



## DAIRY 2<sup>nd</sup> Grade



### UTAH CORE STANDARDS:

2.N.1 Identify food and beverage choices that contribute to good health.

PE 2.5.1 Recognize the value of a healthy balance between nutrition and physical activity.

### MATERIALS NEEDED

- Captain CREATE puppet or Captain CREATE poster (in Captain CREATE kit)
- MyPlate Plate, MyPlate Chart or MyPlate poster (in FFR 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.
- Cardboard Dairy food models – cut out before lesson (in Captain CREATE supplemental kit- large clear bag given at winter regional training)
- Two sets rubber poly spots (only red, green, blue and yellow in Food, Fun and Reading kit)
- Two small paper grocery bags
- Two small baskets and two larger containers or baskets
- Six small soft balls (in Captain CREATE kit)
- ½ sheet colored Green and Yellow pieces of paper - one set for each student
- Large Plastic Bone (in Food, Fun and Reading kit)
- Plastic teeth puppet (in Captain CREATE kit)
- 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 which dairy foods and drinks provide the most nutrition and are healthiest.

**OBJECTIVE 2:** The students will learn how both nutrition and physical activity are needed for good health through playing fun physical activities in the classroom.

### MYPLATE MESSAGE

*Sample text for instructor is in blue font.*

Have you seen this image before? Hold up MyPlate poster, chart or plate. Allow students to answer. MyPlate is separated into five food groups that gives us some good ideas as to what to eat every day to be healthy. Today we are going to talk about a specific food group. The foods in this food group help us to have healthy bones and teeth. Hold up plastic bone and plastic teeth puppet. Can you guess which food group it is? Allow children to guess. Hold up Captain CREATE puppet or poster. Point to dairy section on the puppet or poster. This blue section represents dairy. Dairy foods and drinks provide calcium. Calcium is a mineral that helps make strong bones and teeth. Show plastic bone and plastic teeth puppet again. We need to eat and/or drink dairy foods every day to stay strong and healthy. Let's look at some dairy foods together.

Display a grocery bag in front of the class and the blue poly spot that represents dairy. Inside the bag are different dairy food cards or model foods. Choose one student to come up and pick a card or model food out of the bag. Choose without looking. The student then shows it to the class and tells them what dairy food it is. Ask if the student has tried the food or drink before and what they liked or didn't like about it. The student places the card or model food on the blue poly spot at the front of the room. Have the rest of the students take turns picking their food or drink out of the bag until all students have picked one and placed it on the blue poly spot.

Alternative activity- hand out a dairy food to each student. Ask students to raise their hands if they have tried the dairy food. Did they like it? Why or why not. Collect all dairy food models and place on blue poly spot.

Have a student help you pass out a green and yellow piece of paper to each student in the class. Do you think some dairy foods are healthier for us than others? We are going to play a game called Go/Slow. This green paper means Go! The dairy food is an everyday food. The yellow paper means slow- that a dairy food shouldn't be eaten everyday but is a "sometimes" food.

Let's practice. If you think this food is a Go food raise the green paper. If you think it is a slow card- raise the yellow. Hold up a chocolate milk card and see what color paper green/yellow the students raise up. Now let's look at the next food. Hold up the regular milk card or food model and see what paper green/yellow the students raise up. Which of these two foods do you think is healthier for our bodies? Place the yellow poly spot and green poly spot on the front desk next to the blue poly spot. Chocolate milk isn't as healthy. Do you know why? Allow students to answer. Due to the added sugar chocolate milk is less healthy. Now, class, I am going to choose a dairy food from this pile on the blue spot and I need you to help me figure out which color dot, green or yellow, I should put it on. Do you remember what green stands for and what yellow stands for? Students answer. That's right!! When I hold up a food card/model, raise up your colored piece of paper really high, to help me know where to put the dairy food. Are you ready? Any questions? All right, let's get started. Hold up the first food card or food model and have the class help you decide which dairy foods go on each poly spot. The healthier choices would go on the green poly spot and the less healthy would go on the yellow spot. Continue until all dairy foods are separated into the right category.

Educator/ambassador Note: Suggested SLOW foods: plastic ice cream scoops, ice cream sandwich (explain that the sandwich also contains the cookies which are not in the dairy group), cardboard milkshake, frozen yogurt, strawberry milk, chocolate milk, ice cream. Fruit yogurt is less healthy than lowfat plain or Greek yogurt.

