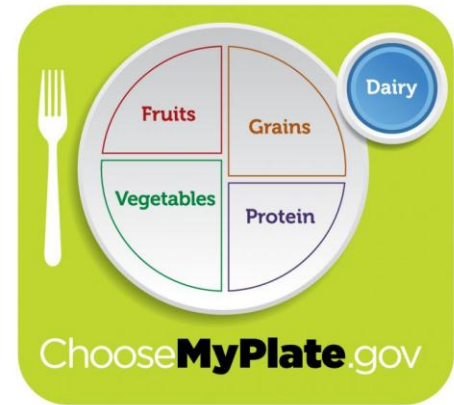


Lesson Overview

Students will learn about the dairy group within the MyPlate diagram and be able to identify these foods and where they come from. Dairy foods offer a variety of important nutrients to help you grow and stay healthy. Keeping your bones strong with physical activity has many health benefits too.



Lesson Objectives

- » Identify foods in the dairy group and understand where they come from.
- » Understand the importance of eating dairy foods to stay healthy.
- » Identify ways we can strengthen our bones.

Arizona Department of Education (ADE) Academic Standards

Math Standards

Kindergarten

K.CC.4 Understand the relationship between numbers and quantities; connect counting to cardinality. (supplemental activity)

First Grade

1.OA.3 Apply properties of operations as strategies to add and subtract. (supplemental activity)

Second Grade

N.A

English Standards

Kindergarten

K.RL.1, K.RI.1 With prompting and support, ask and answer questions about key details in a text.

K.RI.7 With prompting and support, describe the relationship between illustrations and the text in which they appear (e.g., what person, place, thing or idea in the text an illustration depicts).

K.SL.2 Confirm understanding of a text read aloud or information presented orally or through other media by asking and answering questions about key details and requesting clarification if something is not understood.

K.SL.3 Ask and answer questions in order to seek help, get information, or clarify something that is not understood.

K.L.5 With guidance and support from adults, explore word relationships and nuances in word meanings.

a. Sort common objects into categories (e.g., shapes, foods) to gain a sense of the concepts the categories represent.

First Grade

1.RL.1, 1.RI.1 Ask and answer questions about key details in a text.

1.RI.7 Use the illustrations and details in a text to describe its key ideas.

1.SL.2 Ask and answer questions about key details in a text read aloud or information presented orally or through other media.

1.SL.3 Ask and answer questions about what a speaker says in order to gather additional information or clarify something that is not understood.

1.L.5 With guidance and support from adults, demonstrate understanding or word relationships and nuances in word meanings.

a. Sort words into categories (e.g., colors, clothing) to gain a sense of the concepts the categories represent.

Second Grade

2.RL.1, 2.RI.1 Ask to answer such questions as who, what, where, when, why and how to demonstrate understanding of key details in a text.

2.SL.3 Ask and answer questions about what a speaker says in order to clarify comprehension, gather additional information, or deepen understanding of a topic or issue.

2.L.5 Demonstrate understanding of word relationships and nuances in word meanings.

a. Identify real-life connections between words and their use (e.g., describe foods that are spicy or juice).

Physical Education Standards

Strand 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities

Concept 2: Scientific Principles

PO 1. Identify the effects that physical activity has on the body.

PO 2. List and define the components of health-related fitness.

Advanced Preparation

- ✓ Make sure Powerpoint and projection is set up; bring up PowerPoint Presentation via website.
- ✓ Plan for handouts or possible activity items.

Materials and Equipment

- ✓ MyPlate poster
- ✓ MyPlate handouts (for student)
- ✓ Food Models (optional for demonstration)
- ✓ School Lunch Menu (optional print off from school website for discussion)

Incentive Gifts

- » MyPlate Activity Books

- » MyPlate paper plates
- » MyPlate Pens
- » MyPlate Pencils
- » MyPlate Colored Pencils
- » MyPlate Magnets
- » MyPlate Bookmarks
- » MyPlate Stickers
- » Silly Food Group Eye Glasses
- » Got Milk Frisbees
- » Milk Erasers
- » Beach Ball
- » Recipes
- » Fun Food News

Please contact us to see if you are eligible to receive some of these incentive gifts.

Estimated Time

20 to 30 minutes for PowerPoint, additional time for the activities.

Presentation

This lesson plan is designed to help assist you and students in understanding the dairy group of MyPlate. Below are the notes from each slide within the MyPlate Powerpoint. It is designed to be adaptable for grades Kindergarten through 2nd grade.

