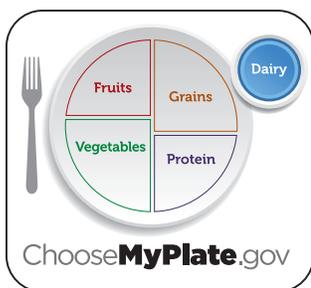
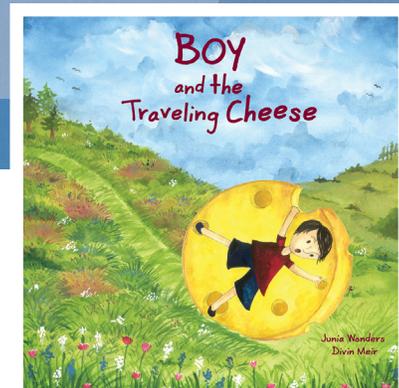


Dairy Lesson

Boy and the Traveling Cheese by Junia Wonders and Divin Meir



NUTRITION Children will learn about the MyPlate Dairy group. They will learn about different foods that are in the dairy group and why they are healthy for them.

PHYSICAL ACTIVITY Dem Bones Skeleton Dance

SNACK Dairy Parfait or String Cheese Art

LESSON OBJECTIVES

Children will be able to do the following

1. Identify foods in the Dairy group.
2. State why calcium is important.
3. Identify types of physical activity, which are also important to strengthen bones.

LESSON ORDER

The lesson should be taught in this order

1. Introduce MyPlate Dairy group
2. Read a children's story book
3. Talk about MyPlate Dairy group and nutrition
4. Play a physically active game
5. Make and enjoy a healthy snack

REQUIRED MATERIALS

- Boy and the Travelling Cheese book
- MyPlate Chart, Poster or Plate
- Plastic bone
In kit
- Blue Dairy Food Cards
From MyPlate Lesson, 6 Cards
- Physical Activity cards
Cut apart ahead of time
- Ingredients and supplies for dairy parfait or string cheese art
- Dem Bones Skelton Dance
Download on iPad mini or phone.
Video with dance movements can be found at: <https://www.youtube.com/watch?v=e54m6XOpRgU>
- Speaker for I-Pad Mini

BACKGROUND INFORMATION FOR THE INSTRUCTOR

Not to be taught as part of the lesson—this is for instructor only so he/she has background knowledge

Dairy Group: Get Your Calcium-rich Foods

Milk, yogurt, cheese and fortified soy milk are all in the Dairy group. Dairy foods are high in calcium, potassium, Vitamin D and protein. Selecting dairy foods that are low-fat or fat-free provides the same amount of vitamins and minerals with less calories and saturated fat.

Remember that cream cheese, cream and butter are not part of the Dairy group. This is because they are high in saturated fat and have little or no calcium. In order to get more calcium-rich foods, substitute plain yogurt or Greek yogurt when a recipe calls for sour cream. Try evaporated milk instead of cream. A good substitute for cream cheese is low-fat or fat-free ricotta cheese.

Chocolate milk and other flavored milks can be high in added sugars. Look at yogurts, frozen yogurt and pudding to check for sugar content as well. Look for dairy foods with no added sugars— or at least fewer.

If you are lactose intolerant you can still get calcium from yogurt, hard cheeses, lactose-free milk or soy milk and some people can tolerate small amounts (i.e., 1/2 cup milk) at meals. Incorporating non-dairy sources of calcium-rich foods, such as fortified nut milks (almond or soy), almonds, tofu processed with calcium, and leafy greens such as kale and bok choy, is another way to get more calcium.

What counts as a cup in the Dairy Group?

- 1 cup milk, yogurt or calcium-fortified soy beverage
- 1 1/2 ounces of natural cheese (about the size of 3 standard game dice) or 1/3 cup shredded cheese

Other useful information:

- 1/2 cup ice cream = 1/3 cup equivalent of dairy
- 1/2 cup cottage cheese = 1/4 cup equivalent of dairy
- 1/2 cup frozen yogurt = 1/2 cup equivalent of dairy

What about calcium fortified almond, cashew, and rice milks? With the exception of calcium-fortified soymilk, these plant based milks do not count as a dairy food. While they may provide an excellent source of calcium (if fortified) they do not have the other nutrients contained in dairy, such as protein, to be considered a dairy food.

