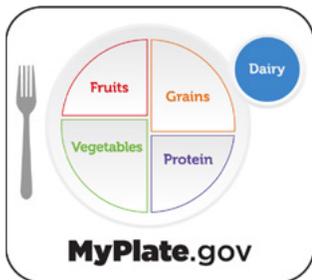


# Dairy Lesson

**Boy and the Traveling Cheese** by Junia Wonders and Divin Meir

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**NUTRITION** Dairy Foods Group

**PHYSICAL ACTIVITY** Skeleton Dance

**SNACK** String Cheese Art, Yogurt Parfaits

## LESSON OBJECTIVES

### Children will be able to do the following

1. Identify several foods that are in the Dairy Foods Group.
2. State a nutrient that is found in dairy foods.
3. State why that nutrient (calcium) is important for their body.

## LESSON ORDER

### The lesson should be taught in this order

1. Introduce the MyPlate Dairy Foods Group.
2. Read a children's storybook, "Boy and the Traveling Cheese."
3. Talk about the MyPlate Dairy Group.
4. Play a physically active game.
5. Make and enjoy a healthy snack.

## REQUIRED MATERIALS

- “Boy and the Traveling Cheese” storybook by Junia Wonders and Divin Meir.
- MyPlate chart, poster, or plate.
- Plastic bone.
- Plastic mouth and teeth puppet.
- Plastic play dairy foods from the MyPlate plastic food play set.
- Physical activity images.
- Ingredients and supplies to make String Cheese Art or Yogurt Parfaits.
- The Skeleton Dance by Super Simple Songs available to stream using the internet or mobile device.

## TEACHING THE LESSON

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

*“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 the Dairy Foods 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 Traveling Cheese.’ While we are reading the book, think about how it might be related to the MyPlate Dairy Group.”*

Read the Book

**INSTRUCTOR NOTES:** “Boy and the Traveling 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 the text, the part about being famous starts on page 17. You could skip this part until the boy is back on the ship (page 23, with the large ship in the background).

### Nutrition:

*“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 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?”*

## 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.

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 every day. Foods are divided into five different food groups: Vegetables, Fruits, Protein Foods, Grains, and Dairy. Which other foods are in the Dairy Group?”*

Show the dairy play foods to prompt responses.

*“That’s right—cheese, cottage cheese, yogurt, and ice cream are all in the Dairy Group. What are all 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 the plastic 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!”*

Show the mouth and teeth puppet.

*“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? What physical activities do you like to do?”*

Show physical activity images as prompts.

## PHYSICAL ACTIVITY: DEM BONES SKELETON DANCE

*"Today we are going to dance to the song "The Skeleton Dance" to strengthen our bones!"*

On an iPad or phone, show or stream the song or video The Skeleton Dance video by Super Simple Songs on YouTube.

### INSTRUCTOR NOTES:

Make sure to listen to the song several times and practice leading the dance. If you can't use the music or video, you can do the dance as a "repeat after me" activity. Sing the song 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

## INSTRUCTOR NOTES:

- Regarding allergies: Check with teachers and 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.
- Please instruct children to wash hands prior to eating.
- Instructors should wear disposable gloves when preparing the following recipe(s).

## STRING CHEESE ART: SKATER DUDE OR TOADSTOOLS



### Ingredients for Skater Dude

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

### Instructions for Skater Dude

1. Peel down strands from the top of the cheese to make hair.
2. Pull off a small amount for hands—either peel or cut.
3. Pull string cheese in half at the bottom.
4. Using edible marker, make eyes and a mouth.
5. To make the skateboard, place sliced apple and two olives on the 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.*

## STRING CHEESE ART: SKATER DUDE OR TOADSTOOLS

### Ingredients for Toadstools

- String cheese
- Cherry tomatoes
- Ricotta cheese or Greek yogurt in a zip-top bag. Cut a very small bit off one corner to make a piping bag.

### Instructions for Toadstools

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



### STRING CHEESE ART NOTES:

1. After they wash their hands, encourage children to make their own string cheese art or structure.
2. If instructors are helping with open ingredients, they should be wearing food prep gloves.

## Alternative recipe idea

### YOGURT PARFAITS

Makes 1 sample-size parfait

#### Ingredients

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

#### Other Supplies

- 4-5 oz. plastic cups
- Plastic spoons

#### Instructions

1. Put on food preparation gloves.
2. To make an individual, sample-size parfait, scoop 2 tablespoons of yogurt into a small (4- to 5-ounce) plastic cup.
3. Add 1-2 tablespoons sliced or whole berries.
4. Top with 1 tablespoon granola. Serve immediately.

\*Choose plain yogurt or check the Nutrition Facts label to find a lower sugar flavored yogurt. Children might prefer the taste of vanilla yogurt.



## LESSON REVIEW

While enjoying the snack, review the lesson. Ask children:

*“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...).

*“And what parts of our body does calcium help the most? That's right! Our bones.”*

Show the plastic bone. Show the mouth and teeth puppet. Ask the children to all look at you and smile big again.

*“And teeth! Calcium is important so we have strong bones and teeth! 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?”*

If they need a hint, say a few lines from the Skeleton Dance.

*“Physical activity is important to strengthen bones. What kind of physical activity did we do today? Dancing!”*