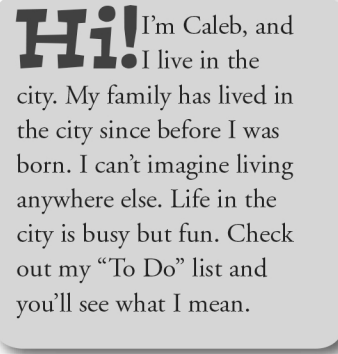


Activity

1 Farm or City, Life is Busy!



Hi! I'm Olivia, and I live on a dairy farm. My family has been farming for many years. I can't imagine ever living anywhere else. Life on the farm is busy but fun. Check out my "To Do" list and you'll see what I mean.



Hi! I'm Caleb, and I live in the city. My family has lived in the city since before I was born. I can't imagine living anywhere else. Life in the city is busy but fun. Check out my "To Do" list and you'll see what I mean.

One Day in the Life



Olivia's "To Do" List

- 6:30 a.m. Breakfast.
- 7:00 a.m. Help feed the cows and play with my dog.
- 8:00 a.m. Greet the veterinarian on my way to my school bus stop.
- 8:30 a.m. School starts!
- 12:45 p.m. School chore time: Collect game balls from field after lunch recess.
- 3:30 p.m. Help feed the calves and make sure the cows are comfy in their stalls.
- 4:00 p.m. Soccer practice.
- 5:00 p.m. Homework.
- 6:00 p.m. Dinner.
- 7:00 p.m. Play video games while mom and dad do farm record-keeping on the computer.
- 8:00 p.m. Time for bed!



Caleb's "To Do" List

- 6:30 a.m. Breakfast.
- 7:00 a.m. Walk my dog with dad while he picks up a coffee.
- 8:00 a.m. Say hi to my friends at the school bus stop.
- 8:30 a.m. School starts!
- 12:45 p.m. School chore time: Water the school veggie and herb garden.
- 3:30 p.m. Stop in the kitchen for a yogurt parfait topped with fruit.
- 4:00 p.m. Karate class.
- 5:00 p.m. Homework.
- 6:00 p.m. Dinner.
- 7:00 p.m. Play video games while mom and dad catch up with computer tasks.
- 8:00 p.m. Time for bed!

Olivia

Caleb

Use this Venn diagram to compare Olivia's life on the farm with Caleb's life in the city. In the middle where the two ovals overlap, write the activities that are common to both "To Do" lists. Can you find an activity that connects both Olivia and Caleb to nature? If you had a "To Do" list, what connections would you have to Olivia? To Caleb?

Parents!



