

FUELING HEAD TO TOE



Fueling Head to Toe



Dear Group Leaders and Parents:

The farm families of Cabot Creamery Co-operative, the New England Dairy & Food Council, and the Florida Dairy Farmers are so pleased that you have chosen to complete the Fueling Head to Toe patch program with your group!

Our goals for the program include teaching young people:

- How eating food from a variety of food groups leads to a healthy diet and a healthy body.
- Why dairy is an important part of a healthy diet and lifestyle.
- How dairy products get from the dairy farm to their table.
- The importance of exercise in maintaining a healthy body and lifestyle.

Because exercise and a healthy diet are vitally important to youth, we encourage your group to complete all of the activities in this booklet. We hope this program will stimulate a continuing interest in learning more about the importance of diet and exercise for a healthy lifestyle.

If you and your group enjoy the activities in this booklet, please check out the nutrition and exercise-related activities, information, and education pieces on the [Cabot](#), [New England Dairy & Food Council](#), and [Florida Dairy Farmers](#) websites. Don't hesitate to reach out to healthinfo@cabotcheese.coop if you need any assistance as you work on the patch.

We hope you'll enjoy learning about ways to keep bodies strong for a healthy future.

Healthy Regards,

Sara Wing, RD
Director, Wellness & Community Programs
Cabot Creamery Co-operative

Heidi Harkopf, MS, RD
Director, Nutrition Programs
New England Dairy & Food Council

Alyssa Greenstein, RD, LD/N, FAND
Director, Nutrition Affairs
Florida Dairy Farmers

Learning Objectives

When I have earned this patch:

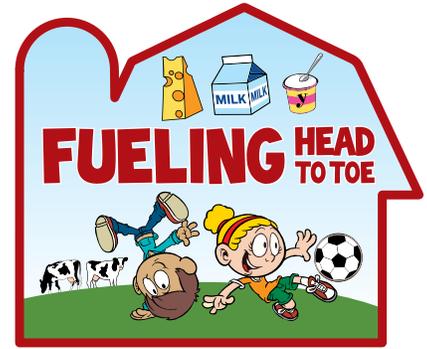
- I will understand why dairy is an important part of a healthy diet and lifestyle.
- I will know the major food groups and why it is important to eat foods from all these groups every day.
- I will understand the importance of exercise and how it makes me healthy.
- I will know how to build a healthy snack and why it is important.
- I will understand how dairy products get from the farm to my table at school or home.

Steps to earning your Fueling Head to Toe Patch:

1. Moo-ve Your Way to Good Health
2. Making MyPlate a Healthy Plate
3. Dairy as a Powerhouse
4. Building a Healthy Snack
5. Farm to Dairy

Table of Contents:

| | |
|---|-----------|
| 1. Moo-ve Your Way to Good Health | <u>3</u> |
| 2. Making MyPlate a Healthy Plate | <u>5</u> |
| 3. Dairy as a Powerhouse | <u>7</u> |
| 4. Building a Healthy Snack | <u>11</u> |
| 5. Farm to Dairy | <u>13</u> |
| 6. Patch Program Resources | <u>16</u> |



Activity Choices

Fueling Head to Toe

Patch activities also fulfill steps for the Brownie Snacks and My Best Self Badges and the Junior Staying Fit Badge. Additionally, Daisies will learn values of the Girl Scout Law while completing the patch activities, allowing them to earn Daisy Petals. Suggested Petals include Tula Petal (red)-Courageous and Strong, and Gloria Petal (purple)-Respect Myself and Others.

By completing the activities denoted by the symbols below, girls will earn their badge(s) and petal(s), which troop leaders can purchase online or at their local Girl Scout store.



Group Leaders:

We hope you and your group enjoy this exploration into the importance of healthy foods and activities that can fuel minds and bodies. We encourage you and your group to work through the booklet and complete the activities in each of the four sections. We recommend that you print handouts single-sided for your group members. Handouts are located in the back of the booklet (after page 16).

Next Steps:

Once your group has completed the activities, please fill out the online survey to receive your free patches and Treat Pack! You can access this Survey using the following link: emcspiritt.poll daddy.com/s/cabot-fueling-head-to-toe or on the Cabot website.

Want to learn more about Cabot and our other Education Programs?

Check out all of our Educational Offerings at:
www.cabotcheese.coop/school-and-group-programs

Let Cabot reward you for volunteering!

Reward Volunteers is a free, easy way for volunteers to track the time they spend volunteering in their community and to earn rewards for their contributions. Visit rewardvolunteers.coop to learn more!

The logo for Reward Volunteers features the word "REWARD" in a large, bold, white, sans-serif font, with "Volunteers" in a smaller, white, sans-serif font below it. A registered trademark symbol (®) is positioned to the right of "Volunteers". The text is set against a teal background with a dark teal vertical bar on the left side containing diagonal white stripes.

