

Lesson 1

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

Food group – a set of foods with similar nutrients; Dairy, Vegetables, Fruits, Grains, Protein, which work together to provide nutrition for healthy bodies, minds, and brains

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

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 large ruminant animals that have hooves and horns; a group of cows

Chewing the cud – chewing food a second time after it has gone to the stomach and come back up to the mouth

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

Herbivore – an animal that only eats plants

Mammal – a warm-blooded animal that breathes air, has a backbone and hair, and whose mother makes milk

Ruminant – an animal with a complex stomach that chews its food more than one time; examples: cows, sheep, deer, giraffes

Upcycle - to recycle or reuse something to create something new

Lesson 3

Homogenize – to break milk into smaller particles to make it smooth so the cream doesn't separate and float to the top

Pasteurize – to heat liquid at a high temperature for a short amount of time to kill any germs and keep it safe to drink

Processing plant – a place where food is packaged or prepared for easy eating or storage; where food can be made into other products to eat like turning 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 – the things that make a person, family, or community of people special or different; a way of life; examples: music, clothes, art, beliefs, food

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



Vocabulary Cards

Lesson 1

Let's Eat Healthy
TOGETHER

Explore Dairy!

3rd - 5th
Grade

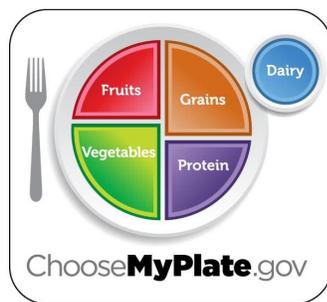
Dairy Foods



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



Food Group



a set of foods with similar nutrients; Dairy, Vegetables, Fruits, Grains, Protein, which work together to provide nutrition for healthy bodies, minds, and brains



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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!

3rd - 5th
Grade

Byproduct



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Cattle



a group of large ruminant animals that have hooves and horns; a group of cows



FOLD

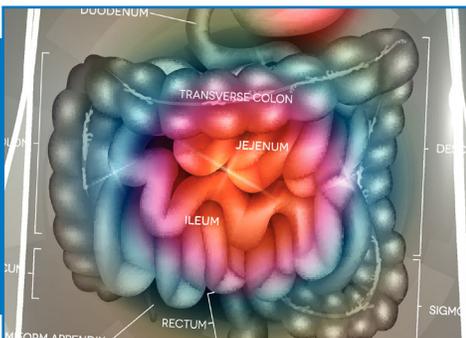
Chewing the cud



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Digest



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Vocabulary Cards

Lesson 2

Herbivore



an animal that only eats plants



Mammal

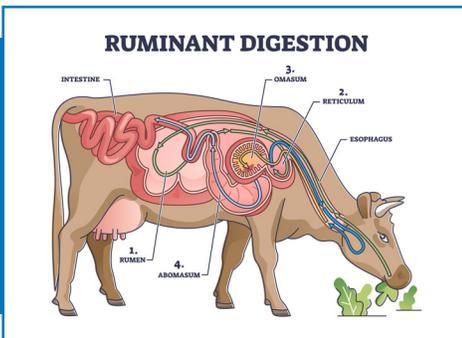


a warm-blooded animal that breathes air, has a backbone and hair, and whose mother makes milk



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Ruminant



an animal with a complex stomach that chews its food more than one time; examples: cows, sheep, deer, giraffes



Upcycle



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Vocabulary Cards

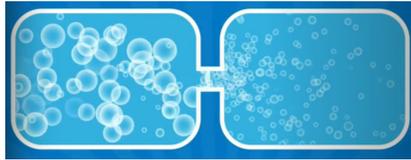
Lesson 3

Let's Eat Healthy
TOGETHER

Explore Dairy!

3rd - 5th
Grade

Homogenize



to break milk into smaller particles to make it smooth so the cream doesn't separate and float to the top



Pasteurize



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FOLD

Processing
plant



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Transport



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Vocabulary Cards

Lesson 4

Let's Eat Healthy

TOGETHER

Explore Dairy!

3rd - 5th
Grade

5 senses



hearing, seeing, smelling, tasting, and touching as a way to know the world around us



Culture



the things that make a person, family, or community of people special or different; a way of life; examples: music, clothes, art, beliefs, food



Recipe



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