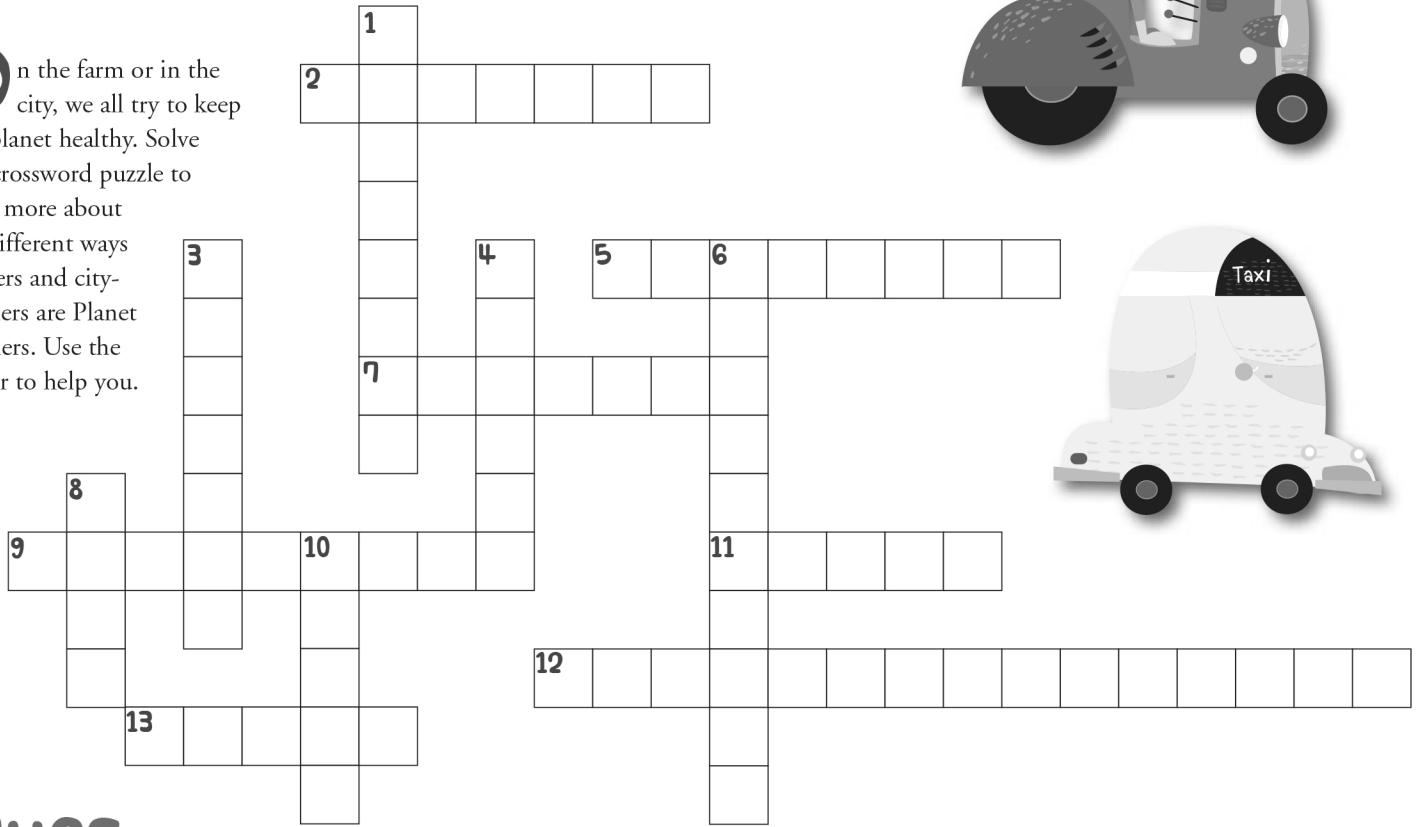
Help your child discover what is common to both farm and city lifestyles with this fun scavenger hunt. If you live in a city, ask your child to find items around your home produced by farms (e.g., dairy products, produce, meats, clothing, etc.). If you live on a farm, have your child look for items produced in the city (e.g., video games, magazines, electronics, etc.). Take note of what you find. Then help your child consider how farm and city lifestyles, while very different, have much in common.

Activity 2

Farm and City - Planet Partners



On the farm or in the city, we all try to keep our planet healthy. Solve this crossword puzzle to learn more about the different ways farmers and city-dwellers are Planet Partners. Use the poster to help you.



Clues

Across

2. You can help save trees by going here for books.
5. City officials meet here to make rules about protecting the environment.
7. By working together, farm kids and city kids can help keep our planet healthy _____.
9. Farmers and city-dwellers can both help keep _____ out of our soil and water.
11. This goes to a special recycling center in many cities.
12. This turns cow manure into energy and fertilizer.
13. On a dairy farm, plants help the soil absorb this better.

Down

1. Letting plants and trees grow between the fields on the farm provides habitat for _____.
3. Reduce, reuse, and _____.
4. Planting one of these at school or at home is a tasty way to help protect our planet.
6. You can help reduce waste by taking items your family no longer uses to a _____, where they will be resold.
8. Dairy farmers use recycled materials to provide comfy bedding for their _____.
10. Dairy farmers plant _____ along streams to help protect against wind and soil erosion.



Parents!

Local dairy farmers are committed to providing fresh, wholesome, quality local milk every day to schools and grocery stores in your area. They are dedicated to running their farms in sustainable ways that help to care for the environment in your community. For more information, visit www.FloridaMilk.com.

Local milk is available 365 days a year.



