

Glossary of Terms

Lesson 1

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

Food group – a group of foods similar in how they help the body; Dairy, Vegetables, Fruits, Grains, Protein

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

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 cows

Chewing cud – when some animals eat their food by swallowing it, then bringing it back up to their mouth to chew again before swallowing it a second time

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

Herbivore – an animal that only eats plants

Mammal – an animal that has hair or fur on its body and gives birth to live babies, which it can feed with milk

Ruminant – an animal with a special stomach and that chews its food more than once to help digest it; examples: cows, sheep, deer, giraffes.

Upcycle - to take something that might have been thrown away and change it into something new and useful

Lesson 3

Homogenize – to make milk smooth by mixing it really well so there are no lumps, and the creamy part doesn't float to the top

Pasteurize – to make a liquid really hot for a short amount of time to kill any germs and keep it safe to drink

Processing plant – a place where food is prepared for easy eating or storage; where food is changed into other products like making 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 – all the special things that make a group of people, a family, a community, or a whole country unique and different

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



Vocabulary Cards

Lesson 1

Dairy Foods



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



Food Group



a group of foods similar in how they help the body; Dairy, Vegetables, Fruits, Grains, Protein



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Nutrient



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Serving



the amount of food eaten in a meal or snack

Vocabulary Cards

Lesson 2

Let's Eat Healthy

TOGETHER

Explore Dairy!

K-2nd
Grade

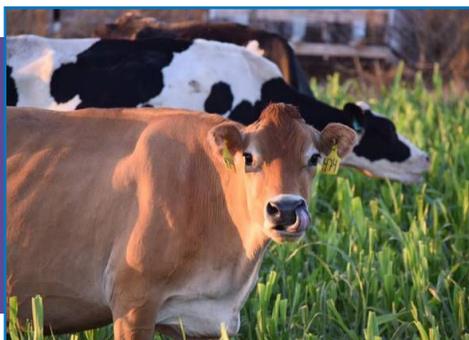
Byproduct



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Cattle



a group of cows



FOLD

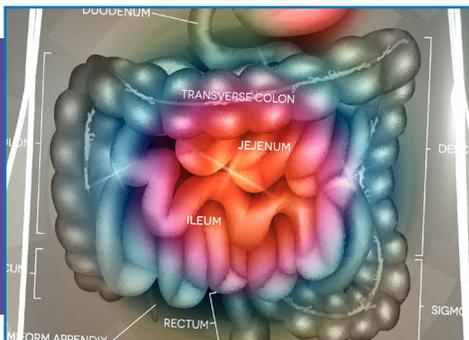
Chewing cud



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Digest



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Vocabulary Cards

Lesson 2

Herbivore



an animal that only eats plants



Mammal

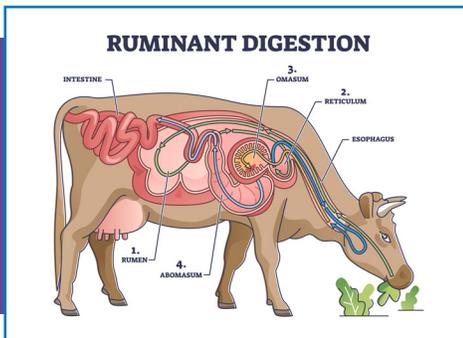


an animal that has hair or fur on its body and gives birth to live babies, which it can feed with milk



FOLD

Ruminant



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Upcycle



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Vocabulary Cards

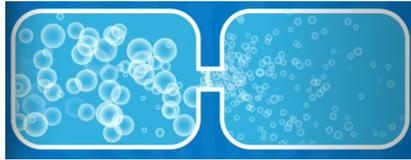
Lesson 3

Let's Eat Healthy
TOGETHER

Explore Dairy!

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Homogenize



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Pasteurize



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FOLD

Processing
plant



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Lesson 4

5 senses



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Recipe



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