

# Daily Doses Of Dairy

## A Lesson on Nutrition Inside the “Dairy Group”

A lesson based on the book, Growing Up Strong, by Dan Yunk.

*This book was financed by the Kansas Farm Bureau Foundation for Agriculture on behalf of Kansas Farm Bureau, The Voice of Agriculture. It was written to educate young people, parents and teachers about where our food comes from.*

*America’s food supply is safe, affordable and abundant but also vastly misunderstood by the consuming public. It is the intention of Kansas Farm Bureau to improve the public’s knowledge about the importance of farming and ranching, and the roles they play in our quality of life.*

### **BACKGROUND INFORMATION:**

After reading Growing Up Strong, we have learned that understanding nutrition is important in order to live a long and healthy life. Today we are going to only focus on one of the food groups, dairy! Let’s learn what the difference is between the four categories of dairy products as well as what good serving sizes of dairy products are.

The USDA recommends that everybody eats foods from the dairy group everyday. Dairy food products are important to your body because they provide calcium and vitamin D. Vitamin D is extremely important because without this, your body can not utilize calcium as well. The recommended daily serving size of dairy products is 3 cups (*source: USDA, [www.choosemyplate.gov](http://www.choosemyplate.gov)*).

Something to keep in mind as you are eating dairy food products, is to select low-fat or fat-free items. Some products, such as ice cream, can be high in fat as well as calories, so using moderation is always important.

### **ACTIVITY 1: TYPES OF DAIRY PRODUCTS**

Give each student a copy of Handout 1. There are four categories of dairy products: milk, cheese, yogurt, and milk-based desserts such as ice cream and pudding. Verbally go through these categories having the students engage by giving examples to the class. After talking about each category have the students draw one food item in the circles on Handout 1.

It is important to explain to the students that eating low-fat dairy products is best. Also, staying away from processed foods such as American cheese is a healthier option.

### **LEVEL:**

2nd-3rd grades

### **SUBJECTS/STANDARDS:**

K-4th grade Health Promotion Standard 1: The students will comprehend concepts about health promotion as it relates to nutrition.

Benchmark 1: The students will identify the relationship between well-being and health related behaviors.

Indicator A: Introduce students to a balanced diet and nutrition as it relates to the MyPlate Food Guide.

### **ACTIVITY DESCRIPTION:**

Your students will discover the different types of dairy products as well as the correct daily serving amounts. A physical activity is also included to encourage physical exercise.

### **STUDENT LEARNING**

#### **OUTCOMES:**

Students will show understanding by drawing dairy products in each of the four categories as well as using math skills to complete story problems.

## ACTIVITY 2: SERVING SIZES AND MATH!

Discuss the proper serving size and daily serving amounts with the students. Show the students what 3 cups looks like using measuring cups. An easy way to show 3 cups of milk is to use water. Explain to the students to eat a variety of dairy products to make up these 3 cups each day.

Give each student a copy of Handout 2. Give them an adequate amount of time to practice their math skills. Have them show their work.

## ACTIVITY 3: RECIPE OF THE DAY!

*The students should have their personal recipe books from the previous day's lesson.*

The students should record the ingredients and the instructions as you walk them through making their snack/recipe of the day. Be sure to check for any lactose intolerant students or any other food allergies before bringing food into the classroom. The recipe of the day includes:

### Yogurt Parfaits

#### Ingredients

1/2 cup low-fat Yogurt

1/4 cup Strawberries or Blueberries

#### Directions

Wash your hands. Spoon 1/2 a cup of low-fat yogurt into a cup. Add 1/4 cup of fruit onto your yogurt. Stir together or leave separate. Enjoy! Clean your area.

## ACTIVITY 4: PHYSICAL ACTIVITY IS KEY!

*It is important to eat a nutritious diet, but also to get exercise everyday! Each lesson included in this unit will include a game or activity to get some physical movement into the student's day!*

### Milk Drop Tag!

Select one student to begin as the milk drop ("its"). The rest of the students will scatter around the playing area. On your signal, the "its" or future milk drop will attempt to tag the other players. When another student is tagged it must join hands with the milk drop and the milk drop continues to grow. These two players will now both be "its" and must stay joined together by holding hands. As more and more students get tagged they join the outside of the milk drop. At any one time the milk drop only has two hands available for tagging other students (the two end students). The object of the game is to be the last player captured by the giant milk drop.