3 A Bounty of Healthy Foods

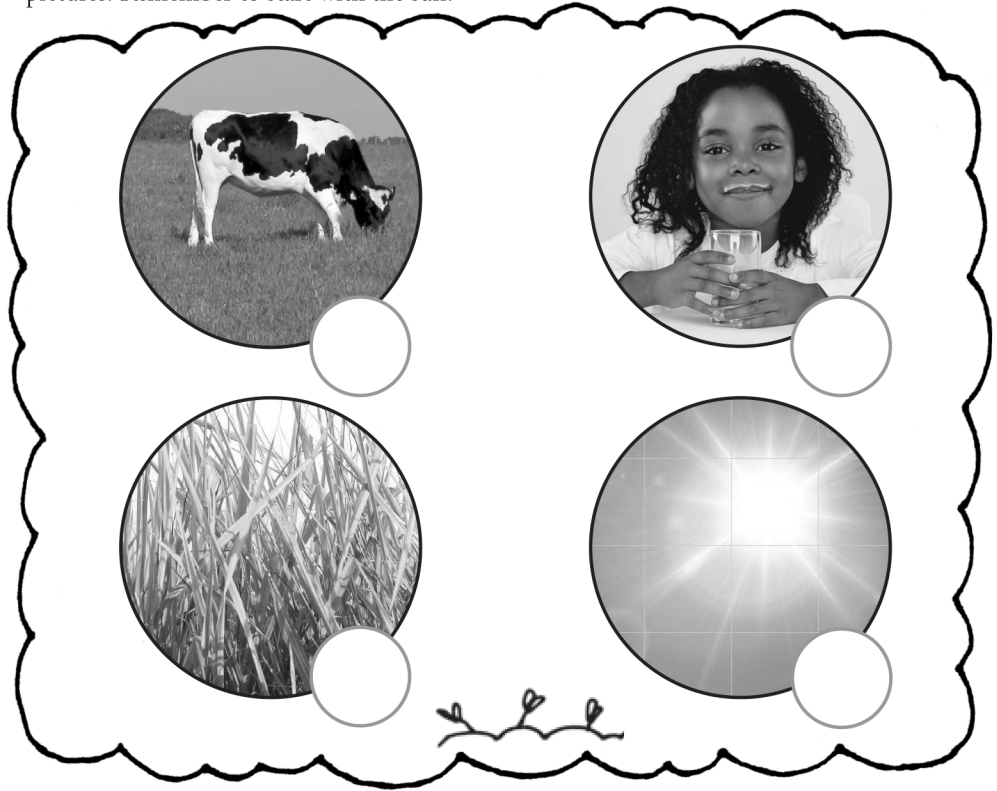
Part 1. Food Chain

Hey kids!

Whether you live on a farm or in the city, you still need to eat a healthy diet. Dairy cows do too. They get the energy they need to make milk from the food they **consume**. The grasses and hay that dairy cows eat **produce** their own food using energy from the sun.



Use the green circles to number the images to show how energy would be transferred from the sun to the young girl. Next add arrows to illustrate the flow of energy between the pictures. Remember to start with the sun.



Important Words

- Consumer _____
- _____
- Producer _____
- _____
- Food Chain _____
- _____

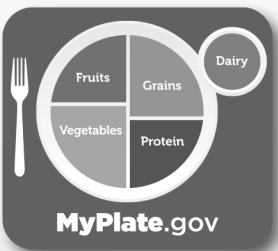
Part 2. Bountiful Poetry

Work with a partner to make a list of fruits and vegetables you like. Follow your teacher's directions to write a Bountiful poem about the food you listed.



Parents!

The dairy group is an important part of the USDA **MyPlate** guidelines that show a balanced meal.* Here's why:



- Dairy products are high in calcium and Vitamin D, both crucial in building new bone cells as children grow.
- Dairy products include many other important nutrients, like protein for strong muscles and potassium, which help regulate a healthy heartbeat and the balance of fluids in the body.

- Nutrients in dairy help build strong bones by increasing bone mass and also build and maintain both strong teeth and healthy blood pressure.

* Children with dairy allergies must use other food sources for calcium and Vitamin D, such as dark green leafy vegetables or calcium-fortified foods. Children who are lactose intolerant can have lactose-free dairy products.

Try this recipe for a delicious breakfast idea! For more recipes like this, visit www.floridamilk.com/in-the-schools/education-materials.stml.

Sunshine Smoothie

Ingredients

- ½ cup milk
- 1 cup plain yogurt (or vanilla)
- 1 cup Florida cantaloupe
- 1 cup Florida watermelon
- 2 cups strawberries (assorted berries), frozen
- 1 tablespoon Florida honey
- Strawberry and orange for garnish

Add watermelon, cantaloupe, berries, yogurt, honey, and milk into blender. Blend until smooth. If the consistency is too thick, add some more milk, and continue blending. Once you reach your desired consistency, pour into a glass, and garnish with an orange slice and strawberry.



Local milk is available 365 days a year.



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