



Grade K-2 or 3-5 Nutrition Lesson 5:

DAIRY



Overview

Strong bones need foods rich in calcium, and we can get the calcium we need through three serving of dairy a day. We have over 200 bones in our bodies and those bones need to be strong so that we can move our bodies and do the activities we love. Weak bones can break easily and broken bones are painful and mean we can't play and engage in our favorite activities. We can strengthen our bones by exercising and eating foods that have calcium. Dairy foods are the best source of calcium and usually come from cow's milk. Common dairy foods are milk, cottage cheese, yogurt, cheese, ice cream, and pudding. Low-fat dairy options like milk, cottage cheese and yogurt are the healthiest dairy food options. Pudding and ice cream are dairy foods that are higher in sugar and sometimes fat.

Behavior Change Objective:

As a result of this lesson, students will eat 3 servings of dairy each day and consume an adequate amount of calcium.

Learning Objectives:

Students will be able to:

- Learn that strong bones need foods rich in calcium and the calcium that they consume now will benefit them later in life.
- Learn that dairy foods are rich in calcium and that they should aim for three servings of dairy a day.
- Improve their culinary skills and self-efficacy by learning how to make a yummy and healthy yogurt parfait snack.

Keywords:

Dairy, Calcium, Bones

Educational Standards:

US NJ: 2.1.2.A.1, 2.1.2.A.2, 2.1.4.A.1, 2.1.4.A.2, 2.1.P.B.1, 2.1.P.B.2

NHES: 1.2.1, 1.2.2



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Materials

- Videos
 - Video Five: Dairy
 - Kitchen Demo Fiber Lesson: Power Up to Play with Yogurt Parfaits
- Skeleton model or a printed/displayed image of a skeleton – attached
- Images of dairy foods high in calcium – attached
- Coloring pages of a cow and dairy foods – printable images attached
- Recipe for Power Up to Play Yogurt Parfaits – attached
- Kitchen equipment and Ingredients for “Power Up to Play Yogurt Parfaits” if doing as an in-class activity:
 - Equipment:
 - Cup or bowl, spoon, measuring cups and spoons
 - Ingredients:
 - Vanilla low-fat yogurt
 - Mixed berries or your favorite fruit
 - Cheerios or your favorite unsweetened cereal
 - Sunflower seeds (unsalted)

Before You Begin

- Review the entire lesson.
- Set up a skeleton model or print/display an image of the skeleton in the classroom.
- Set up AV equipment and provide space for film viewing.
 - There are two videos to be shown: Video Five: Dairy, and “Kitchen Demo Dairy Lesson: Power Up to Play Yogurt Parfaits”
- Dairy Snack – Power Up to Play Yogurt Parfaits:
 - If you plan on having students prepare the recipe in class set out cooking equipment and ingredients necessary. See materials list for all items needed.
- If using the snack as an at-home activity, print the Recipe: “Power Up to Play Yogurt Parfaits” for students to take home.



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Procedure

- **Introduce Dairy:**
 - Begin the lesson by displaying the skeleton and common dairy foods. Ask students if they know what the skeleton picture is showing. Explain that it is a picture of the bones in our body. Explain that calcium is a nutrient that helps keep our bones strong and healthy and that it is found in dairy foods. Explain that having strong bones is how we make sure we can play and do the activities we love as often as we want. Ask students if they've ever heard of dairy and if they can think of any dairy foods.
- **Show video titled: Video Five: Dairy:**
 - This video will teach the students what dairy and calcium are, how they help our bones and the kinds of foods they can eat to get enough dairy into their diets.
- **Create a tasty snack that has lots of healthy dairy:**
 - Show the video entitled: "Kitchen Demo Dairy Lesson: Power Up to Play Yogurt Parfaits". This video will review the concepts learned in Video Five: Dairy and then walk students through making a tasty snack high in calcium they're sure to enjoy, a Very Berry Fruit Parfait. Students can make the snack in the classroom, or at home on their own by supplying them a copy of the recipe (attached).

Activities and Resources to Extend this Lesson:

- **At home activity Idea #1:** Coloring pages of various dairy foods
- **At home activity Idea #2:** Milk mustache photo contest
- **At home activity Idea #3:** Draw three ways you get dairy every day.
- **At home activity Idea #4:** Video Game: Skelly's Search for Dairy:
<https://grid05.docs.rutgers.edu/unity/NutritionDairyGame/>
- **At home or classroom activity Idea #5:** Cows, Calcium and Cheese from Cabot Handout Packet: https://www.cabotcheese.coop/wp-content/uploads/2020/08/Cows_Calcium_and_Cheese_Handouts_Resources_Final.pdf



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Power Up to Play Yogurt Parfaits

Ingredients (for 1 parfait):

- Vanilla low-fat yogurt (1 cup)
- Chopped berries or your favorite fruit (1/2 cup)
- Cheerios or your favorite unsweetened cereal (2-4 Tablespoons)
- Sunflower seeds (unsalted) (2-3 Tablespoons)

Directions:

- Measure 1/4 cup of yogurt into the bottom of the jar.
- Measure 1/4 cup of fruit and layer on top of yogurt.
- Measure another 1/4 cup of yogurt on top of the fruit.
- Measure 2-4 TBSP of your favorite crunchy cereal on top of the 2nd layer of yogurt.
- Measure 1/4 cup of yogurt on top of the cereal.
- Measure 2-4 TBSP of sunflower seeds on top of the 3rd layer of yogurt.
- Measure the final 1/4 cup of yogurt on top of the seed layer.
- Measure the final 1/4 cup of fruit on top of the yogurt layer.
- Eat and enjoy!