



Lesson 5: The Dairy Group: Do You Wear a Moo-stache?

Preparation Outline

Objectives

1. Identify that calcium in the Dairy Group is needed to build strong bones.
2. Identify the number of servings of dairy foods needed for good health and name three calcium-rich foods.
3. Explain how physical activity helps build strong bones to prevent disease.
4. Understand the actions required to keep food safe.

Equipment

- Plastic gloves
- Anti-Bacterial wipes
- Hand sanitizer
- Dish soap
- Dish sponges
- Butcher paper (to cover table?) Yes
- Napkins
- 1 blender (check to make sure good)
- Extension cord
- Paper towels
- 3-oz cups (1 per student)
- 1 4-cup liquid measuring cup
- 4 serving trays?
- 1 teaspoon measure
- Rubber spatula
- Food storage cooler with ice

Food Supplies (for 1 class of 25)

Choose one of these options:

Lemon Velvet Smoothie

- 3 cups nonfat or 1% milk
- 12 oz. frozen low-fat lemon yogurts*
- 9 oz. frozen 100% orange juice concentrate
- 2 teaspoons vanilla

**Freeze upside down for easier removal.*

OR Grape Ape Smoothie

- 1 frozen banana
- 6-oz 100% frozen grape juice concentrate (1/2 of a 12 ounce can)
- 2 cups low fat (1%) milk
- Ice cubes

*Directions: Blend and pour into 3oz cups.
Serve immediately.*

Handouts and Teaching Supplies

- MyPlate poster with Velcro food models
- Educator's Classroom Folder
- Dairy Word Search
- "Thumbs Up, Thumbs Down- What Would You Do?" safety quiz sheet optional
- *Find the Bone Builders* ½ worksheet
- 20 laminated or page-protected pictures
- Parent newsletter, English and Spanish
- Dairy food models (paper)
- Bone 3D models or photo of healthy vs not healthy bone (see resources)
- 5 small empty cartons of milk (whole, 2%, 1% and fat-free, chocolate milk)
- 1 empty calcium fortified frozen orange juice container
- 1 empty flattened cereal box
- NERI: Moo-stache stickers (optional)

Educator's Notes

Time Management. Optional segments are designated in the left column. These topics are found to be of great value to students, but must be limited if time is restricted.

Optional Activities.

White Milk Wednesdays. This is a challenge put out to students. The Educator can arrive at the school, for either breakfast or lunch, and gives Moo-stache stickers to those who choose white milk. Students never know when this will happen. Charting the increase in white milk consumed could be added to visually reinforce changes in consumption (WMW graphic) by the classroom teacher.

Osteoporosis Demonstration. This segment is very impactful to third graders for both visual and kinesthetic consequences of low dairy, low PA over time.