Older children, teens and adults need approximately 3 cups of dairy a day. Children 4 to 8 years old need 2 1/2 cups; and children 2 to 3 years need 2 cups.*

**MyPlate serving recommendations for the Dairy group are based on age rather than estimated caloric needs.*

References

1. United States Department of Agriculture. (2018). Choosemyplate.gov. All about the Dairy group. Retrieved from <https://www.choosemyplate.gov/dairy>.
2. United States Department of Agriculture. (2015). Choosemyplate.gov. Dairy: Nutrients and health benefits. Retrieved from <https://www.choosemyplate.gov/dairy-nutrients-health>.
3. United States Department of Agriculture. (2015). Dietary Guidelines for Americans 2015-2020 eighth edition. Retrieved from https://health.gov/dietaryguidelines/2015/resources/2015-2020_Dietary_Guidelines.pdf
4. National Institutes of Health. (2017). Calcium: Fact sheet for health professionals. Retrieved from <https://ods.od.nih.gov/factsheets/Calcium-HealthProfessional/>

TEACHING THE LESSON

Begin explaining that you will read a book together, talk about MyPlate, make a healthy snack, and play a fun physically active game.

Today we are going to learn about the Dairy group. The Dairy group is part of MyPlate. (Show MyPlate chart, poster or plate). **Can you see where the Dairy group is on MyPlate?**

We are going to read the book BOY and the Travelling Cheese (show the book). **While we are reading the book, think about how it might be related to the MyPlate Dairy group.**

Tips for Reading to a Group of Children:

- Make sure to read the book yourself 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.”
- Read the book holding it up.
- 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.

INSTRUCTOR NOTE: BOY with the Travelling Cheese is a longer book. If you are short on time, consider skipping a portion of it. For example, you could skip the portion of the book about being famous and the part about being in the desert with his uncle. Start back up when the boy is on the ship. There are no page numbers in the book. However, if you count from the first page of text, the part about being famous starts on page 17 (with the red carpet in the background). You could skip this part until the boy is back on the ship (page 23 if counting from the first page with text) with the large ship in the background.

NOTE TO NEA: If you are concerned that the picture might look like the boy is hanging from the rope (which he is not), you might want to point out that when the package arrives on the doorstep, it is like a present that is tied with a rope around it (to clarify that the rope is not touching the boy; it just looks like that).

Tips for Increasing Engagement While Reading the Book

- When you read the letter, say to the kids, “His gift is made from milk. What could that be? What is made from milk?”
- 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

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 of 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? (Show the dairy cards 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 up 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? Ask children what physical activities they like to do. Show physical activity cards as prompts.

PHYSICAL ACTIVITY: DEM BONES SKELETON DANCE

Today we are going to dance to the “Dem Bones Skeleton” song to strengthen our bones!

- Dem Bones Skelton Dance - download on iPad mini or phone. Video with dance movements can be found at: <https://www.youtube.com/watch?v=e54m6XOpRgU>
- Speaker from kit to plug into iPad mini

NOTE TO EDUCATOR: Make sure to listen to the song several times and practice leading the dance.

NOTE: if you aren't able to use the music or video you can do the dance as a “repeat after me” activity. Sing song a verse and then ask the children to sing it back to you. Continue throughout the song.

Here are the words to the song. Move the part of the body the song is talking about in rhythm

*Dem Bones. Dem Bones. Dem Dancing Bones. Dem Bones.
Dem Bones. Dem Dancing Bones. Dem Bones. Dem Bones.
Dem Dancing Bones. Doin' the skeleton dance.*

*The foot bone's connected to the leg bone. The leg bone's
connected to the knee bone.*

*The knee bone's connected to the thigh bone. Doin' the
skeleton dance.*

*The thigh bone's connected to the hip bone. The hip bone's
connected to the backbone.*