Slide #1

Today kids we will be talking about the Dairy group of MyPlate.

Slide #2

In today's lesson, we will be talking about a few things:

First, we will talk about what foods are found in the dairy group and where they come from.

Second, we will talk about ways to get enough dairy during the day and how much we need to stay healthy.

Next, we will talk about why dairy is good for us.

Lastly, we will talk about other ways we can strengthen our bones.

Slide #3

Q.) Has anyone seen this picture before?

A.) MyPlate shows us how we should be eating each day. It shows five sections, all which represent the five food groups.

Today we will be talking about a specific food group, the dairy group.

Q.) Does anyone see the dairy group on MyPlate? What shape and color is it?

A.) The dairy group is the blue circle on the side of the plate.

Q.) What do you think the circle is?

A.) That's right, a cup of milk! There are many other dairy foods. We will talk about those more later.

Slide #4

Q.) What are some examples of foods found in the dairy group?

A.) (Accept all answers)

Slide #5

There are many types of dairy foods! Examples of dairy foods includes white milk; flavored milk, such as chocolate and strawberry; milk alternatives, such as soy, almond, and rice; yogurt, cheese, puddings, frozen yogurt, and ice cream.

Slide #6

Q.) Does anyone know where dairy foods come from?

A.) (Accept all answers)

Slide #7

Cows are first milked. The milk is then sent to a factory to be cleaned and bottled or made into other milk products such as cheese, cottage cheese, yogurt etc. The final products are then sent to the grocery store to be purchased and eaten.

Show "A Day in the Life of a Cow" video

<http://www.youtube.com/watch?v=F-Fu0j3cSlc&feature=youtu.be>

Slide #8

Q.) Has anyone been down the dairy aisle in the grocery store? What do you remember seeing?

A.) Varieties of milk, flavored milk, yogurts, cheeses, etc.

Slide #9

Q.) There are many ways to get enough dairy in throughout the day. Can anyone think of any?

A.) Drink a glass of milk with lunch and dinner, put milk on your cereal, make your oatmeal with milk, eat a container of yogurt or a piece of string cheese for a snack, put cheese on a hamburger or melted over some vegetables at night for dinner, have some frozen yogurt with fruit on top for a healthy dessert!

Slide #10

Q.) Can anyone guess how many cups of dairy kids your age need?

A.) Kids your age need around 2 ½ - 3 cups.

(Hold up a half-pint carton of milk. This equals one cup. Refer to

<http://www.choosemyplate.gov/food-groups/dairy-counts.html> for more equivalencies to one cup for other dairy products.)

Slide #11

Q.) Does anyone know why dairy is good for our bodies?

A.) Dairy foods help build our bones and teeth. They help keep our bones and teeth strong.

Slide #12

Q.) Does anyone know what physical activity is?

A.) Physical activity is anything that gets our bodies moving for a certain amount of time. With physical activity, you usually start to breathe faster, sweat more, and your heart starts to beat faster.

Physical activity helps strengthen our bones just like eating dairy does.

Q.) Can someone name an example of kind of physical activity?

A.) Examples of physical activity include jumping rope, taking a walk, playing on the playground, swimming, etc.

Slide #13

Q.) Name the foods found in the dairy group.

A.) Cow's milk, milk alternatives, cheese, cottage cheese, yogurt, ice cream, frozen yogurt

Q.) How many cups of dairy do we need each day?

A.) Kids your age need 2 ½ to 3 cups each day.

Q.) Why are dairy foods good for us?

A.) Dairy foods help us build strong bones and teeth.

(Q.) Name one reason why physical activity is good for us.

(A.) Physical activity can help our bones and muscles grow stronger.

Background information

You may want to read this section before presenting to give yourself a little more information about the slides and lesson plan.

The dairy group within MyPlate is just one food group that offers many health benefits through the foods you eat and the key nutrients that you get. Below is a little more information about the dairy food group.

What foods are included in dairy?

All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.

Milk

all fluid milk:

- fat-free (skim)
- low fat (1%)
- reduced fat (2%)
- whole milk

- **flavored milks:**
 - chocolate
 - strawberry
- lactose-reduced milks
- lactose-free milks
- **Milk-based desserts**
 - puddings
 - ice milk
 - frozen yogurt
 - ice cream
- **Calcium-fortifiedsoymilk (soy beverage)**
- **Cheese**
 - **hard natural cheeses:**
 - cheddar
 - mozzarella
 - Swiss
 - Parmesan
 - **soft cheeses:**
 - ricotta
 - cottage cheese
 - **processed cheeses:**
 - American
- **Yogurt**
 - all yogurt:**
 - fat-free
 - low fat
 - reduced fat
 - whole milk yogurt

How Much Food from the Dairy Group Is Needed Daily?

