



DAIRY 1st Grade



UTAH CORE STANDARDS:

1.N.2 Identify foods and beverages that are healthy choices for the body and explain the importance of choosing healthy foods at each meal.

PE 1.3.1 Discuss the benefits of being active and exercising.

PE 1.3.2 Actively engage in physical activity during class.

MATERIALS NEEDED

- Captain CREATE puppet, Captain CREATE poster (in Captain CREATE kit)
- MyPlate Plate or MyPlate Chart or MyPlate Poster (in Food, Fun and Reading kit)
- Large Plastic Bone (in Food, Fun and Reading kit)
- Plastic Teeth Puppet (in Captain CREATE kit)
- Dairy Plastic Food Models – 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 sandwiches (in Captain CREATE foods kit – plastic tub with blue lid*). *Plastic food models may vary in kits.
- Plastic food models from other food groups- no combination foods.
- Dairy food cards (in Captain CREATE supplemental information – large clear bag)
- Taste Experience Ingredients and Supplies (listed in Taste Experience section)
- “At Home” Recipes Handout – give to each student or teacher to put in backpack to take home

OBJECTIVE 1: The students will identify what foods are included in the dairy group.

OBJECTIVE 2: The students will understand that calcium is found in dairy foods and how important calcium for our bones and teeth.

OBJECTIVE 3: The students will play some active games, reinforcing how important exercise is for our bodies.

OBJECTIVE 4: The students will build a yogurt parfait and taste different flavors of yogurt.

MYPLATE MESSAGE

Sample text for instructor is in blue font.

Hi, my name is _____ with Utah State University CREATE Better Health. This is Captain CREATE and he's here to talk about MyPlate! Hold up Captain CREATE puppet or poster. MyPlate shows the different kinds of foods we need to eat every day to be healthy. Let's count how many different sections are in MyPlate. Count with me and Captain CREATE. Point to each section on either the puppet or poster. Now let's look at this section right here. Point to dairy section on the puppet or poster. This blue section represents Dairy. Dairy foods provide calcium. I'll give you two hints as to what calcium helps with in the body. Hold up plastic bone and plastic teeth puppet. That's right! Calcium is a mineral that helps make strong bones and teeth.

Let's see if you can guess some foods that are in the dairy group from some hints I'm going to give you? This food is usually white but can be brown as well. Allow children to guess. Here's another hint, you drink it rather than eat it. That's right! Milk! Hold up the plastic glass of milk. Let's try another one. This food can be eaten sliced, in cubes or shredded. Allow children to guess. You're right, cheese! Hold up the different plastic cheeses. OK, let's try one more. This dairy food can be flavored or plain. Sometimes it is thin and sometimes it is thicker. It can even be frozen sometimes! Allow children to guess. It starts with the letter Y. Yogurt! Hold up plastic container of yogurt.

Hand out a food model to each student. Include dairy foods but also include foods from other food groups. So we know that yogurt, milk and cheese are in the dairy group. Let's see if we can figure out some other foods in this group. You were each handed a plastic food. Lift your food up high if you think it is a dairy food. Don't be worried if you aren't sure. We will look at each food together and decide. Go through food models raised and discuss if they are a dairy food. When the students hold up the ice cream scoops or sandwiches mention that although ice cream is in the dairy group, it is a sometimes food and not the healthiest of choices. Ice cream sandwiches also have cookies as part of the sandwich which are not in the dairy group.

Not only does MyPlate encourage us to make healthy dairy choices at meals and snacks, we also need to exercise. Exercise helps our bones become strong too. Let's do a quick activity. Everyone stand up. Follow me while we do a few exercises. Let's touch our toes (do activity); turn around in a circle (do activity); reach both hands to the sky (do activity); hop on one foot three times (do activity). Ok everyone, let's sit down now. How much of that could we do if we didn't have any bones? Hold up plastic bone. None of it, right? Why are bones important? Allow children to guess. If we didn't have bones then we would all be like a jellyfish or an octopus. Can you think of any more animals that don't have bones? Let's see if you can act like an animal without bones. Have all the students pretend to be a jellyfish or octopus to demonstrate what it might be like without bones. Have students sit back down at their desks. Now that we know how much easier it is to move with bones, let's talk about our teeth and how they are important too. Hold up plastic teeth puppet. Everyone show me your teeth! What did you eat for breakfast this morning? Get several answers. What could you have eaten today if you

didn't have teeth? Allow children to give some answers such as applesauce, baby food, etc. *What did you really enjoy eating this week because you had teeth?* Allow students to answer such as steak, apple, and carrots. *Just think about how important it is to have strong bones and teeth. Again, which food group is it that helps us have strong bones and teeth? That's right, dairy! Does anyone remember the name of the nutrient in Dairy foods that help us? Calcium. Now let's play a fun game!*

ON THE MOVE

Sample text for instructor is in blue font.

Preparation- Put dairy food models or cards in basket or container.

Now that we know how important dairy and exercise are to build strong bones and teeth, let's play a game.

Have students sit in a circle either in chairs or on the ground. Play in the format of duck, duck, goose. Set basket of dairy foods/cards in the middle of the circle. Ask for a volunteer. The volunteer will pick a food out of the food models in basket. Lightly touching the tops of the student's heads with the food model he or she will walk around the outside of the circle and say dairy, dairy, dairy. When the 1st student gets to a student they choose, the 1st student shouts out the name of the dairy food they are holding. The 1st student runs around the circle to sit in the spot as the second student chases after him/her. Whichever student gets to the chair or spot on ground first, sits down. The loser will pick a new dairy food and continue around the circle. Play as many rounds as time allows.

TASTE EXPERIENCE

Before giving a snack make sure you ALWAYS check for any allergies. If teaching in a school- make sure to get a list of food allergies in the school, you DO NOT need a list of students with allergies. If any child in the school has an allergy to a certain food- do not use it as part of the snack. Instruct students to wash hands before making their snack. Educators/Ambassadors should wash and/or prep the food beforehand.

Yogurt Parfaits

Before class, put a large spoonful of each kind of yogurt in each cup. Top with granola. Choose a student to help pass out the cups. Pass out blueberries/strawberries to students if desired. Have students put together their yogurt parfaits.

Ingredients/Supplies

- Clear Plastic Cups
- Plastic Spoons
- Three Flavors of Low-fat yogurt
- Small Paper Cups
- Low-fat/sugar Granola

- Blueberries/Strawberries

As students are enjoying parfaits discuss what ingredient in the parfait is from the dairy group. Ask students to list other dairy foods. Hold up plastic food models as you discuss. As you hold up ice cream mention that although ice cream is in the dairy group, it is a sometimes food and not the healthiest of choices. Ice cream sandwiches also have cookies as part of the sandwich which are not in the dairy group.