each team should close and seal their bag, then work it with their fingers to blend the ingredients. Then, it's time to add more stuff! Open the bag and add:

- 1 CUP HOT WATER (125-130° F)
- 3 TABLESPOONS VEGETABLE OIL

Instruct each team to reseal their bag and mix the ingredients by working the bag with their fingers. When the ingredients are blended, they should open the bag and add:

- 1 CUP WHOLE WHEAT FLOUR
- ENOUGH ADDITIONAL ALL-PURPOSE FLOUR TO MAKE A STIFF DOUGH (LESS THAN 1 FULL CUP)

Have each team squeeze the air out of their bag and seal it with a twist tie near the top. They should squeeze until the bag pulls away from the dough.

Instruct one member of each team to put a little flour on his/her hands. This team member should then remove the dough from the bag and divide it into equal parts (one for each team member). Each part should be placed on a clean work surface that has been dusted with flour. Then, each team member should knead his/her dough ball for about five minutes or until the dough appears smooth and elastic. Instruct each team to cover their dough with a clean cloth and let it rest for 10 minutes.

During the 10-minute resting period, discuss what makes bread rise. Tell the group that you're letting the dough rest so that the yeast can grow. Indicate that yeast cells are living organisms and when warm water and sugar or starch are available in the yeast cells' environment, they start to multiply or bud. The yeast cells use the sugar or starch for energy and give off alcohol.



our PALS how to make
online at www.agday.org.

hol and carbon dioxide. The carbon dioxide gas is what causes the bread to rise. Have the children peek under the towels and see if they can see bubbles or holes where carbon dioxide is escaping.

Ask students where the other ingredients come from. Explain that flour is made from wheat, which is grown on farms, and that the nonfat dry milk is made from cow's milk. Vegetable oil comes from a variety of sources, most notably corn, sunflower and safflower. Sugar is made from several different plants, including sugar cane, which is grown in tropical areas, and sugar beets, which are produced in temperate climates across the United States.

When the rest period is over, you're ready to roll! Instruct each group to make their dough into rectangles by rolling it with a rolling pin on a floured surface.

When they have rectangles, instruct them to roll up the dough and pinch the ends and the long seam closed. The dough should be in a loaf shape at this point.

Instruct the participants to place their dough in a loaf pan that has been coated with a no-stick cooking spray. They should place the seam side down. Have the students cover their dough and let it rise in a warm, draft-free place for 60 minutes or until it has doubled in size. Bake the bread for 30-35 minutes at 400° F. Instruct the older students to remove the bread from the pans and set the loaves on a wire rack to cool for 15 minutes before cutting.

Source: Rising to the Occasion, Copyright 1997 National 4-H Council and Fleischman's Yeast. Adapted from Breads, MJ 1010, Members Manual, Colorado State University, Cooperative Extension Service.

PALS

PERSONAL GROWTH

PALS Fest

THE SMILES AND ATTITUDES MATCHED THE BRIGHT, SHINY DAY last fall in Louisville when more than 700 elementary students were introduced to FFA and its PALS program as part of the 72nd National FFA Convention.

The Louisville and Southern Indiana elementary students were paired with FFA members from across the country. Matt Biehl of the Lexington, Kentucky, FFA Chapter, wanted to become involved in the PALS program to help younger children. "Students need role models," says Biehl. "Positive role models will help them in their futures."

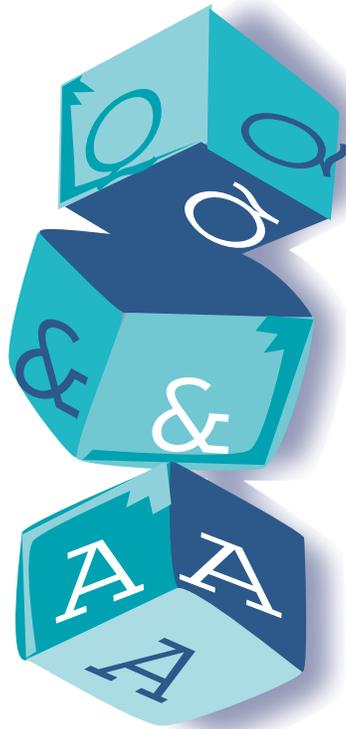
While the students were learning to make ice cream, their teachers were also learning a few lessons. Rikke Hopper, a Louisville teaching assistant, attended the conference with her fourth-grade students. "We've been studying farming the last few weeks," Hopper says. "This activity will tie in well with what they have been learning about." According to Hopper, this program gives her students a chance to see how their high school counterparts give back to the community.

