



# FOOD, FUN & CULTURE

## Boy with the Traveling Cheese- OPTION 2 Dairy Lesson

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Country Featured: Britan, Desert Country such

as Eygyp

**Nutrition:** MyPlate Dairy Group

**Physical** Activity: Hula Hoop Roll

**Snack:** Cheese Tasting

### Lesson Objectives:

- Children will gain an 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:

- *Boy with the Traveling Cheese* by Junia Wonders and Divin Meir
- MyPlate Plate or MyPlate Chart or MyPlate Poster
- Large Plastic Bone
- Plastic Teeth Puppet
- Hula Hoops (depending on size of class – one per two children)

- Plastic play foods models that are in the dairy group (play food inside clear tall container with blue lid.)
- Inflatable globe ball
- Different cheeses to taste. For example: Mozzarella for Italy; Brie for France, Feta for Greece, Cotiji for Mexico, Gouda for Netherlands.

**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: (in italics)

*“Today we will read a book together, talk about MyPlate, make a healthy snack, and play a fun physically active game. We are learning about dairy.”*

*“We are reading a book today titled “Boy with the Traveling Cheese”.”*

Show book.

*“This story starts in Great Britain but the boy goes on many travels. As I read the story think about where you imagine he visited. My guess is one of the countries in Egypt.”*

Point at Great Britain and Egypt on inflated globe ball.

*“Boys and girls all over the world need to eat balanced meals with good nutrition. MyPlate helps us to do that.”*

Show MyPlate.

*“We are focusing on 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.
  - When he starts to roll his cheese, ask “Is it okay to roll your cheese (or any food) on the

ground? No! That would cause it to pick up germs.” Remember, this is just a story!

- When the boy finds his cheese too big for the fridge, ask the kids “Does cheese need to be kept in the refrigerator? Yes! It does.” Remember this is just a story

## After reading the book:

Nutrition: Dairy

Sample Instructor Narrative: (in italics)

*“Didn’t the boy and his cheese have a grand adventure? Which dairy food was in the book?”*

Allow children to answer cheese.

*“That’s right! Think about all of the places he took the cheese! Now remember this is just a story – would you really want to take cheese to all those places? Would it be safe to eat it afterward? In real life, cheese should be kept in the refrigerator where it stays nice and cool. What food group does cheese fit into?”*

Let the kids answer—the Dairy group.

*“Do you remember where the Dairy group is on MyPlate?”*

Hold up the MyPlate chart, poster, or plate again.

*“This is MyPlate which helps us to know how to eat in a healthy way. It reminds us that we should eat food from each of the food groups each day. Foods are divided into five different food groups: Grains, Vegetables, Fruits, Protein and Dairy. Which other foods are in the Dairy group?”*

*“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. I need a few volunteers please. Come forward and pick your favorite dairy food from these here.”*

Allow children to pick up a dairy food and show it. Ask them to explain why they like it

and ask if other children like it to raise their hands. If a child picks ice cream you may want to point out that ice cream is in the dairy foods group but is considering a less healthy food than something like milk. It is ok to eat it-just not every day.

*“Dairy foods are known for having a lot of Calcium in them. Calcium is a nutrient that is good for the body. It helps with certain parts of the body. Let me give you a hint about which parts.”*

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.*

Show teeth/mouth puppet.

*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: HULA HOOP ROLL**

In addition to the game listed below, there are many different games using hula hoops. Check some out at:

<https://www.teachingexpertise.com/classroom-ideas/hula-hoop-activity/>

Have children team up on groups of 2 or 3. Spread out as much as space allows. Attempt to roll the hula hoop to the other player(s). Do this several times. Then ask if there is an easier way to get the hula hoop from one player to the other. Allow children to try and report what they did. For example- looping hula hoop around arms to move from one person to the other. If time allows, have children time how long they can twirl hula hoop around the waist to see which team member can do it for the longest.

## **WHILE STUDENTS ENJOY THE SNACK REVIEW THE LESSON**

*“Do you remember which nutrient most dairy foods provide a lot of?”*

Allow children to answer.

*“Calcium- and what body parts does calcium make strong and healthy?”*

Show large plastic bone and plastic teeth puppet to demonstrate.

## Healthy Snack

### **Cheese Taste Test**

Purchase different kinds of cheese that represent countries- for example: Mozzarella for Italy; Brie for France, Feta for Greece, Cotiji for Mexico, Gouda for Netherlands.

Cut into small pieces and all children to taste. As you handout different cheese point to the country on the inflatable globe.

### *While enjoying the snack review the lesson*

Ask children which cheeses are their favorites? Why? Talk about texture, taste, etc. Talk about calcium and ask how it helps the body. As reminder show large plastic bone and plastic teeth puppet to demonstrate.