

The Dairy Group

Calci-Yum!

Topic

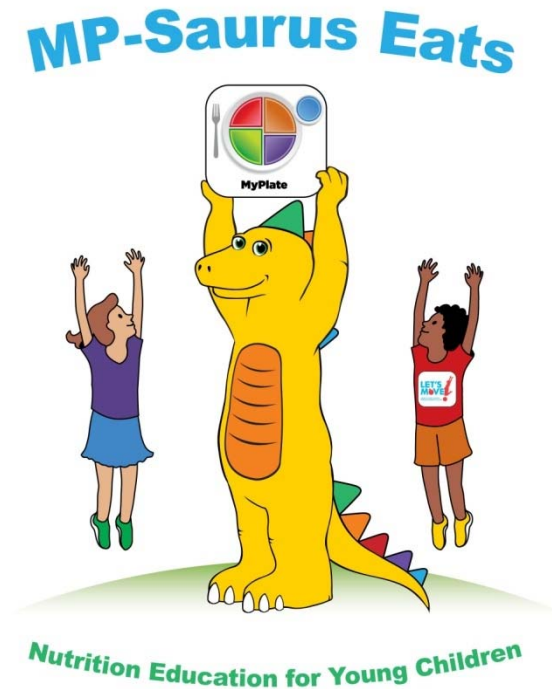
The Dairy Group

Audience

Young Children

Suggested Time

25-30 minutes



Knowledge Objectives

Primary Learning Objectives:

- ♦ The children will name foods that belong in the Dairy Group.
- ♦ The children will show that foods from the dairy group are represented by the blue circle on MyPlate.

Secondary Learning Objectives:

- ♦ The children will state that foods from the Dairy Group give them calcium to build strong and healthy bones and teeth.
- ♦ The children will state that they should consume at least 3 foods from the Dairy Group every day.

Behavioral Objectives

- ♦ The children will choose foods from the Dairy Group they plan to eat and drink at home.

Life Skills

- ♦ The children will make healthy lifestyle choices.

How This Activity Is Behaviorally Focused

- ♦ In step 10, the children choose foods from the Dairy Group they plan to eat and drink at home.

Early Childhood Education Program Expectations Addressed

SOCIAL/EMOTIONAL DEVELOPMENT

Expectation 1: Outcome 1.5: Participates in discussions with teachers and friends

HEALTH, SAFETY AND PHYSICAL EDUCATION

Expectation 1: Outcome 1.1: Identifies and differentiates among foods and food groups (e.g. fruits, vegetables, protein)

Supplies Needed

- ♦ Kids MyPlate poster
Available through Learning ZoneXpress (item 410124)
667 E Vine Street
PO Box 1022
Owatonna, MN 55060 1-888-455-7003
Web: www.learningzonexpress.com
- ♦ Healthy Dino hand puppet
Available through Dr. Debra Palmer
dpalmer@njaes.rutgers.edu
- ♦ Laminated color copies of Milk Pictures #1, #2, #3 and #4 from the end of this lesson-
2 sets per class you are teaching; one set will be provided to teacher to request posting in
classroom
- ♦ Food picture cards or food models of foods from the Dairy Group that the children eat, like milk,
yogurt, cheese, frozen yogurt, queso blanco and cottage cheese
Food Pictures available from: Your local Dairy Council or Utah University Coop Extension:
<http://utah.agclassroom.org/cart/details.cfm?ProdID=91&category=0>
- ♦ Toy bone, toy skeleton or a picture of bones
- ♦ Moo Shakes Recipe, found at the end of the lesson
- ♦ Hand sanitizer
- ♦ Blender, if you have one
- ♦ 3 oz. paper cups, 1 per child
- ♦ Vanilla or chocolate frozen yogurt, 1 large scoop per 6 children
- ♦ Ice cream scoop or spoon
- ♦ 1% or skim milk, 1 cup per 6 children
- ♦ Liquid measuring cup
- ♦ Chopped fruit such as strawberries, bananas or peaches, 1/8-1/4 cup per 6 children
- ♦ Disposable gloves
- ♦ Handout: Dairy Home News #1, 1 per child
- ♦ Coloring Sheet: Dairy Coloring Sheet, 1 per child

Background Information

See the Educator Pack. For more information, visit www.ChooseMyPlate.gov.

