



EXTEND AND CONNECT

Extend students' learning with additional activities.

LESSON 1

● BREAKFAST BLAST WORKSHEET

Students practice mixing more than one food group together to design tasty breakfasts that give energy and nutrition.

● DRAW A FAMILY DISH

Students draw a family dish that includes at least one food from the Dairy food group. Time permitting, they may label the food group for each food item.

● SOCIAL AND EMOTIONAL LEARNING CONNECTION

Students write, pair-share, or discuss: How did you feel eating something new and different?

● MATH CONNECTION

Using a copy of the school menu, students tally the dairy foods in the school meals. Alternatively, students keep track of foods they eat from the Dairy food group over several days. (See Lesson 5 for a follow-up activity.)

LESSON 2

● MOBILE DAIRY CLASSROOM ASSEMBLY

Register the school for an in-person or virtual assembly to learn the anatomy of a cow, how milk goes from the cow to the table, and the importance of healthy eating.

LESSON 3

● FARM TO YOU BUILDER ACTIVITY SLIDES

Students explore the food system and learn how dairy travels from the farm in this interactive slide deck. Students explain what they learned and set a goal to show their gratitude to a person involved in the food system.

● MILK FROM FARM TO YOU STORY AND WORKSHEET

Students learn how milk goes from farm to you and is made into many dairy products. The story can be read aloud or individually.

● MILK FARM TO YOU STORY GRAPHIC

Workbook activity: After reading the "Milk from Farm To You" story students look at the graphic and explain what is happening at each step. Have students write a sentence or a few words to describe the pictures.





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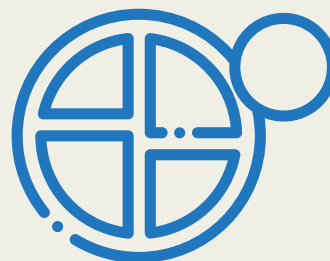
LESSON 4

● CREATE A RECIPE

Invite students to create a simple recipe (in class or at home with families), share a favorite mixed food, or bring back to school a family recipe featuring at least one food from the Dairy food group. Compile all recipes and try them, one by one, as a whole class. Or compile recipes into a class cookbook that can be sent home with students to try with their families.

● DAIRY AROUND THE WORLD

In workbook: Have students complete worksheet activity in workbook.



LESSON 5

● MATH CONNECTION

Revisit the data collected in Lesson 1. Have the class tally all the individual results and make a bar or pie graph of the results. Show which dairy foods are eaten from most to least frequent.

● WRITING CONNECTION

Guide students in writing a letter to invite the school foodservice director to speak to the class and answer students' questions about local food. Ask if the students can visit the cafeteria or if the foodservice director can come to the classroom. Help students prepare questions for the interview based on what they have already learned and would like to learn about local food at the school.