**Log Time,
Win Prizes!**

**RewardVolunteers.coop
#RewardVolunteers**

Step 1: Moo-ve Your Way to Good Health

Group Leader Background Information:

Exercise helps kids achieve and maintain a healthy lifestyle. Regular physical activity helps build and maintain strong, healthy muscles, bones, and joints. Try these fun ways to get moo-ving below!

Learn more about the importance of physical fitness with this information from the USDA:

<https://www.choosemyplate.gov/physical-activity>

Choices:

Learn the Importance of Exercise (Grades K-2)

Have your group watch this video about the importance of exercise and then facilitate a group discussion using the following questions as a guide.

<https://www.youtube.com/watch?v=DfsMBESYntw>

- Why is exercise important for a healthy body?
- How long should we play/exercise each day?
- Name two of your favorite games or ways you exercise.

OR

Get Moo-ving with Mooga (Grades K-8)

Mooga, or cow-themed yoga, is an interactive and informational activity that is meant to give adult leaders and students a quick physical activity break during the school day. Try any series of these yoga poses for 3-5 minutes at the beginning or middle of class. Getting kids energized and moving is proven to help students stay focused on learning! You can use the Mooga handout at the end of the booklet or check out these videos:

<http://www.floridamilk.com/in-the-schools/kids-corner/mooga.shtml>

Materials:

Mooga handouts
([Resource #1](#))
Yoga mats or towels
Laptop to watch
Mooga video or play
Mooga music

Step 1: Moo-ve Your Way to Good Health

OR

Track Your Exercise (Grades 3-8)

Have students use our Exercise Tracker for three days in a row to keep tabs on how much exercise they participate in each day. Remind them to write down all the activity they do (playing, walking, sports, etc.), including the amount of time they spend on each activity. At the end of the three days, review the trackers as a group to determine if each student has reached the physical activity goal of 60 minutes per day. If students haven't reached their goals, have the group discuss ways they all can increase the amount of exercise they are getting. Encourage students to enlist the help of their family and friends to motivate others to be more active too.

Materials:

Exercise tracker
([Resource #2](#))

Fitness tracker, if available, to track your steps on the Exercise Tracker



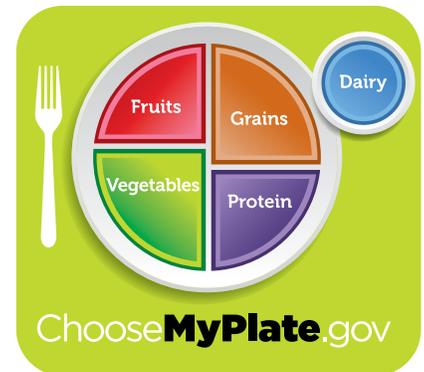
Step 2: Making MyPlate a Healthy Plate

Group Leader Background Information:

Learning how to create a healthy meal can help children stay healthy at any age! Find out more about the importance of the five food groups from these resources:

<http://www.newenglanddairyCouncil.org/media/Eat-the-MyPlate-Way.pdf> 

https://www.fns.usda.gov/sites/default/files/tn/dmp_tgfive.pdf



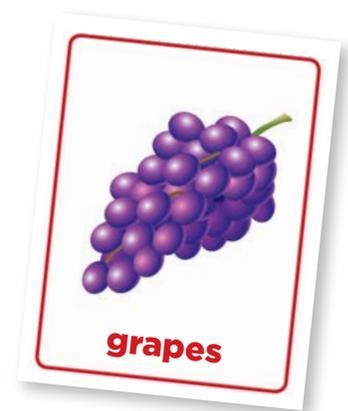
Choices:

Food Card Relay Race (Grades K-8)

- Review MyPlate with group. Ask members to give examples of foods in each food group.
- Label five baskets or buckets with food group names.
- Cut out FHTT Food Cards ([Resource #3](#))
- Provide each student a Food Card. Have students run, skip, hop, crab walk, etc. and put their food card in the correct Food Group basket.
- After the Food Card Relay Race, challenge each team to make a balanced meal with foods from each of the five food groups.

Materials:

FHTT Food Cards
([Resource #3](#))
5 baskets or buckets
Tape
Scissors



Step 2: Making MyPlate a Healthy Plate

OR

Planning a Healthy Meal (Grades K-8)

- Encourage students to draw a picture or make a collage of a meal they would like to prepare for their friends or family that includes foods from all five food groups. You can use the MyPlate handout to help with meal planning ([Resource #4](#)).

OR

MyPlate Daily Checklist (Grades 3-8)

- Have students complete the online MyPlate Checklist Calculator to estimate their energy needs and food group servings.
- Visit the MyPlate Daily Checklist site to find and print the checklist that fits each person. Then use these checklists to track their daily food choices.
- *Note:* Needs vary based on age, height, weight, and activity level.