The following are some rules to follow:

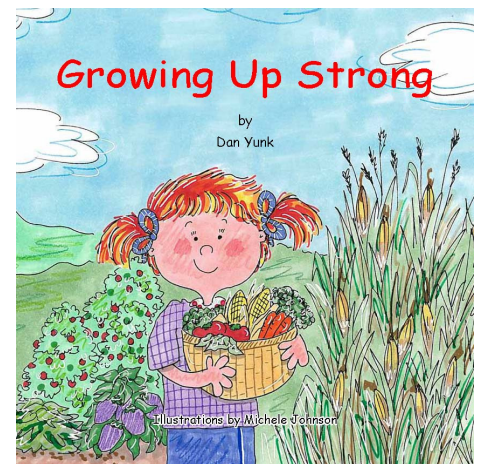
1. Only the end players of the milk drop can tag others.
2. The milk drop must remain connected to tag others.
3. Once everybody has been added to the giant milk drop, the original milk drop yells "Milk Shake!" and everybody disperses to begin a new game if time allows.

**ESTIMATED  
TEACHING TIME:**  
50 minutes

**NEW VOCABULARY:**  
Dairy Products  
Milk-Based Products  
Serving Size

**MATERIALS NEEDED:**  
Growing Up Strong  
Copies of Handout 1  
Copies of Handout 2  
Variety Measuring Cups  
Yogurt  
Strawberries/Blueberries  
Small Cups  
Spoons

**PREPARE AHEAD:**  
Make copies prior to class  
Wash the strawberries or blueberries if you would prefer not to have the students do this.

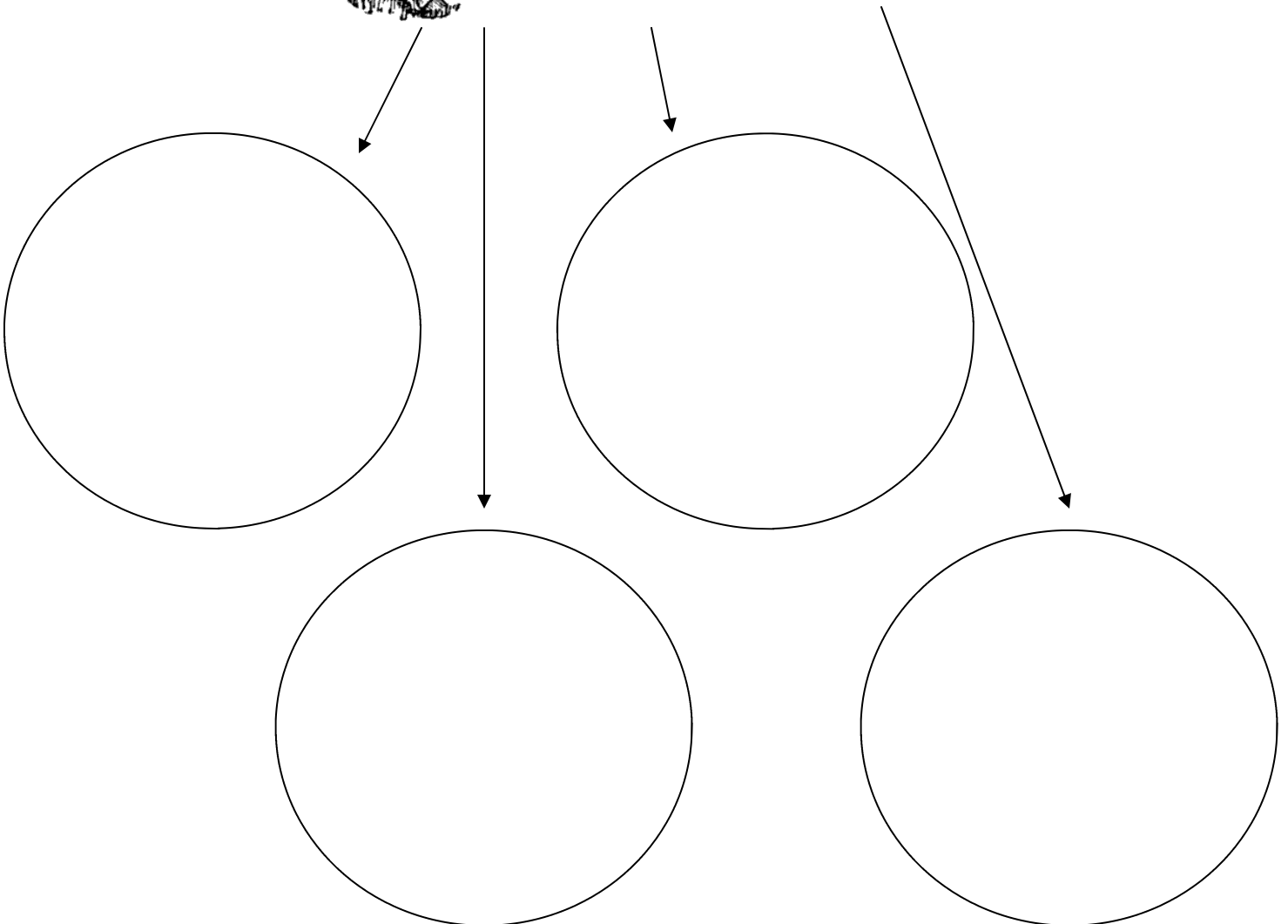
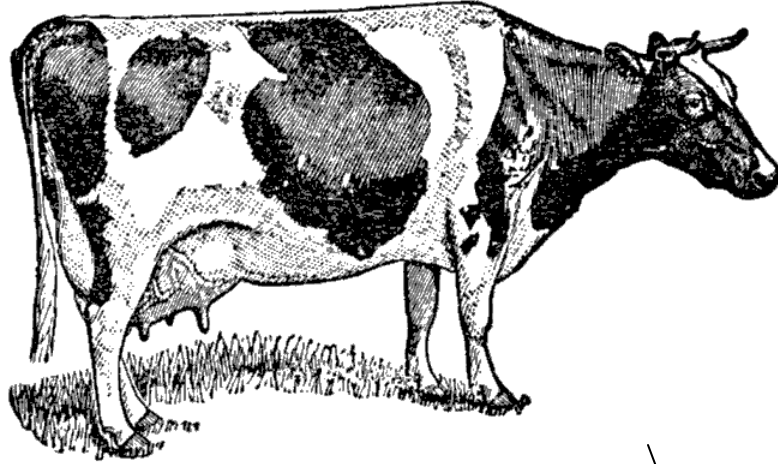