Before You Begin This Activity

1. Find out if any of the children are lactose intolerant or allergic to dairy foods. If they are, give them a small scoop of fruit instead of a Moo Shake, when you do the Moo Shake activity.
2. Ask the teacher to help you find an outlet and set up your blender.

3. Hang the Kids MyPlate poster in the front of the class.
4. If you have forgotten what to do to re-focus the children when they get restless, ask the teacher to remind you.

Lesson Opening

1. Put the MP-Saurus puppet on your hand. Tell the children that today you brought a friend with you named MP-Saurus. Have MP-Saurus say “Hi” to the children.
2. Ask the children to say “Hi” to MP-Saurus.
3. Have MP-Saurus ask the children to name the MyPlate poster. When they name it have him tell them how great they are! Remind the children about what they have learned so far. Point to each food group on MyPlate that you have taught and ask them to raise their hands and tell them that when you point to them they should:
 - Name it.
 - Name some foods that belong in it. If a child names an incorrect food say, “Good try, but _____ goes in the _____ group.”
4. Follow by pulling out food models or showing food pictures one by one and asking the children to tell you the name of the food and what food group it belongs in.

NOTE: During the opening and in all of the activities, if children call out answers before you choose them to answer the question, re-focus the class.

Activity

1. Tell the children that today you are going to talk about foods that belong in the blue circle on MyPlate.
2. Have MP-Saurus point to the blue circle on MyPlate. Ask the children to repeat “Blue” after MP-Saurus. Tell the children that the foods placed in this circle on MyPlate belong to the Dairy Group. Ask the children to repeat “Dairy”.
3. Repeat saying “Blue, Dairy” after MP-Saurus three more times. Have them repeat it louder each time.
4. Have MP-Saurus point to the Dairy Group on MyPlate. Ask the children to raise their hands if they can name some foods that belong in the Dairy Group. Call on the children one by one. Pause for responses. Help them as needed.

Answers: Milk, cheese, yogurt, pudding and cottage cheese

5. Tell the children that you are going to put MP-Saurus away for a little while and that he will come back soon. Show the children the picture cards of foods and/or food models from the Dairy Group one by one. Ask them to name each food. Pause for responses. Help them as needed.

6. To see if they remember, point to the blue circle on MyPlate and ask one of them to name the group. Pause for responses. Help them as needed.

Answer: The Dairy Group

7. Ask the children to repeat “Dairy Group” after you three more times. Have them repeat it louder each time.
8. Tell the children that the main food in the Dairy Group is milk. Ask them where milk comes from. Pause for responses. Help them as needed.

Answers: Cows, goats or sheep

9. Show Milk Picture #1. Explain that most of the milk that is bought in stores comes from cows. Ask all the children to say “Moo!” out loud with you. Tell them that sometimes goat’s milk is used to make other foods in the Dairy Group, like cheese, cottage cheese and yogurt.
10. Ask each child to name foods found in this group that they will eat or drink today.

Pause for responses. If they need help, point to the Dairy Group foods on the MyPlate poster. If a child names an incorrect food say, “Good try, but _____ goes in the _____ group. Can you try again?” Often young children repeat the name of the same food over and over. If two children in a row say the same food, ask the next child to name a different food he or she will eat and repeat, as needed, to get the children to name different foods.

Answers: Milk, cheese, yogurt, cottage cheese, queso blanco and frozen yogurt

11. Ask the children to rub their tummies if they like milk. Show Milk Picture #2. Tell the children that MP-Saurus drinks milk every day.
12. Tell the children that it is important to eat at least 3 foods from the Dairy Group each day. Hold up 3 fingers. Have them put up 3 fingers also to show how many foods from the Dairy Group they should eat each day.
13. Show Dairy Picture #3. Tell the children that MP-Saurus is holding up 3 fingers too because he eats at least 3 foods from the Dairy Group each day.
14. Tell the class that foods in the Dairy Group are very important because they have something special that keeps our bones and teeth strong and healthy. This something special is called calcium. Have them say the word “calcium” out loud with you.

