

## Lesson 1

**Dairy foods** – milk and foods made from milk, like yogurt and cheese, that have special nutrients like calcium and vitamins to help the body and brain grow, develop, and stay healthy

**Food group** – a set of foods with similar nutrients; Dairy, Vegetables, Fruits, Grains, Protein, which work together to provide nutrition for healthy bodies, minds, and brains

**Nutrient** – a part of food so small it can't be seen without a microscope and that helps the body and brain grow, develop, and stay healthy; examples: protein, vitamins, minerals like calcium

**Serving** – the amount of food eaten in a meal or snack

## Lesson 2

**Byproduct** – a leftover from another product; example: the outer peel after an orange has been peeled and eaten

**Cattle** – a group of large ruminant animals that have hooves and horns; a group of cows

**Chewing the cud** – chewing food a second time after it has gone to the stomach and come back up to the mouth

**Digest** – to break down food into small pieces that can be used by the body

**Herbivore** – an animal that only eats plants

**Mammal** – a warm-blooded animal that breathes air, has a backbone and hair, and whose mother makes milk

**Ruminant** – an animal with a complex stomach that chews its food more than one time; examples: cows, sheep, deer, giraffes

**Upcycle** - to recycle or reuse something to create something new

## Lesson 3

**Homogenize** – to break milk into smaller particles to make it smooth so the cream doesn't separate and float to the top

**Pasteurize** – to heat liquid at a high temperature for a short amount of time to kill any germs and keep it safe to drink

**Processing plant** – a place where food is packaged or prepared for easy eating or storage; where food can be made into other products to eat like turning milk into yogurt or apples into applesauce

**Transport** – to carry or move from one place to another

## Lesson 4

**5 senses** – hearing, seeing, smelling, tasting, and touching as a way to know the world around us

**Culture** – the things that make a person, family, or community of people special or different; a way of life; examples: music, clothes, art, beliefs, food

**Recipe** – a list of ingredients and instructions to make something, like food



# Vocabulary Cards

## Lesson 1

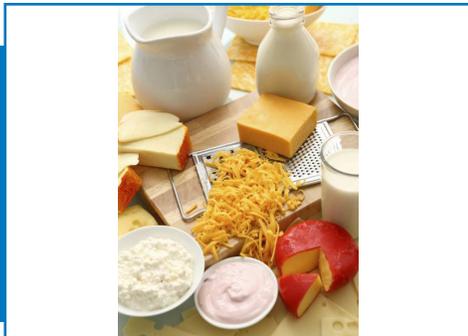
Let's Eat Healthy

**TOGETHER**

Explore Dairy!

3<sup>rd</sup> - 5<sup>th</sup>  
Grade

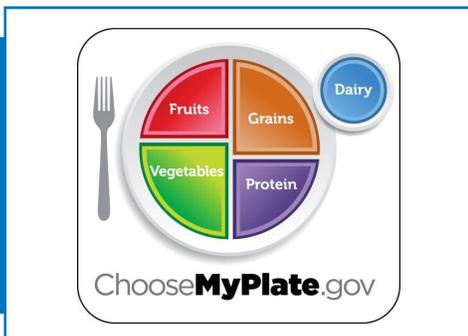
### Dairy Foods



milk and foods made from milk, like yogurt and cheese, that have special nutrients like calcium and vitamins to help the body and brain grow, develop, and stay healthy



### Food Group



a set of foods with similar nutrients; Dairy, Vegetables, Fruits, Grains, Protein, which work together to provide nutrition for healthy bodies, minds, and brains



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### Nutrient



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### Serving



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# Vocabulary Cards

## Lesson 2

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### Byproduct



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### Cattle



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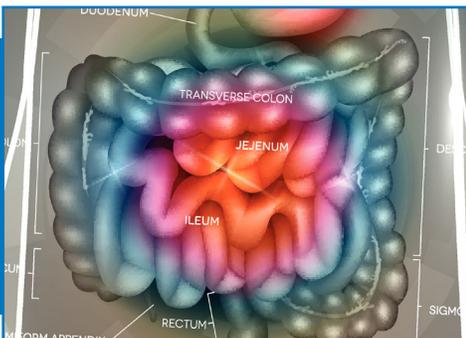
### Chewing the cud



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### Digest



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# Vocabulary Cards

## Lesson 2

**Herbivore**



an animal that only eats plants



**Mammal**

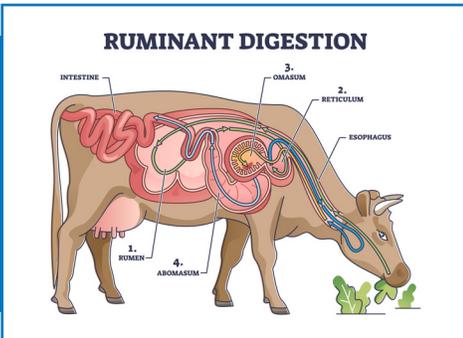


a warm-blooded animal that breathes air, has a backbone and hair, and whose mother makes milk



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**Ruminant**



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**Upcycle**



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# Vocabulary Cards

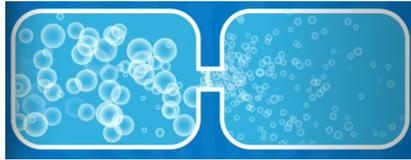
## Lesson 3

Let's Eat Healthy  
**TOGETHER**

Explore Dairy!

3<sup>rd</sup> - 5<sup>th</sup>  
Grade

Homogenize



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Pasteurize



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Processing  
plant



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Transport



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# Vocabulary Cards

## Lesson 4

Let's Eat Healthy

**TOGETHER**

Explore Dairy!

3<sup>rd</sup> - 5<sup>th</sup>  
Grade

5 senses



hearing, seeing, smelling, tasting, and touching as a way to know the world around us



Culture



the things that make a person, family, or community of people special or different; a way of life; examples: music, clothes, art, beliefs, food



Recipe



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