# Types of Dairy Products

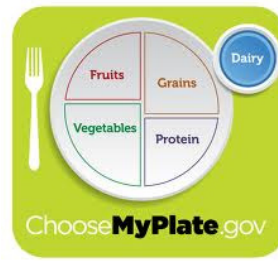
Name \_\_\_\_\_

**Directions:**

In the circles, draw a picture of a dairy product. Your teacher should tell you what the four different groups are.



# Day 4 Get your daily dairy!



Name \_\_\_\_\_ Date \_\_\_\_\_

## Directions:

Complete the story problems. Remember you are supposed to eat or drink 3 cups of dairy products a day. Please show your work!

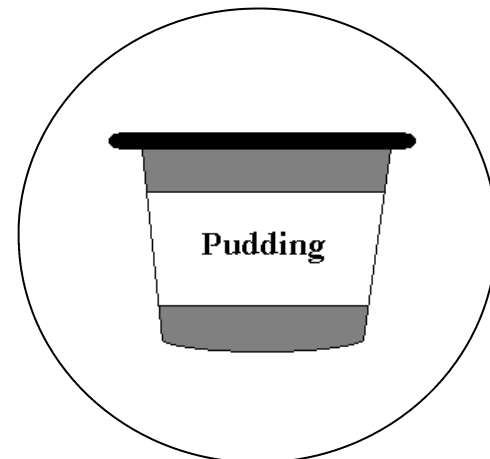
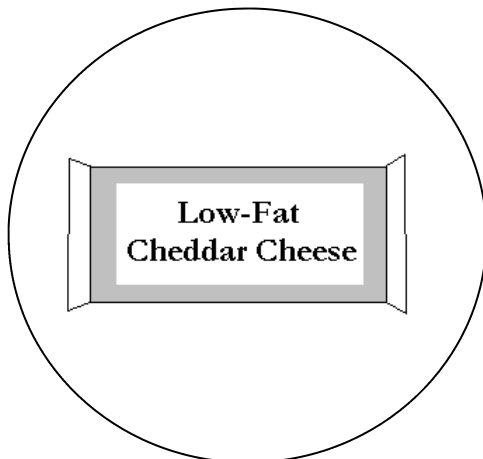
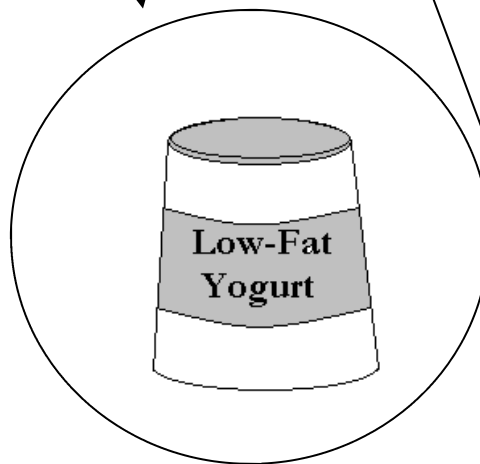
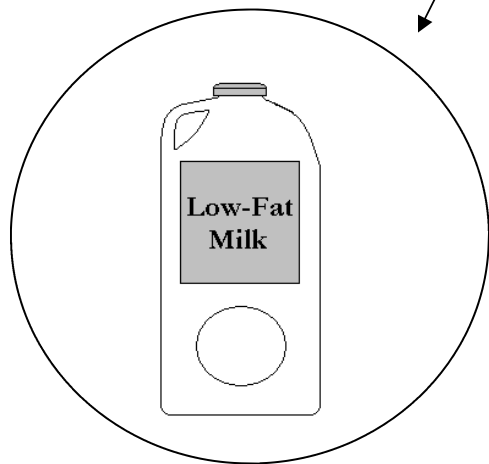
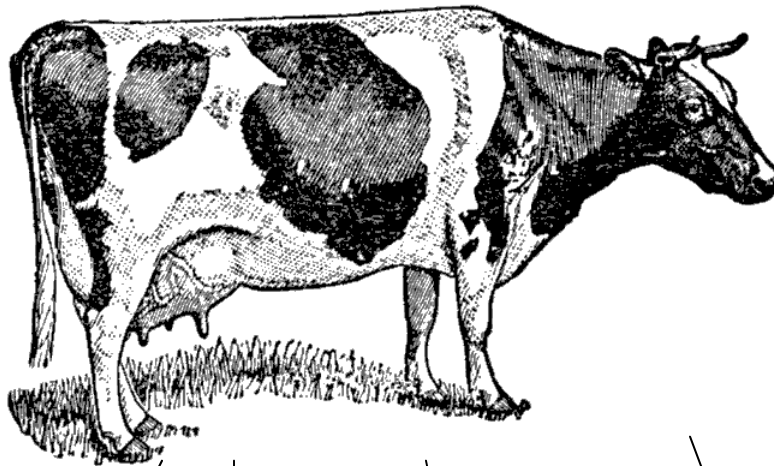
- 1. Addie eats 1 cup of milk on her cereal for breakfast. At lunch she eats 1/2 a cup of yogurt. For an afternoon snack, Addie eats 1 cup of ice cream. How many cups of dairy products has Addie eaten today? Is it enough dairy for one day?**
  
- 2. Keyon is helping his mom buy groceries. The milk they are buying costs \$2.25 and the cheddar cheese they are buying costs \$3.50. How much money will the dairy products cost total?**
  
- 3. Kailey takes a trip to the local dairy. The cows are all black and white spotted. She counts the spots on three of the cows. The first has 10 spots, the second has 7 spots, and the third has 2 spots. How many total spots are on the three dairy cows?**