15. Put the MP-Saurus puppet back on your hand. Show Milk Picture #4. Ask the children to say the word “calcium” along with MP-Saurus. Tell them that an easy way to remember calcium is to say: “Calci-YUM!” Have the children rub their tummies and say “Calci-YUM” out loud.
16. Tell the children that if they do not eat foods with calcium, their bones cannot grow strong and healthy. People who do not eat enough foods with calcium sometimes break their bones when they fall down.
17. Show the kids a toy bone, a toy skeleton or a picture of bones and ask them if they have strong bones and teeth. Ask them to show you their strong teeth by giving you a big smile and saying “cheeeese!”
18. Ask the children if any of them get sick when they eat foods from the Dairy Group. Explain to them that not everyone can drink milk. Some people may feel sick if they drink milk. They may get a stomachache or diarrhea.

Note to the educator: If you cannot make Moo Shakes with your students, skip to step #26.

19. Tell the children that now you will make them their own Dairy Group treats called Moo Shakes. Tell them that MP-Saurus is going to watch while you make the shakes.
20. Hold up the milk and yogurt you brought. Ask the class to tell you which food group these belong to and what color it is on MyPlate. Pause for responses. Help them as needed.

Answer: The Dairy Group, the Blue Circle

21. Remind the children that it is important to wash their hands before they eat and drink. Give each a little hand sanitizer to clean their hands.
22. Put on the gloves. Follow the directions for the Moo Shakes Recipe. As you follow each step, explain to the children what you are doing.
23. Ask the teacher to help you pour and pass around the Moo Shakes. Remind the children to wait to try their shake until everyone has one.
24. For the children who are lactose intolerant or allergic to dairy foods, give them a small scoop of fruit instead of a Moo Shake.
25. As the children drink their moo shakes, ask one of them if they remember why they should eat foods from the Dairy Group. If they need a hint, point to your teeth.

Answer: To keep our bones and teeth strong and healthy.

26. Ask one of the children if he or she remembers what special thing in the Dairy Group keeps our teeth and bones healthy. Pause for responses. Help them as needed.

Answer: Calci-YUM!

27. Ask one of the children if they remember how many foods they should eat each day from the Dairy Group. If the children need help, hold up 3 fingers. Show Dairy Picture #3.

28. Say goodbye to the class.

29. Give the teacher the Dairy Home News #1 handouts. Ask the teacher to send them home with the children so that they can keep the fun going at home! Give the teacher the Dairy Lesson Coloring Sheet. Ask the teacher to use it in the classroom or send them home with the children. Also, ask the teacher:

- If it would be okay to display the MP-Saurus pictures around the classroom until the next class.
- Remember to pick up the pictures from the last lesson.

Terms for Children & Educators

Calcium: a mineral in foods from the Dairy Group that builds strong and healthy bones and teeth

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Funding Provided By

New Jersey Supplemental Nutrition Assistance Program Education (SNAP-Ed)



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MOO SHAKES RECIPE



You will need:

- ♦ 1 large scoop of frozen yogurt per 6 children, any flavor
- ♦ 1 cup 1 % or skim milk per 6 children
- ♦ 1/8-1/4 cup frozen fruit of your choice, like blueberries, strawberries, bananas, or peaches.

What you need to do:

1. Place frozen yogurt, milk, and fruit in blender.
2. Blend until smooth.
3. Pour a small amount into a cup for each student. Add a straw, if you like.

Serve right away.



