

EXTENSION ACTIVITIES AND CAREER CONNECTIONS

Extend students' understanding through real-world contexts and additional activities. Expand students' horizons about future professions within and beyond the dairy industry with career connections. Reference [Careers in and Related to the Dairy Industry](#) for ideas.

Lesson 1

- **Virtual Dairy Farm Tour: Kony Dairy Farm**

Watch “Virtual Dairy Farm Tour: Kony Dairy Farm Escondido, CA” (27 minutes). In this video, get a behind-the-scenes look at dairy cows, farming practices, and milk production. Pair and share what was learned.

- **Research Activity: Dairy Farms and Their Technological Innovations**

Compare 2 dairies and their technology plans. Students describe what they found interesting and opportunities to continue to grow the use of technology in the dairy industry.

- [Technology for Dairy Farms' Sustainable Development](#)

- [“Fun on the Farm, Farm Technology with Farmer Jared”](#) (with robotics) (9 ½ minutes)

- **Cafeteria Connection: Getting Milk from the Dairy Farm to School**

Students explore the journey of milk in school meals. Interview the people in the school meal program to discover where the milk is produced and how long it takes to get to school. Create a one-minute presentation or video and share findings with the class.

- **Career Connection: Careers from Cow to Carton**

After arranging the [Cow to Carton](#) cards in correct order, students identify jobs required at each step. Reference [Careers in and Related to the Dairy Industry](#) for more information.

- **Project-Based Learning: Farming for the Future**

Explore the concept of sustainable nutrition in 3 standards-based activities that engage students in critical thinking as they research, debate, and brainstorm how farmers can feed the world in ways that support nutritional, economic, and environmental needs.

Lesson 2

- **Pair and Share: How Dairy Foods Are Made**

Have students think of one of their favorite dairy foods that starts with milk. What ingredients and processes transform milk into their favorite dairy food? How does the flavor and texture change? Share with a partner.

- **Research Activity: International Dairy Food Production**

In small groups, students search the internet to find out how dairy foods are made and used in a country outside of the United States. Students share their findings with the class through a one-minute presentation, a slide presentation, or a video. Bonus: Compare and contrast the processes inside and outside of the United States.

- **Marketing Project: Promoting Dairy**

Students design a poster or social media post that advertises a dairy product. Include the dairy product's nutrition and health benefits. Describe the target audience, why that group is targeted, and how the advertisement will reach them.

- **Career Connection: Essential Skills**

Students choose a job and brainstorm a list of essential skills that would help make them successful in the career. Explain why the skills are essential. Examples of skills: communication, teamwork, critical thinking, time management, problem-solving, creativity, and leadership.

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Lesson 3

- **Pair and Share: Food Culture**

Poll the class or have students pair and share what their favorite meal is that includes dairy foods.

- **Marketing Project: Recording a Recipe**

Have students select a dish and find a recipe. Record a video making or explaining the recipe. The recipe should include at least one dairy product, a list of ingredients, and instructions. Share with family and friends or on social media.

- **Cafeteria Connection: Taste Test**

Highlight dairy foods' versatility, deliciousness, and nutrition by organizing a taste test for the school in the cafeteria. Identify a dairy food or a dish with dairy. Create a plan for a taste test. Get students, teachers, or the school foodservice program involved. See how at FuelUp.org.

- **Career Connection: Future Career Exploration**

Students select a career to research and prepare a report and presentation to share with the class. This [Future Career Exploration](#) assignment can be modified to share with students.

Lesson 4

- **Career Connection: Dietitian Nutritionist Spotlight**

Select one video from [About RDNs and NDTRs](#) to watch and take notes. Students pair and share what they learned and describe the variety of jobs in the field of nutrition.

- **Social Media Connection: Evaluating Nutrition Facts**

Find nutrition advice on a social media channel. Students use what they learned about nutrition and see if the advice supports or contradicts that. Why? Where might students go to find more information on the topic? How do they know the information is accurate and credible? Have students work in groups and share their findings with the class.

- **Cafeteria Connection: School Meal Design**

Students work in small groups to design a breakfast or lunch menu for the whole school. The meals must follow the same guidelines as the school's [breakfast](#) and [lunch](#) programs. For example, there must be food from every food group. Students may use a theme such as National Hispanic Heritage Month, Asian American and Pacific Islander Heritage Month, or any listed on California Department of Education's [Calendar of Events](#). Present to peers or the school nutrition department.

- **Research Activity: Beverages**

Students select a favorite drink and write down the ingredients. Discuss the nutritional value of ingredients. Explore further by assigning the [Beverages Builder slides](#) as an independent or group activity. Use real beverages or a [handout](#) for reference.

- **Research Activity: Nutrients**

Students investigate the nutrients in their favorite food from one or more food groups. Have them choose 2 nutrients and research what the nutrients do for the body. Find foods, groups, and nutrients at [USDA MyPlate](#).



For more information and additional resources, visit HealthyEating.org/ExploreDairyGuide.

This program aligns with the Dietary Guidelines for Americans. It is one of many nutrition education resources offered by Dairy Council of California for students and adults to improve eating patterns. For more information and additional resources, visit HealthyEating.org.



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Lesson 5

- **Career Connection: Job Interview**

Students (FFA or not FFA members) participate in a mock interview following the [Future Farmers of America guidelines](#).

- **Group Discussion: Teamwork Skills**

Based on experiences working in groups, students facilitate a group discussion that is around what essential skills are most important when working on a team.

- **Career Connection: Resume Creation**

Students create a resume for a job related to the dairy industry, agriculture, or a career of their choice. Provide example resumes. Check websites like [Resume Builder](#) for ideas.

- **Cafeteria Connection: Making a Smarter Lunchroom**

Students work in groups to watch "[Smarter Lunchroom Moves That Work](#)" (3 minutes), read the [National Smarter Lunchrooms Handbook](#) (Pages 4, 5, 7, 8), and select 3 strategies to make their school cafeteria a smarter lunchroom



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