

FOOD, FUN & CULTURE

Because Dragons Love Milk - OPTION 1 Dairy Lesson

by Marie Chow Illustrated by Miki Tharp

Country Featured: China



Nutrition: MyPlate Dairy Group

Physical Activity: Chopstick Pickup

Snack: Japanese Strawberry Milk

Lesson Objectives:

- Children will gain understanding of the MyPlate dairy food group
- Children will learn that foods from the dairy group provide calcium which helps build strong bones and teeth.

The lesson should be taught in this order:

- 1) Introduce food and nutrition concept and the culture showcased in book
- 2) Read a Children's story book
- 3) Talk about MyPlate or MyPlate food group
- 4) Play a physically active game
- 5) Make and enjoy a healthy snack

Required Materials:

- *Because Dragons Love Milk* by Marie Chow and Illustrated by Miki
- MyPlate Plate or MyPlate Chart or MyPlate
- Large Plastic Bone
- Plastic Teeth Puppet
- Two sets large chopsticks
- Dairy Plastic Food Models from clear plastic container with blue lid (2 glasses of milk, 2

cartons of yogurt, 2 scoops of ice cream, 3 slices cheddar cheese, 2 slices swiss cheese and 2 ice cream *Plastic food models may vary in kits.

- Plastic food models from other food groups- no combination foods. Grains plastic food models will be with the Whole Grains kit – flat clear container. Remove them for this lesson then return to Whole Grains kit for other lessons.
- Taste experience ingredients and supplies (listed in Taste Experience section)
- Inflatable globe ball

Teaching the Lesson: Begin explaining you will read a book together, talk about the culture showcased in the book, discuss MyPlate, play a fun physically active game and enjoy a healthy snack.

Sample Instructor Narrative:

We are reading a book today titled “Because Dragons Love Milk”. Show book. Can you see that there is a different language above the English title? Can anyone guess which language it is? Allow students to guess. It is Chinese! China is found all the way across the globe here. Point at China on inflated globe ball. A little boy named Tycho is going to share a glass of milk with a dragon! It is important for boys and girls from all around the world to eat healthy and be active. Milk is in the dairy group of MyPlate. Have you seen this before? Show MyPlate. This is the dairy group. Point to dairy group. MyPlate has five groups and guides us in what to eat every day to be healthy. After I read the book we will talk more about dairy foods and how they are good for your body.

Tips for reading to a group of children:

- Read the book ahead of time so you are familiar with it.
- Sit in a chair or on the floor in the center. Ask children to sit around you in a semi-circle. Ask kids to “sit on their pockets”.
- Hold book up high and slowly show it around the entire circle so all kids can see.
- Speak loudly with a clear voice – articulating voices for characters, etc., when it applies.

Tips for Increasing Engagement While Reading the Book:

Point out that the story is written in English but also with Chinese characters. Show how different Chinese writing is from English. Point out on the last page that the dragon is enjoying drinking the milk with a straw while the little boy sleeps. He is getting his dairy food!

After reading the book:

Sample Instructor Narrative:

Now we know why dragons can be cranky- their throats are sore! It's a good thing Tycho's father knew what to do by putting out a glass of milk for him! Did you notice on the last page that the dragon was drinking his milk with a straw while Tycho slept?

As I said earlier, milk is in the dairy group of MyPlate. Show MyPlate plate or poster. Notice there are five sections. Point to each section as you name it. They are: Grains, Protein, Vegetables, Fruit and Dairy. but today we will focus on dairy. Many different foods are in the dairy group.

Which other foods are in the dairy group? (Show the plastic dairy foods to prompt responses.) That's right—cheese, cottage cheese, yogurt and ice cream are all in the dairy group. What are all of these foods made from? (Let kids answer—milk!) Who knows where milk comes from? Does it come from the grocery store? From a chicken? No! It comes from a cow.

Dairy group foods are high in the nutrient calcium. Can you guess how calcium helps us? Here's a hint: it makes this part of our body nice and strong! (Show bone.) You're right! Calcium helps us have strong bones. There is another part of our body that calcium helps make strong. Everyone look at me and give me a nice big smile. Can you guess what other body part calcium helps with? What are you showing me when you smile? Your teeth! Calcium is important so we have strong bones and teeth!

Did you know that physical activity is also an important part of building healthy bones? Let's play a fun game now!

Physical Activity: Chopstick Pick Up

Supplies Needed and preparation before lesson: Two sets of large chopsticks, four bowls, plastic play foods – all dairy and some others that are not combination foods. Have at least enough foods for each child. Split dairy foods between two bowls. Separate other foods and add to bowls. Each team should have the same number of dairy foods and the same number other food group foods.

Today we will be playing a fun game called Chopstick Pick Up. Show a set of the chopsticks. Who knows what these are? Allow children to answer. In Japan and other Asian countries people prefer to use chopsticks rather than forks to eat. Just for fun, we will be using huge chopsticks to play our game.

Separate children into two teams. Place a bowl with plastic food at the beginning of each line.

Place empty bowl 6 feet or so away for each team. Give each child at the beginning of the line a large set of chopsticks.

Each team will begin with the first person in line taking the chopsticks to pick up a food. CAREFULLY WALK to the other bowl and drop it in and then carefully walk back and give chopsticks to the next person. Another version of the game - You could also have the child pick up the food with the chopsticks, drop the chopsticks in the bowl after the food is in their hand and then run the food to the other bowl and run back. The next child would pick up chopsticks in bowl to pick up food and then continue. Continue until all foods are in the empty bowl.

Following the game, the instructor will pull class together and go through foods in both bowls. Hold up foods that are in the dairy group and review which are dairy and which are not.

Healthy Snack: Japanese Strawberry Milk

Basic Recipe – Makes 4 (8 oz) servings

2 cups milk

1 cup frozen strawberries

Sugar to taste – start with 1 Tbsp and taste. Use no more than 2 Tbsp

Put all ingredients in blender and blend well. Serve immediately.

While enjoying the snack review the lesson

Strawberry milk is very popular in Japan and other Asian cultures. Strawberry milk that people purchase in Japan is often full of sugar and additives. Our recipe today was made with much less sugar and is still sweet from the taste of the strawberries, so it is healthier for us. Do you think this strawberry milk would help the dragon's parched and dry throat since he's been breathing fire? Of course, it would! Milk and other dairy foods help humans with things too! Who remembers what parts of our bodies are stronger from the calcium provided through dairy foods? Show large plastic bone and plastic teeth puppet to demonstrate.