

# Let's Eat Healthy

# TOGETHER

## Explore Dairy!

K- 2<sup>nd</sup>  
Grade

## Extend and Connect

Extend students' learning with additional activities.

### Lesson 1

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- [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 different dairy foods in the school meals.

(See Lesson 5 for a follow-up activity.)

### Lesson 2

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- [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.

- [Sun, to Moo, to You!](#)

Students investigate the transfer of energy in the process of making milk, discover that there are different forms of energy, determine that living things need energy to survive, and identify the sun as the primary source of energy.



For more information and additional resources, visit [HealthyEating.org/ExploreDairyGuide](https://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](https://HealthyEating.org).



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#### Lesson 3

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- [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 Cow to Container Book Activity](#)

Students write their own book showing how milk goes from cow to carton and is made into yogurt, cheese, and ice cream.

- [Farm to You Storytime](#)

Cover the text next to each number or step with a sticky note. Students look at the graphic and explain what is happening at each step.

#### Lesson 4

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- [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.

#### Lesson 5 Reflection Activity

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- [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 included 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.



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