



DAIRY 3rd Grade



UTAH CORE STANDARDS:

3.N.2 Identify healthy foods, including snacks, in appropriate portion sizes.

PE 3.3.8 Compare the balance of good nutrition and physical activity.

MATERIALS NEEDED

- Captain CREATE poster or puppet (in Captain CREATE kit)
- MyPlate Plate, MyPlate Chart or MyPlate Poster (in Food, Fun and Reading kit)
- 11 x 17 A-Z Dairy Food List Poster (in Captain CREATE supplemental kit – large clear bag given at winter regional trng)
- Dairy Foods Cards – Cut Out ahead of time** (In Captain CREATE supplemental kit – large clear bag given at winter regional trng)
- White board and dry erase markers
- Large Plastic Bone (in Food, Fun and Reading kit)
- Plastic teeth puppet (in Captain CREATE kit)
- Plastic heart (In Captain CREATE kit)
- “The World of Cheeses” (In Captain CREATE supp. kit given at jan trng)
- 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

MYPLATE MESSAGE

Sample text for instructor is in blue font

Educator/Ambassador Note- Before class hang up black pocket chart. Place Healthiest Title Sign at the top and Less Healthy Title Sign towards the bottom.

Hi, my name is _____ with Utah State University CREATE Better Health. Today, I would like to talk about a certain food group. This is Captain CREATE (show puppet or poster). Can you tell me what food group you think this section of MyPlate is for? Point to the blue dairy section on Captain CREATE’s tummy on poster or puppet. Students raise hands to answer. This blue color space is for Dairy! Dairy is very important for our bodies to have. It provides us with calcium, which is a mineral that helps our bones and

teeth become strong. When we don't get enough calcium in our diets, our bones and teeth can become weak.

Did any of you eat any dairy foods for breakfast this morning? Have a student volunteer to come to the front of the class if a dairy food was part of his or her breakfast.

Once the student tells the class what dairy food he/she ate for breakfast, have him/her pick the dairy foods card that best describes it. Now that you have told us what dairy food you ate for breakfast and you found it in our food cards, I want you to think about where we should put it. Should we put it at the top, under the Healthy Choices section or lower down under the Less Healthy choices section? For example, chocolate milk would be listed under less healthy choices and regular milk would be listed on the top under healthy choices. It can sometimes be tricky to choose so we can all help you figure it out if you need help. Have you decided? Place it under where you think your dairy food should go.

Ask another student volunteer to come up and ask him/her what kinds of dairy foods he/she ate for lunch yesterday or might eat today? Repeat the process from the first student. As time allows, continue to ask several students to do the same until there are a good variety of dairy foods in the plastic pockets. Why do you think some answers are on the top and some are on the bottom? Allow students to give some answers. Healthier foods are everyday foods – while dairy foods like ice cream as a sometimes food.

Now let's talk about how much dairy is recommended daily. Did you know it depends on how old you are? Do we have any 8 year olds in class? Allow children to raise hands. You will need 2 ½ cups from the dairy group each day. Now- most of you are probably 9 year olds, right? How many cups do you think you need? Allow students to guess. You need 3 cups from the dairy group each day! Educator/ambassador: you may want to show an example of what 8 oz. of milk or yogurt looks like, or what a serving size of cheese looks like using measuring cups and/or dice.

Does it seem like 3 cups of dairy is a lot to eat each day? Let's take a look at a daily menu. I'm going to write breakfast, lunch, dinner and snack on the board. Then I will ask a volunteer to come up and pick a healthier dairy food to put under one of the meals. I will ask several of you to put dairy foods under meals until each is represented. Discuss what other foods could be eaten with the dairy foods. Count up the cups from the dairy group to show how easy it is to get 2 ½ - 3 cups a day.

Foods in the dairy group provide calcium and protein to the body. Can you guess what calcium does for the body? Let me give you a couple hints... Show plastic bone and plastic teeth puppet. We know that protein helps to build strong muscles, right? Is this also a muscle? Show the plastic heart. So remember to eat foods in the dairy group to help build strong bones, teeth and muscles!

Some people can't drink milk but get their calcium in other foods and drinks Briefly discuss how people with milk allergies can get calcium from other foods such as calcium fortified orange juice, calcium fortified soymilk, rice milk, nut milks, broccoli, canned salmon, fortified breakfast cereals, spinach, almonds and dry beans. Did you

know that we could get calcium from these other foods? It is important to eat a wide variety of foods to make sure our bodies get the vitamins and minerals that we need to stay strong and healthy.