The amount of food from the Dairy Group you need to eat depends on age. Recommended daily amounts are shown in the chart below.

Daily recommendation		
Children	2-3 years old	2 cups
	4-8 years old	2 ½ cups
Girls	9-13 years old	3 cups
	14-18 years old	3 cups
Boys	9-13 years old	3 cups
	14-18 years old	3 cups
Women	19-30 years old	3 cups
	31-50 years old	3 cups

	51+ years old	3 cups
Men	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	3 cups

What Counts as a Cup in the Dairy Group?

In general, 1 cup of milk, yogurt, or soymilk (soy beverage), 1 ½ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the Dairy Group.

The chart lists specific amounts that count as 1 cup in the Dairy Group towards your daily recommended intake:

	Amount That Counts as a Cup in the Dairy Group	Common Portions and Cup Equivalents
Milk (choose fat-free or low-fat milk)	1 cup milk	
	1 half-pint container milk	
	½ cup evaporated milk	
Yogurt (choose fat-free or low-fat yogurt)	1 regular container (8 fluid ounces)	1 small container (6 ounces) = ¾ cup
	1 cup yogurt	1 snack size container (4 ounces) = ½ cup
Cheese (choose reduced-fat or low-fat cheeses)	1 ½ ounces hard cheese (cheddar, mozzarella, Swiss, Parmesan)	1 slice of hard cheese is equivalent to ½ cup milk
	⅓ cup shredded cheese	
	2 ounces processed cheese (American)	1 slice of processed cheese is equivalent to ⅓ cup milk
	½ cup ricotta cheese	
	2 cups cottage cheese	½ cup cottage cheese is equivalent to ¼ cup milk
Milk-based desserts (choose fat-free or low-fat types)	1 cup pudding made with milk	
	1 cup frozen yogurt	
	1 ½ cups ice cream	1 scoop ice cream is equivalent to ⅓ cup milk
Soymilk (soy beverage)	1 cup calcium-fortified soymilk	
	1 half-pint container calcium-fortified soymilk	

Health Benefits and Nutrients

Consuming dairy products provides many health benefits, especially improved bone health. Foods in the Dairy Group provide nutrients that are vital for health and

maintenance of your body. These nutrients include calcium, potassium, vitamin D, and protein.

Health Benefits

- Intake of dairy products is linked to improved bone health, and may reduce the risk of osteoporosis.
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.

Nutrients

- Calcium is used for building bones and teeth and in maintaining bone mass. Dairy products are the primary source of calcium in American diets. Diets that provide 3 cups or the equivalent of dairy products per day can improve bone mass.
- Vitamin D functions in the body to maintain proper levels of calcium and phosphorous, thereby helping to build and maintain bones. Milk and soymilk (soy beverage) that are fortified with vitamin D are good sources of this nutrient. Other sources include vitamin D-fortified yogurt and vitamin D-fortified ready-to-eat breakfast cereals.

Physical Activity

Physical activity simply means movement of the body that uses energy. Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active. For health benefits, physical activity should be moderate or vigorous intensity.

Children and adolescents should do 60 minutes or more of physical activity each day. Most of the 60 minutes should be either moderate- or vigorous intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week. As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening activities, like climbing, at least 3 days a week and bone-strengthening activities, like jumping, at least 3 days a week. Children and adolescents are often active in short bursts of time rather than for sustained periods of time, and these short bursts can add up to meet physical activity needs. Physical activities for children and adolescents should be developmentally-appropriate, fun, and offer variety.

Being physically active can help you:

- Increase your chances of living longer
- Feel better about yourself
- Decrease your chances of becoming depressed

- Sleep well at night
- Move around more easily
- Have stronger muscles and bones
- Stay at or get to a healthy weight
- Be with friends or meet new people
- Enjoy yourself and have fun

References:

MyPlate: <http://www.choosemyplate.gov/>

Dairy Council of Arizona: <http://www.dairycouncilofaz.org/>

Arizona Building Better Bones Program

Activities

See activities folder for various age appropriate activities.