



ENGAGE AND EXPLORE

After watching each video, examine the concepts by asking the Exploration Questions. Sentence or Picture Frames are provided to guide student responses. Possible answers are provided to help educators through the discussion.

LESSON 1

Exploration Questions

- What kind of foods can I eat to grow and feel well?
- How many dairy servings help your body get enough nutrients to grow and feel well?
- What are the 5 food groups?
- What is your favorite dairy food and why?



Sentence Frames

Use **words or pictures** to complete the sentences below.

- I can grow and feel well by eating_____

- The 5 food groups are_____

- The number of dairy servings to aim for each day is_____

- My favorite dairy food is_____because_____

Answer Key

1. I can grow and feel well by eating many kinds of foods from all 5 food groups.
2. The 5 food groups are Dairy, Vegetables, Fruits, Grains, and Protein.
3. The number of dairy servings to aim for each day is 3.
4. Any thoughtful response is OK.



LESSON 2

Exploration Questions

- Describe the cycle of how the sun helps cows make milk.
- How are cows great recyclers and upcyclers?
- How do cows break down their food? How is it different from humans?

Sentence Frames

- First, energy from the sun is_____. Second, the cow_____ and_____ Third, the cow absorbs the energy, which goes_____.

- A cow breaks down food by_____. This is different from humans because_____.

- Cows are great recyclers and upcyclers because_____.

Answer Key

1. First, energy from the sun is absorbed by the plants. Second, the cow eats the plants and drinks water to break down the food. Third, the cow absorbs the energy, which goes down to the udder, where milk is made. People drink milk for energy and nutrients.
2. A cow breaks down food by chewing the cud. This is different from humans because cows have 4 stomach compartments and humans only have one. Humans do not chew their cud or burp up their food.
3. Cows are great recyclers and upcyclers because they eat byproducts, which keeps the byproducts from going into the landfill.



LESSON 3

Exploration Questions

- Describe the process that milk goes through once it leaves the farm.
- Why is milk pasteurized and homogenized?
- What are some other dairy foods that can be made from milk?
- Think of your favorite dish and identify any farm-grown ingredients. Describe how you think those ingredients went from the farm to you.

Sentence Frames

- First, milk is collected from the cows and leaves the farm. Next,_____

Then,_____. Last,_____.

- Milk is pasteurized to_____. Milk is homogenized to_____.

- Other dairy foods that are made from milk include_____.

- My favorite dish is_____, which has_____that comes from a farm.

I think it came from the farm to me by_____.

Answer Key

1. First, milk is collected from the cows and leaves the farm. Next, milk is loaded into a large truck that is transported to a processing plant. Then, milk is tested for safety and quality. Milk is pasteurized and homogenized. Last, milk is packaged into bottles and cartons, or made into other dairy foods.
2. Milk is pasteurized to kill germs and keep it safe. Milk is homogenized to make the cream within the milk smooth so the cream doesn't separate and float to the top.
3. Other dairy foods that are made from milk include cheese and yogurt.
4. Any thoughtful response is OK.

LESSON 4**Exploration Questions**

- How does your culture eat dairy foods?
- Were you surprised by how another culture eats dairy foods? Which one
- What dish from another culture do you want to try?
- What other foods do you like to pair with dairy?

Sentence Frames

- My culture eats dairy foods by_____.

- I was surprised/not surprised that people from_____eat_____because_____.

- A dish from another culture I want to try is_____.

- Other foods I like to pair with dairy are_____.

Answer Key

Any thoughtful response is OK



LESSON

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Reflection Activity

Option 1: Create a Poster

Students create a poster detailing what they learned about dairy and how dairy foods are produced. Posters can be completed in pairs or small groups. Multiple pairs/groups can be assigned to each topic. Poster topics will be the essential questions from the previous lessons:

1. What are dairy foods and how are they part of a healthy eating pattern?
2. What do cows eat to help them make milk?
3. How does milk get from the farm to you?
4. How are dairy foods used in different cultures?

Optional: Students may present their completed posters to the class.

Option 2: 4 Corners Activity

Label each corner in the room a letter (A, B, C, D). Ask review questions to assess student understanding. Students move around the room to answer the questions. After each round, consider having students justify why they chose their answer.

- Which of these is a dairy product? A. watermelon B. chicken C. cheese D. carrot
- Which dairy product do you prefer? A. milk B. yogurt C. cheese D. other
- What is it called when a cow chews its food for a second time? A. digesting B. chewing the cud C. processing D. absorbing
- Milk is _____, or mixed up, to make it smooth and creamy. What was the vocabulary word you learned that fits in the blank? A. homogenized B. shaken C. digested D. fermented
- Food can look and taste different from one culture to another. What cultural food would you like to try? A. mango lassi (Indian) B. habichuelas (Puerto Rican) C. quiche (French) D. baklava (Turkish)

Option 3: Team Quiz Game

Use some or all of the questions above to have students recall their knowledge. The Team Quiz game could utilize whiteboards, with student teams agreeing on an answer and writing it on the whiteboard. Teams could be asked to justify why they chose their response for points or just general discussion.

A game can also be created on Kahoot.com for tech-friendly classrooms.