The PALS Conference was sponsored by Fifth Third Bank of Kentucky, Kentucky's Electric Cooperatives and The Gheens Foundation, Inc., as a special project of the National FFA Foundation. Kraft Foods, Inc. provided lunch for all of the participants.



Photo by Jim D'Angelo

AGRICULTURE'S FUTURE



Q We frequently hear about farming troubles on the news when there is a bad storm or another country is having a financial problem. Is there any future in agriculture?

A As an industry, agriculture is certainly affected by weather and the overall, global economy. More than one-third of the products U.S. farmers produce are sold to our trading partners overseas. This means that when something happens to markets around the world, the prices U.S. farmers receive for their products can be impacted. Typically, the news media choose to highlight these stories when the news is not good.

However, there are a number of bright spots in agriculture. The world's population is growing and the overall standard of living is improving. The experts predict that global population

will grow from its current 6 billion to nearly 10 billion in the next 20 years. All of those people will require the agricultural industries' products: food, fiber and shelter. In



addition, as other countries develop their economies, their citizens are able to afford more food. In developing countries, we know that when people have the money to spend, one of the first things they buy is more food and higher priced food, such as meats, cheeses and eggs. Much of that demand is met by farmers in the United States. Thus, the market for agricultural products is increasing.



PAL to PAL is the newsletter of PALS (Partners in Active Learning Support), the National FFA Mentoring Program.

The Agricultural Education Mission

Agricultural education prepares students for successful careers and a lifetime of informed choices in the global agriculture, food, fiber and natural resources systems.

Produced by the National FFA Organization in cooperation with the U.S. Department of Education as a service to state and local agricultural education agencies. The National FFA Organization affirms its belief in the value of all human beings and seeks diversity in its membership, leadership and staff as an equal opportunity employer.

© 2000 by the National FFA Organization.

\$25 for Your PALS Program!

We pay \$25 for each idea we publish! If you have an activity idea to share with other PALS programs, send it to *PAL to PAL*, National FFA Organization, P.O. Box 68960, Indianapolis, IN 46268-0960. We hope to hear from you!

National FFA Organization

6060 FFA Drive
P.O. Box 68960, Indianapolis, IN 46268-0960
FFA Homepage: www.ffa.org

Printed on recycled paper.



MEETING SPECIAL NEEDS, CONTINUED FROM PAGE 1

so that the sparkle of the glitter and the aroma of the oats will guide Santa and his reindeer directly to their homes.

With spring, comes a series of agricultural literacy lessons. The FFA members present Food For America to all the area second graders. Kindergarten through fourth-grade students also get to visit a special petting zoo

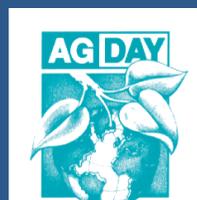
the chapter hosts and learn more about their favorite animals.

In the end, all of the students learn, grow and benefit. "It's wonderful," Egelund says. "Our students get so involved, and all of the young people learn so much. It makes all of the effort worthwhile."

JOIN THE AG DAY CELEBRATION!

AS THE WORLD'S POPULATION INCREASES, agriculture must increase production to meet the global need for food and fiber. Progressive, technologically advanced production systems are being developed to meet these needs. In addition, though, we must educate tomorrow's consumers—who are today's students—about modern agriculture.

That's what National Ag Day is all about. All kinds of organizations and companies across the United States get together and promote American agriculture during National Agriculture Week. This effort is coordinated by the Agriculture Council of America.



National Agriculture Day
March 20, 2000

In 1999, a new campaign was launched which focused on reaching students in the classroom. Based on the idea that informed consumers can make informed choices, the campaign recognizes today's students as tomorrow's consumers. "America's Largest Classroom on Agriculture" reached more than 300,000 students across the country last year.

This year, March 19-25 has been designated as National Agriculture Week with March 20 set aside as National Ag Day. What will you and your chapter do to help celebrate this special time and spread the good word about agriculture? For more information, or to order classroom kits, contact the Agriculture Council of America at 913-491-1895 or click on www.agday.org.