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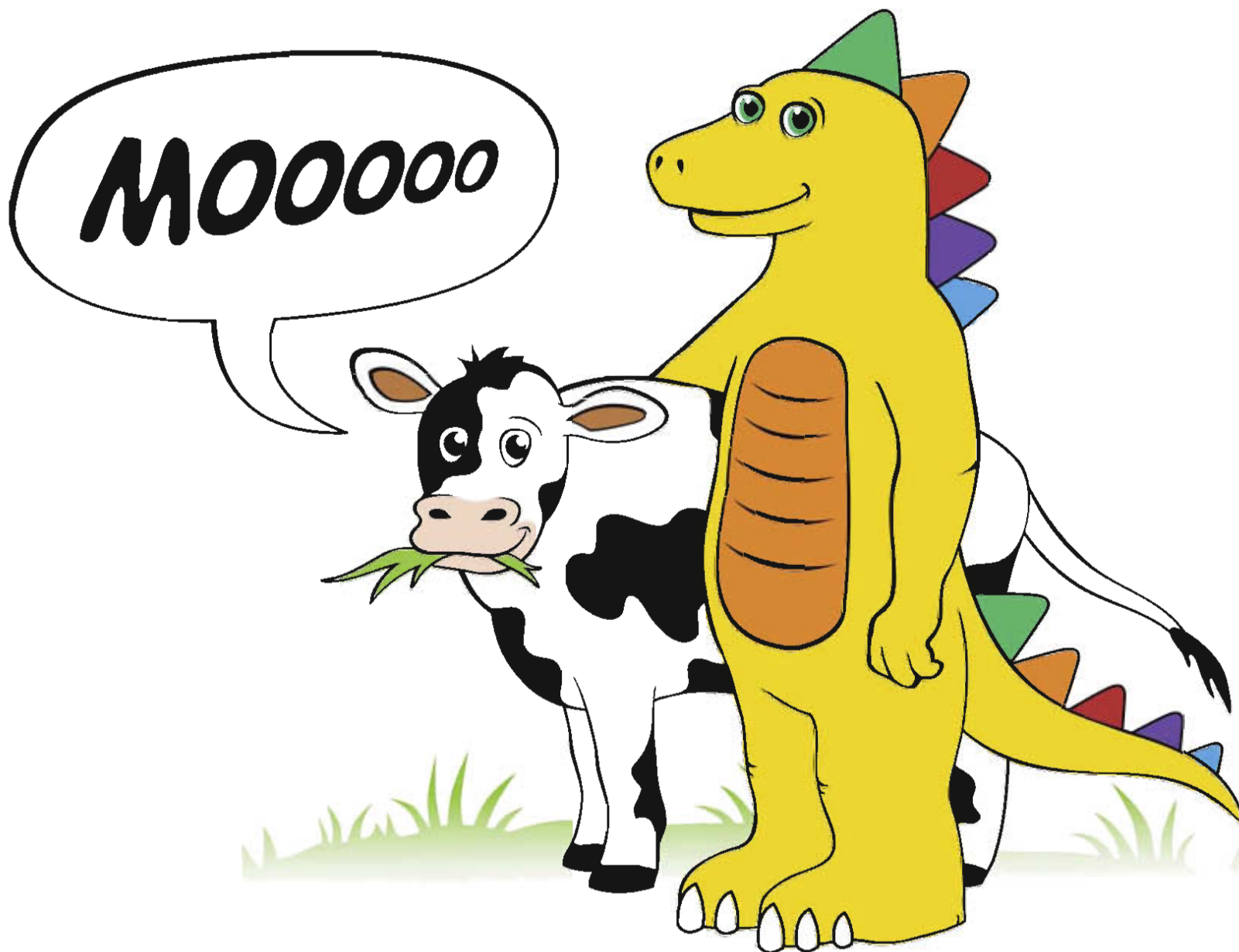


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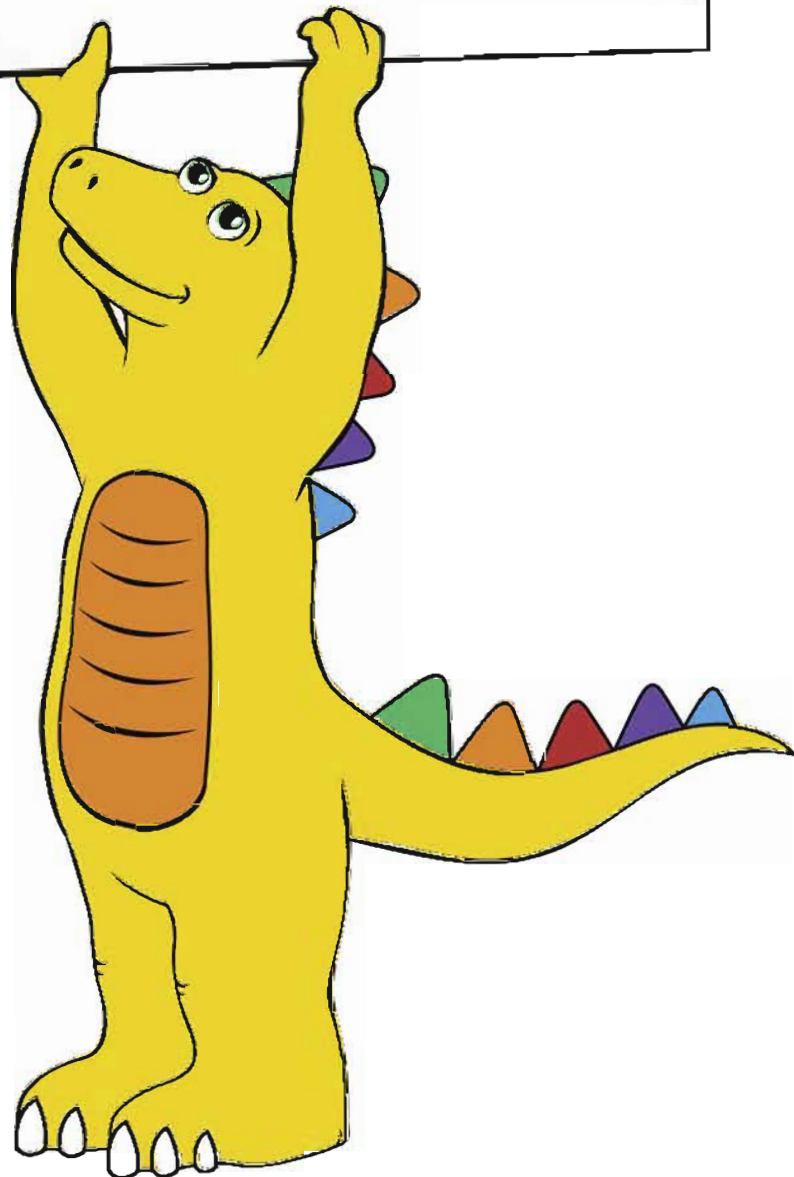
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CALCIUM