*The backbone's connected to the neck bone. Doin' the
skeleton dance.*

*Shake your hands to the left. Shake your hands to the right.
Put your hands in the air. Put your hands out of sight. Shake
your hands to the left. Shake your hands to the right. Put your
hands in the air.*

*Wiggle, wiggle, wiggle, wiggle, wiggle, wiggle, wiggle, wiggle,
wiggle, wiggle, wiggle, wiggle...wiggle your knees.*

*Dem Bones. Dem Bones. Dem Dancing Bones. Dem Bones.
Dem Bones. Dem Dancing Bones. Dem Bones. Dem Bones.
Dem Dancing Bones. Doin' the skeleton dance!*

HEALTHY SNACK

NOTE ABOUT FOOD ALLERGIES: Check with parents before any snacks are served to see if there are any food allergies. If a snack has an ingredient known to be a common allergen such as peanut butter, make sure to have an alternative such as a low-fat ranch dip.

INSTRUCTOR NOTE: Please instruct children to wash hands prior to eating. NEA should wear disposable gloves when preparing food.

After they wash their hands, encourage children to make their own string cheese art or structure. (Note: if NEAs are touching ingredients, put on food prep gloves.)

STRING CHEESE ART

Ingredients for Skater Dude

- String cheese
- Slice of apple
- Black olives
- *Edible marker

Instructions for Skater Dude

Peel down strands from top of cheese to make hair. Pull off small amount for hands (either peel or cut). Pull string cheese in half at the bottom. Using edible marker make eyes and mouth. To make skateboard place sliced apple and two olives to plate.

*If you cannot find an edible marker, you could give children a toothpick (if they are age appropriate) and allow them to draw on a face.

Ingredients for Toadstools

- String cheese
- Cherry tomatoes
- Ricotta cheese or Greek yogurt in ziplock bag (cut a very small bit off one corner). Fill.

Instructions for Toadstools

Cut string cheese into four to five pieces. Cut cherry tomatoes in half. Place string cheese on plate. Top with halved cherry tomatoes. Pipe on dots of ricotta cheese or Greek yogurt.



Alternative recipe idea

YOGURT PARFAITS

Makes 1 sample-size parfait

Ingredients

- *Low-fat, plain or vanilla yogurt
- Sliced fruit (i.e., bananas or strawberries) or whole blueberries
- Granola or other whole grain cereal

Other Supplies

- 4-5 oz. plastic cups
- Plastic spoons

Instructions

Put on food prep gloves. To make an individual, sample-size parfait, scoop 2 Tbsp yogurt into a small (4-5 oz.) plastic cup. Add 1-2 Tbsp sliced or whole berries. Top with 1 Tbsp granola. Serve immediately.

*Instructor Note: Choose plain yogurt or check the nutrition label to find a lower-sugar flavored yogurt. Children might prefer the taste of vanilla yogurt.

WHILE ENJOYING THE SNACK REVIEW THE LESSON

Ask children:

- 1 **Do you remember what nutrient dairy foods have a lot of?** (If children don't remember– give them a hint– for example– it starts with a c or tell them it starts with cal...)
- 2 **And what parts of our body does calcium help the most?** (show bone) **That's right! Our bones. Ask children to all look at you and smile big again! And teeth! Calcium is important so we have strong bones and teeth!**
- 3 **Other than eating dairy foods high in calcium there is one more thing we can do to make sure our bones are nice and strong. Do you remember what it is?** (allow children to guess) If they need a hint say a few lines from Dem Bones. **Physical activity is important to strengthen bones. What kind of physical activity did we do today?Dancing!**

OTHER BOOKS CHILDREN MIGHT ENJOY

- **Cow** by Jules Older
- **Milk: From Cow to Carton** by Alikei
- **Farmer McPeepers and His Missing Milk Cows** by Katy Duffield
- **Moo, Moo, Brown Cow! Have you any milk?** by Phyllis Gershator
- **Yogurt and Cheeses and Ice Cream That Pleases: What Is the Milk Group?** By Brian Cleary
- **The Great Cheese Robbery** by Tim Warnes
- **Fortunately, the Milk...** by Neil Gaiman



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DAIRY PHYSICAL ACTIVITY CARDS

Copy on cardstock if possible, and cut out