Hang up the 11 x 17 poster of the A-Z Dairy Foods List so it easy to see. Now, we are going to play a game to learn more about different foods that are in the dairy food group - some may be mysterious and you haven't heard of them! There are many kinds of cheeses listed. As our snack today we will be doing a cheese tasting party – one or more of these cheeses may be included. We are also going to get some exercise. This poster has some ideas of different dairy foods listed from A-Z. Let's go over them quickly so you are familiar. As I am reading off the list- take special notice of the letter which your name starts. We will be playing a game and you will need a dairy food that starts with your name.

Educator/ambassador Note: You can familiarize yourself with the different cheeses by looking at “The world of cheeses” pages. Consider purchasing one or more of the cheeses if you can find them and they are affordable.

Additional note: Whey is the liquid remaining after milk has curdled and strained. It is used to commercially to make some cheeses.

A-Z Dairy Foods List

(A- aged cheddar; B-brie cheese; C-Cheddar cheese; D-Dried milk; E-Evaporated milk; F-Frozen yogurt; G-Goat Milk; H-Havarti cheese; I-Ice Cold Milk; J-Jack cheese; K-Kummin Cheese; L-Low Fat Milk; M-Mozzarella Cheese; N-Nut Rebel Cheese; O-Organic Pepper Cheese; P-Pudding; Q-Queso jalapeno cheese; R-Ricotta cheese; S-Soy Milk; T-Tillamook Cheddar Cheese; U-Urda Cheese; V-Vanilla Ice Cream; W-Whey; X-Xtra cheese; Y-Yogurt; Z-Zimbro cheese)

ON THE MOVE

Sample text for instructor is in blue font

We are going to play a game about foods in the Dairy food group. Each of you will have to come up with an action that starts with the first letter of your name and a dairy food that starts with the first letter of your name. For example my name is Heather (insert your name here) and I love to hop and eat Havarti cheese. Heather, Hop, Havarti. Now, let's all hop as we say Heather Hop Havarti. Each of us will take a turn going around the room and telling the class our name, action and dairy food and we'll all repeat what you say and do the action. Depending on space, students can stand in a circle or stand up and take a step back from behind their desk.

For example “Jumping Jenny Jalapeno Cheese” jumps up and down, “Crazy Chris Cheddar cheese” dances fast and crazy, “Turning Tommy Tilamook cheddar cheese” turns around and around, “Stepping Stephanie Soy Milk” steps and steps in place (or around the room if there is space), and so forth. For those students struggling with the action word, just skip it and have them choose any action when they say their name. I'll start with my action, name and food. (Demonstrate) Now let's repeat my action, name and food altogether. Next, the person on my right says his/her action, name, and food

and we will all repeat that too, plus mine! Give everyone a chance to give their name, action word and dairy food and try to repeat the ones that came before (the class can help with remembering). The last student must remember all of the other students' names, actions and dairy foods but remember, the class can help. You can also help the students if they can't remember. Have fun with it!

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. If possible instruct students to wash hands before making their snack. Educators/ambassadors should wash and/or prep the food beforehand.

Cheese Tasting

There are a lot of different kinds of cheeses in the world. We are going to taste test five different cheeses and you can decide which one you like the best. Ask a student or two to help pass out the baggies of cheeses (which have been cubed and cut up beforehand) along with some toothpicks. The students take the cheeses out of the bag and place them on their plate. You will know what the names are of the different kinds of cheeses that are on their plates. Okay class, now that you have your different kinds of cheeses displayed on your plate, let's try the yellow one first. Use your toothpick carefully to pick up the yellow cheese that looks like this (teacher holds up cheddar cheese). Look at it, smell it and then let's taste it. What type of cheese do you think this is? Students make guesses. This is cheddar cheese. What do you think of it? Continue on in the same way, with all five cheese samples. Possible options could be Swiss, mozzarella, Feta, Havarti, Pepper jack and Gouda. Select a few cheeses that are unusual and that students may not have tasted before. Use "The World of Cheese" Packet to show students some different cheeses from around the World.

An optional learning activity, if time allows, you could make a chart/bar graph to place up front and mark down how many students liked each type of cheese. Then have students raise their hands to vote on their favorite cheese. You could mark their answers on the board to see which type of cheese, the kids like the most. This could be a fun visual for the students.