

Let's Eat Healthy- Explore Dairy



**Let's Eat
Healthy**
An initiative of Dairy Council of California

EDUCATOR OVERVIEW

Welcome to Let's Eat Healthy Together: Explore Dairy! Many children only experience food through the grocery store. Reconnecting them to where food comes from can build appreciation for the value of food, grow understanding of the food system, and provide an opportunity to build healthy eating patterns.

**This 5-lesson unit
takes students on a
fun adventure of food
discovery through
nutrition, agriculture,
tasting, and culture.**

The unit is most effective when lessons are taught in sequential order. Lessons have flexible components and may be adapted.

Standards Alignment and Rationale for California Common Core, Next Generation Science and Health Education Content Standards. Family Connection may be shared at the start or end of the unit to engage families.



**Explore
Dairy**

3rd - 5th grade



**SAN JOAQUIN COUNTY
OFFICE OF EDUCATION**



Thanks to the contributing partners across the Explore Dairy series for K-12th grades. This program aligns with the Dietary Guidelines for Americans. For more information and additional resources, visit <https://dairycouncilofca.org>

Overview

Review background information to help facilitate the lesson.

Vocabulary

Introduce new words or print vocabulary cards.

Engage & Explore

Engage students in the educational content through video, discussion, and tasting activities.

Extend & Connect

Extend learning through additional activities.

LESSON 1.

Essential Question:

What are dairy foods and how are they part of a healthy eating pattern?

Objective:

Explore the dairy food group from MyPlate as part of a healthy eating pattern.

Nutrition Primer

Key Words:

- Dairy foods
- Food group
- Nutrient
- Serving

[Glossary of Terms](#)

[Vocabulary Cards](#)

Watch:

Centennial Farms Video: [Support Local Farms by Eating Milk and Dairy](#)

Watch Time: 3 minutes

[Exploration Questions and Sentence Frames](#)

[Tasting Activity: Three Cheers for Cheese!](#)

Additional ideas:

- [Breakfast Blast Worksheet](#)
- [Draw a Family Dish](#)
- [Social and Emotional Learning Connection](#)
- [Math Connection](#)

LESSON 2.

Essential Question:

What do cows eat to help them make milk?

Objective:

Discover what and how cows eat to help them make milk.

Nutrition Primer

Key Words:

- Byproduct
- Cattle
- Chewing the cud
- Digest
- Herbivore
- Mammal
- Ruminant
- Upcycle

[Glossary of Terms](#)

[Vocabulary Cards](#)

Watch:

[“Farm to You”](#)

Watch Time: 7 mins
Timestamp: (3:27–10:38)

[Exploration Questions and Sentence Frames](#)

Additional ideas:

- [Mobile Dairy Classroom Assembly](#)



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LESSON 3.

Essential Question:

How does milk get from the farm to you?

Objective:

Identify the steps on the journey of milk from the farm to you.

[Nutrition Primer](#)

Key Words:

- Homogenize
- Pasteurize
- Processing plant
- Transport

[Glossary of Terms](#)

[Vocabulary Cards](#)

Watch:

[“Farm to You”](#)

Time: 2 minutes
Timestamp: (10:39-12:19)

[Exploration Questions and Sentence Frames](#)

[Tasting Activity: Milk Masterclass](#)

Additional ideas:

- [Farm to You Builder Activity Slides](#)
- [Milk from Farm to You Story + Worksheet](#)
- [Milk from Farm to You graphic workbook activity](#)

LESSON 4.

Essential Question:

How are dairy foods used in different cultures?

Objective:

Discuss examples of dairy foods used in different cultures.

[Nutrition Primer](#)

Key Words:

- 5 senses
- Culture
- Recipe

[Glossary of Terms](#)

[Vocabulary Cards](#)

Watch:

Time: 9 minutes
[“Food Culture and Traditions”](#)
Timestamp (0:00-7:56)

[”How Are Dairy Foods Enjoyed Around the World”](#)
Timestamp: (0:00-0:43)

[Exploration Questions and Sentence Frames](#)

Additional ideas:

- [Create a Recipe](#)
- Dairy Around the Word activity in workbook:
[English Version](#)
[Spanish Version](#)

LESSON 5.

Essential Question:

What have you learned about dairy foods and how they are produced?

Objective:

Reflect on the essential questions for Lessons 1 to 4 and make a recipe.

No Key Words:

[Nutrition Primer](#)

Reflection Activity

[Tasting Activity: Yogurt, Culture on a Spoon](#)

Additional ideas:

- [Math Connection](#)
- [Writing Connection](#)

