

Healthy Farming, Healthy You

Dear Educator,

Dairy farmers share much in common with the families who depend on them for fresh, wholesome dairy products. That's what your students will discover with this free educational program from the Florida Dairy Farmers and the Dairy Council of Florida, created in cooperation with the curriculum specialists at Young Minds Inspired (YMI).

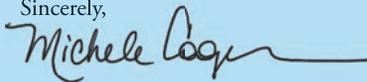
These standards-based lessons support the health curriculum for grades K-1, introducing students to the nine essential nutrients found in milk that will support the development of their bones, teeth, and muscles, and give them the energy needed to help them grow strong.

Students will also get to visit real dairy farms through a fun video whiteboard activity quiz.

We hope that you will share this program with other teachers in your school. Although the materials are copyrighted, you may make as many copies as needed for educational purposes.

Please comment online at ymiclassroom.com/feedback-fdf to provide feedback. We look forward to hearing from you.

Sincerely,



Michele Cooper
CEO
Florida Dairy Farmers and the
Dairy Council of Florida



Dr. Dominic Kinsley
Editor in Chief
Young Minds Inspired



For questions, contact us toll-free at 1-800-859-8005 or by email at feedback@ymiclassroom.com.

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Target Audience

Students in grades K-1 and their parents.

Program Objectives

- Help students learn about the nine essential nutrients found in milk that provide important health benefits.
- Raise awareness of the connections between the various nutrients found in milk and what they do to benefit various parts of the body.



Program Components

- This one-page teacher's guide.
- Two reproducible activity sheets.
- **Meet the Milk Makers!**, a digital whiteboard activity, available at ymiclassroom.com/fdf.

How to Use This Program

Download the teacher's guide and activity sheets and photocopy enough sheets for each student. Schedule the activities for your class and have students take their completed work home to share with parents. Both the kindergarten and first grade activities will require one to two 30-minute class sessions. Students will also need scissors and glue to complete each activity. To review alignment with Common Core and national standards, visit ymiclassroom.com/fdf.

How to Use the Whiteboard Activity

Meet the Milk Makers! (available at ymiclassroom.com/fdf) is an interactive video-based quiz that takes students on a virtual field trip to a variety of dairy farms. Share the activity with students on your digital whiteboard, or have students explore the activity on a home computer or Flash-friendly mobile device.

Kindergarten Activity A Healthy Match

In this activity, students learn about the ways in which dairy products like milk and cheese build strong bones and muscles, boost energy, and support vision.

Distribute the activity sheet and engage students by telling them that dairy products contain nine essential nutrients that help their bodies grow healthy and strong. Tell students that some nutrients in dairy products help the cells in their bodies digest food, carry oxygen to their lungs, and fight against diseases by healing wounds. Explain that cells are the building blocks of all life and are so small that they can't be seen without a microscope. Then read the information about each nutrient's health benefit aloud and ask students to point to the part of their body that each nutrient helps as you read about it.

Next, have students play a memory matching game by cutting out the word and picture cards on the sheet and matching them. Students may play alone or in pairs, placing their cards face down on the table or floor as they complete their matches.

After the game, prompt students to name more ways to stay strong and healthy. Guide the discussion so that students equate good habits, including eating healthy foods like those in the dairy group and getting plenty of exercise and sleep, with strong and healthy bodies.

Then have students write their name on a sheet of paper and draw a picture of themselves. Post the pictures in a classroom display under the heading "Healthy Me!"

Grade 1 Activity Superhero Nutrients

In this activity, student learn about the ways in which dairy products like milk and cheese build strong bones and muscles, boost energy, and support vision.

Distribute the activity sheets and engage students by telling them that dairy products contain nine essential nutrients that help their bodies build SUPER powers so they can grow healthy and strong. Tell students that some nutrients in dairy products help the cells in their bodies digest food, carry oxygen to their lungs, and fight against diseases by healing wounds. Explain that cells are the

building blocks of all life and are so small that they can't be seen without a microscope. Working together, all the nutrients found in dairy products can help students be a health Superhero!

Read the information about each nutrient and its health benefit aloud and ask students to point to the part of their body that each nutrient helps as you read about it. Then have students draw lines to match each nutrient to its benefits. Depending on your students' abilities, you may either complete the matching activity in a large group, or you may elect to have students complete the nutrient match independently.

Answers:

1. E. Calcium – strong bones and teeth
2. B. Niacin and Riboflavin – helps cells make energy
3. D. Vitamin A – helps vision
4. H. Protein – strong muscles
5. I. Potassium – helps build healthy muscles, including the heart
6. A. Carbohydrates – gives energy to your body
7. F. Vitamin B-12 – moves oxygen through your body
8. C. Phosphorous – helps make healthy cells and strong bones
9. G. Vitamin D – strong bones and teeth

Have students follow the "Dairy Superhero!" directions to create a character on another sheet of paper, along with a sentence from their character about the health benefits of dairy products. Display your students' Superheroes in a prominent area of the classroom.

Resources

- ymiclassroom.com/fdf
- choosemyplate.gov

Dairy Farming in Florida

- Florida Dairy Farmers and the Dairy Council of Florida – Floridamilk.com
- Dairy Farming Today – dairyfarmingtoday.org
- Dairy Information – dairygood.org

Agriculture in the Classroom

- faitc.org

Florida dairy products like milk and cheese have 9 essential nutrients that help you grow.



Nutrients

Calcium
Phosphorous
Niacin and Riboflavin
Protein
Vitamin A
Potassium
Vitamin D
Vitamin B-12
Carbohydrates

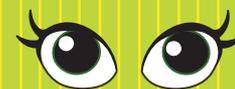
Health Benefits

Strong bones and teeth
Helps make healthy cells and strong bones
Helps cells make energy
Strong muscles
Helps vision
Helps build healthy muscles, including the heart
Strong bones and teeth
Moves oxygen through your body
Gives energy to your body

Now follow your teacher's directions to play this matching game.

Eyes

Bones



Teeth

Muscles



Do Florida dairy products like milk and cheese give your body SUPER powers like strong bones and muscles? You bet! Dairy products have 9 essential nutrients that your body needs to help you grow strong and stay healthy.

See if you can match the dairy nutrients to their correct health benefit so *you* can be a Superhero, too!



Dairy Superhero Nutrient

1. Calcium
2. Niacin and Riboflavin
3. Vitamin A
4. Protein
5. Potassium
6. Carbohydrates
7. Vitamin B-12
8. Phosphorous
9. Vitamin D

Superhero Health Benefit

- A. Nutrient that gives energy to your body
- B. Two nutrients that help cells make energy
- C. Mineral that helps make healthy cells and strong bones
- D. Vitamin that helps your vision
- E. Mineral that builds strong bones and teeth
- F. Vitamin that moves oxygen through your body
- G. Mineral that helps make strong bones and teeth
- H. Nutrient that builds strong muscles
- I. Mineral that helps build healthy muscles, including the heart

Now make your own Dairy Superhero!

1. Color and cut out the Superhero nutrient names below.
2. Draw a Superhero figure on a separate sheet of paper.
3. Glue the Superhero nutrients onto your Superhero figure in the areas that best match the body part that nutrient helps. Some body parts are helped by more than one nutrient.
4. Write a sentence from your Superhero about the power of dairy products!

Superhero Nutrients

Vitamin D

Potassium

Calcium

Phosphorous

Niacin and Riboflavin

Carbohydrates

Vitamin A

Vitamin B-12

Protein