Dairy 4



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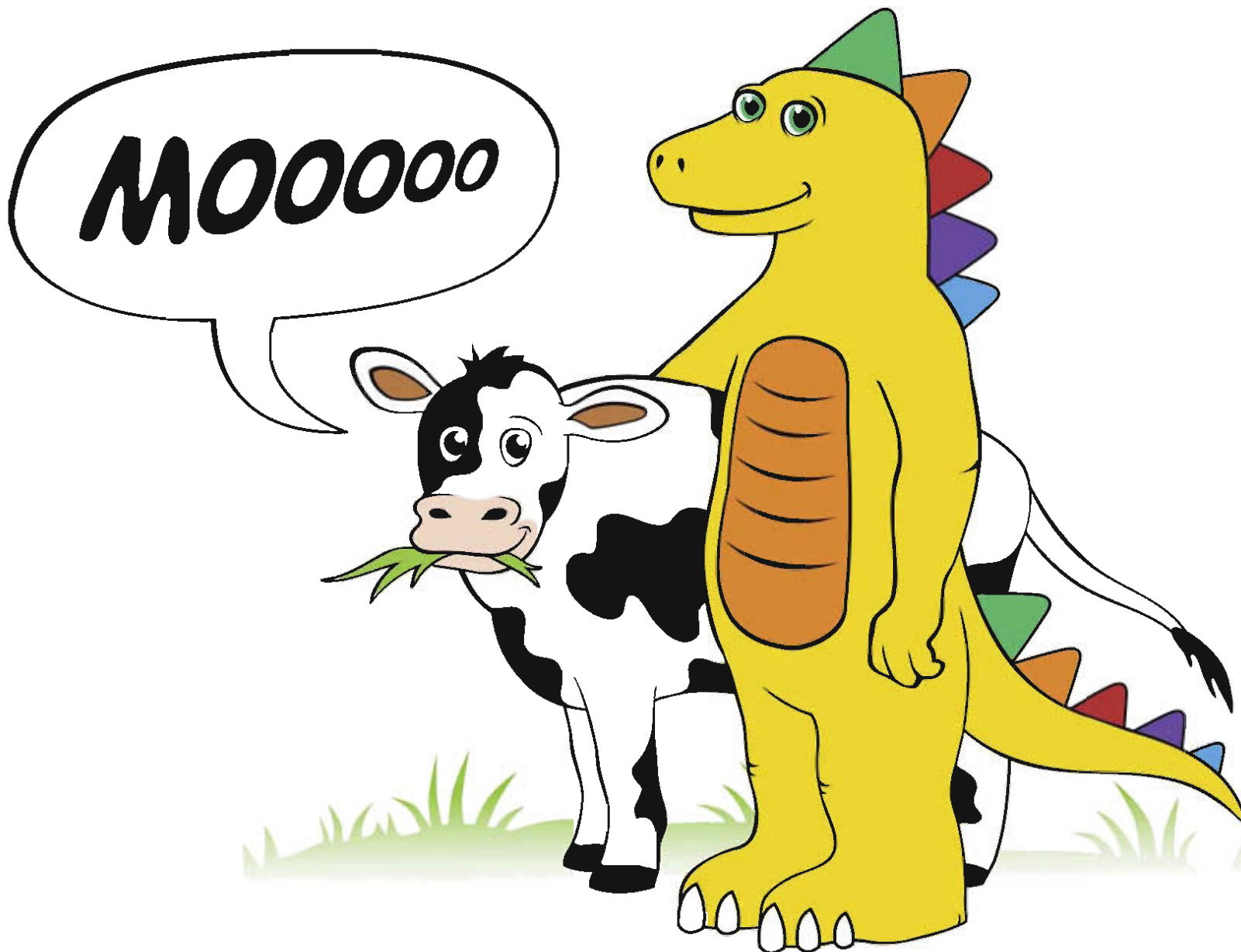