# Types of Dairy Products

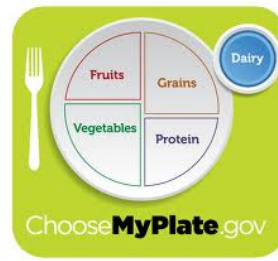
Name \_\_\_\_\_

## Directions:

In the circles, draw a picture of a dairy product. Your teacher should tell you what the four different groups are.



# Day 4 Get your daily dairy!



Name \_\_\_\_\_ Date \_\_\_\_\_

## Directions:

Complete the story problems. Remember you are supposed to eat or drink 3 cups of dairy products a day. Please show your work!

1. Addie eats 1 cup of milk on her cereal for breakfast. At lunch she eats 1/2 a cup of yogurt. For an afternoon snack, Addie eats 1 cup of ice cream. How many cups of dairy products has Addie eaten today? Is it enough dairy for one day?

$$1 + 1/2 + 1 = 2 \frac{1}{2} \text{ servings}$$

No, Addie didn't eat enough dairy today.

2. Keyon is helping his mom buy groceries. The milk they are buying costs \$2.25 and the cheddar cheese they are buying costs \$3.50. How much money will the dairy products cost total?

$$\$2.25 + \$3.50 = \$5.75$$

3. Kailey takes a trip to the local dairy. The cows are all black and white spotted. She counts the spots on three of the cows. The first has 10 spots, the second has 7 spots, and the third has 2 spots. How many total spots are on the three dairy cows?

$$10 + 7 + 2 = 19 \text{ spots}$$