That was so much fun and you all did such a great job helping me decide which dairy foods are a GO everyday food and which ones are a SLOW sometimes dairy food. It is so important to make healthy choices with our foods and drinks. Healthier foods make your bodies feel like you have more energy that lasts longer, whereas less healthy foods with more sugar in them, make our bodies feel tired and sluggish, especially if we eat too much of them.

## ON THE MOVE

*Sample text for instructor is in blue font*

Educator/Ambassador Note: There are a total of 30 dairy food plastic and cardboard models. If you have more children than 30- you will need to adjust the game.

Dairy is such an important part of our health. What else is an important part of being healthy? Students answer. Exercise! Exercise is another really important thing that helps us to be healthy and strong. What is exercise? Am I exercising right now? Suddenly stop moving and freeze. Let students answer. Am I exercising now? Run in place quickly for a few seconds. Exercise helps our bones stay strong and our hearts healthy. It can also be very fun. What activities do you do with your friends or family that get you moving and are fun? Allow students to give some answers. What kinds of team sports do you play? Allow students to give some answers.

Well class, we are going to play a game now and it is going to be super fun and active. We are going to divide this whole class into two teams and form two lines. Divide the class and line them up. At the beginning of each team's line I am going to place a blue poly spot. Place each blue poly spot down in front of each line. Now, I am going to put one grocery bag full of several dairy food cards/models (some healthy and some less healthy next to each blue spot. I have a green and a yellow color spot that I will place across the room, one set for each team. Remember the green spot is for every day dairy foods like regular milk and the yellow spot is for sometimes dairy foods like ice cream. I am also setting up, next to the green and yellow color spots, a basket with three balls inside. A little further will be another basket that is empty. Set up the grocery bags, the color spots and the baskets, one filled with three balls and one empty. Set this up for both teams, so they can play at the same time and race each other. You might ask some students to help set up the game.

Now that the game is all set up, let me explain what we are doing. When I say go, the first person in each line will reach down and choose a dairy food card/model. You will need to look at the dairy food and decide if it is a go (green spot) or slow (yellow spot) food. If you aren't sure, you can ask your team for help. You will then need to run down and place the food on either the yellow spot (slow) or green spot (go). Once you place your food where you think it belongs, reach down and grab a ball from the basket. You are trying to shoot a basket into the empty basket in front of you. You have three tries to make a basket. Once you make a basket,

you can race back to your team and tag the next player on your team to go. If you miss all three tries, you can still run back to your team and tag the next player, but you have to try at least three times to make a basket before racing back to your line. Once every person on your team has chosen a food and made or attempted to make a basket, your whole team can sit down and raise your hands. That way I can know who finished first. Are you all ready? Do you understand what we are doing? All right! Ready, Set, Go!! Play the game until all of the students have had a chance to choose a dairy food and made a basket or tried to make one. Make sure to have enough dairy foods for each student in each team. Remember to return the balls to the first basket to be ready for the next player, after the students try to shoot their balls into the basket. You might want to ask some students not having a turn yet, to help pick up the balls.

WOW! You all did so well and were so fast. I bet your hearts are pumping which is so super good for your bodies. Now, let's take a look and see how you did in identifying which dairy foods are GO foods and which are SLOW foods. Discuss with the class how they did in separating the healthy and less healthy dairy foods. Great job everybody!

## **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.*

### **Orange Froth**

Today, we are going to make an orange froth. Watch as I add ingredients because I'll be asking you which are in dairy food group while we enjoy the treat. Set up blender and other supplies to make smoothies in front of the class. If you wanted, you could ask a few students to help make the smoothies. Pour a small amount of the smoothie into small plastic cups, one for each student. Ask a few students to help pass them out to the class.

#### **Ingredients/Supplies**

- Calcium fortified frozen orange juice
- Vanilla Greek Yogurt
- Milk
- Vanilla flavoring
- Ice
- Blender
- Small plastic cups (straws optional)
- Spatula/mixing spoon
- Measuring cups/spoons

#### **Directions**

Mix all ingredients together in a blender. Add more milk if smoothie is too thick.