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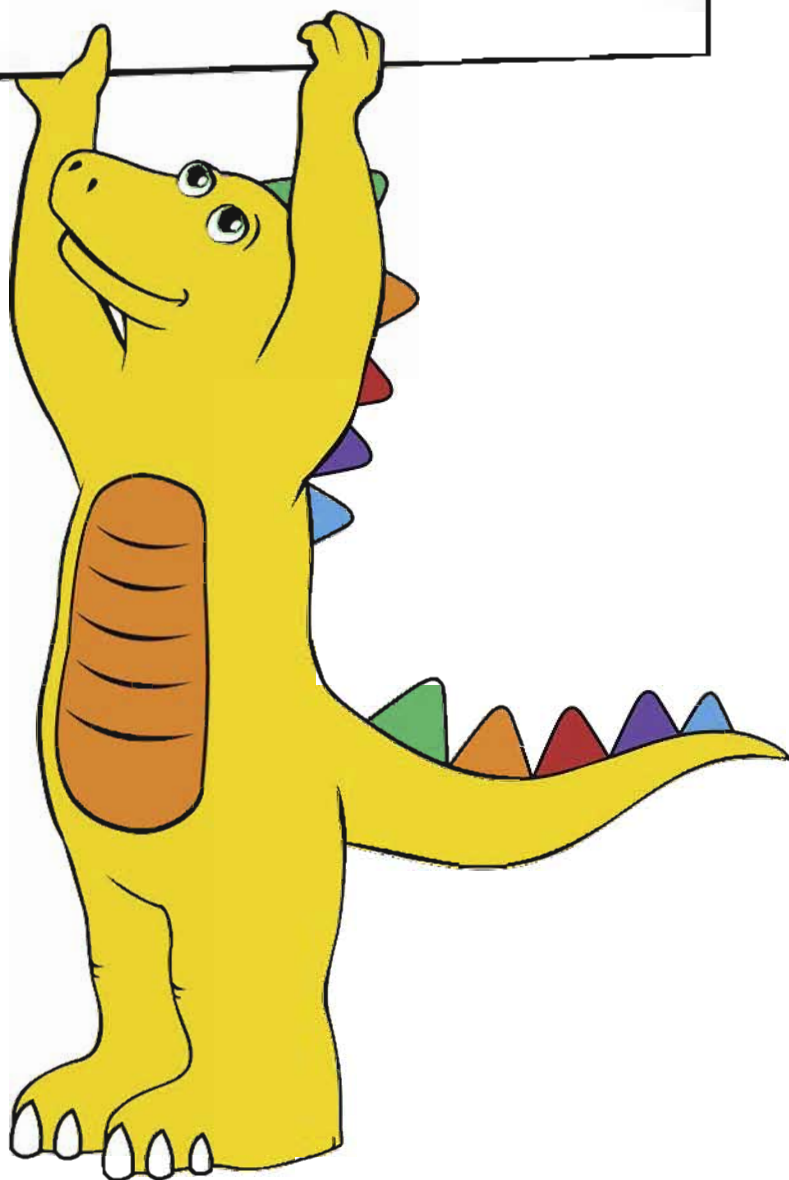
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CALCIUM



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LÁCTEOS



Lácteos



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