


Let's Eat Healthy

TOGETHER

Explore Dairy!

9th - 12th
Grade




HANDS-ON LABS

After learning the information, students apply their knowledge in the following hands-on lab options.  Options that require food.




Lesson 1

- **Build the [Cow to Carton Sequence](#).** Print and cut the cards. In groups, students arrange cards in order of events that get milk from cow to carton. See which group is first to get the correct order. Use activity as a discussion point to correctly go over the sequence of events.
- **Research Dairy Farm Sustainability.** Have each student select one topic (climate, water, energy, air, resource) and explore further on [Planet-Smart Dairy](#). They will take notes, then pair up and share what was learned. Describe examples of sustainability practices on dairy farms to the class.
- **Build a [Dairy Farm](#).** In groups, students design and create their own dairy farm on paper or digital media. Parts of the dairy farm must be labeled, and the group needs to share one sustainability practice that the dairy has implemented. The project may start in Lesson 1 and continue throughout the unit.



Lesson 2

- **Taste Cheese.** Conduct a tasting activity with [Three Cheers for Cheese!](#) 
- **Make Cheese.** Use the recipes to make [mozzarella](#) or [ricotta cheese](#). 
- **Take the [Cheese Snack Challenge](#).** Students build their own snack with cheese and crackers. 



Lesson 3

- **Taste Yogurt.** Conduct a tasting activity with [Yogurt, Culture on a Spoon](#). 
- **Make a Yogurt Dip.** Choose a [Cilantro Lime Yogurt Dip](#) for fruits and vegetables. Get the most out of food synergy by eating foods together! 
- **Make Yogurt.** Students learn about the scientific process while completing the [FoodMASTER Yogurt lab](#). 

Lesson 4

- **Taste Milk.** Conduct a tasting activity with [Milk Masterclass](#). 
- **Make a Milk Beverage.** Try options like [horchata](#), [smoothie](#), or [mango lassi](#). 
- **Complete the Know Your Milk Activity.** Students compare and contrast different milk options based on nutrition, ingredients, and cost. Present the following scenario: they are at a cafe ordering a tea or coffee beverage and are asked, "What kind of milk would you like with that?" How would they decide using their knowledge on nutrition, ingredients, and cost? Students share 3 new things they learned or found interesting. Use [Know Your Milk](#) for reference.

Lesson 5

- **Make a Celebratory Dairy Dessert.** Students make [Ice Cream in a Bag](#)  or [Shake a Pudding](#)  to celebrate the end of the unit.
- **Compete in a Master Chef Challenge.** Choose from several options for students to participate in a [Master Chef Dairy Industry Challenge](#).

Share your stories and photos of work in action or completed activities at HealthyEating.org/Share.



For more information and additional resources, visit HealthyEating.org/ExploreDairyGuide.

This program aligns with the Dietary Guidelines for Americans. It is one of many nutrition education resources offered by Dairy Council of California for students and adults to improve eating patterns. For more information and additional resources, visit HealthyEating.org.



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