OR

Breakfast Challenge (Grades 3-8)

- Challenge students to make breakfast for their families that contains at least three food groups. Have them take a picture and share on social media using: [#FuelingHeadToToe](#)
- Have students share their school breakfast on social media using: [#FuelingHeadToToe](#)

Materials:

MyPlate Handout
([Resource #4](#))

Materials:

MyPlate Daily
Calculator: [https://www.
choosemyplate.gov/
MyPlate-Daily-Checklist-
input](https://www.choosemyplate.gov/MyPlate-Daily-Checklist-input)

MyPlate Daily
Checklist: [https://www.
choosemyplate.gov/
MyPlate-Daily-Checklist](https://www.choosemyplate.gov/MyPlate-Daily-Checklist)



Step 3: Dairy as a Powerhouse

Group Leader Background Information:

Dairy's nine essential nutrients help our bodies repair muscle tissue, maintain healthy red blood cells, build strong bones, maintain a healthy weight, and reduce the risk of heart disease. What's better than that? Learn more about how dairy is a powerhouse for your body at choosemyplate.gov/dairy

DAIRY'S UNIQUE NUTRIENT PACKAGE

Benefits for Stronger Bones and Better Bodies

Dairy's nine essential nutrients help our bodies repair muscle tissue, maintain healthy red blood cells, build strong bones, maintain a healthy weight, and reduce the risk of heart disease.



CALCIUM

Calcium helps build and maintain strong bones and teeth. It also plays an important role in nerve function, muscle contraction, and blood clotting.

PHOSPHORUS

Phosphorus helps strengthen bones and generates energy in the body's cells.

VITAMIN A

Vitamin A helps maintain normal vision and skin, helps regulate cell growth, and maintains the integrity of the immune system.

VITAMIN B12

Vitamin B12 helps build red blood cells that carry oxygen from the lungs to working muscles.

NIACIN

Niacin (or niacin equivalent) is important for the normal function of many enzymes in the body and is involved in the metabolism of sugars and fatty acids.

VITAMIN B5

Vitamin B5 helps to strengthen the immune system, regulate cholesterol, and helps control blood pressure. It also helps to make skin and hair healthy.

PROTEIN

Protein builds and repairs muscle tissue and serves as a source of energy during high-powered endurance exercise.

VITAMIN D

Vitamin D helps promote the absorption of calcium and enhances bone mineralization.

RIBOFLAVIN

Riboflavin, also known as Vitamin B2, helps convert food into energy – a process crucial for exercising muscles.

Step 3: Dairy as a Powerhouse

Choices:

Benefits of Dairy (Grades K-2)

- Check out this video about all the benefits of dairy: <https://www.youtube.com/watch?v=IMI-NPovJIE>
- Guide a group discussion highlighting what children learned from the video.
 - What are some things you learned about why dairy foods are good for us?
 - What are your favorite foods that are in the Dairy Food Group?
 - What are some key nutrients in dairy and why are they good for your body?
- Have students make collages to reflect favorite foods that contain dairy. Print out food cards from the link in the materials box, or cut out pictures from magazines, grocery store flyers, or other printed food pictures to make a collage.

Note: The collage is an evaluation component to help assess if students can correctly identify which foods fall under the Dairy Food Group.
- Have children draw pictures of themselves eating their favorite dairy foods.

OR

Dairy-oke (Grades K-8)

- Students learn the “We Love Dairy” song sung to “Let it Go” from Disney’s® Frozen. Students sing the song as group, using a Karaoke app if available. If you would like, create a video of your group singing your Dairy song!
- Students and leaders can share their videos online using [#FuelingHeadtoToe](#).
- Students make up their own song to a different tune. Lyrics should highlight where dairy foods come from and why they are healthy.

Materials:

Food cards:
<http://eatrightfoundation.org/wp-content/uploads/2016/09/HealthySchoolsTeacherFoodGroupCards.pdf>

Magazines, grocery store weekly flyers

Glue or tape

Safety scissors

Materials:

Dairy-oke Song Sheet
(Resource #5)

Karaoke app, if available

Step 3: Dairy as a Powerhouse

OR

Know Your Dairy Board Game (Grades 3-8)

Board game directions:

- Break group into teams of 2-3. Each team chooses a game piece (coin, eraser, pebble, etc.).
- Shuffle the question cards and place on space marked Question Pile on the game board.
- The team with the youngest person goes first.
- The starting team rolls the dice and moves that number of spaces on the game board.
- A Question Card is selected by another team to read to the playing team.
- Teams only have one chance to answer the question correctly. There is no penalty for providing an incorrect answer. Teams have up to 10 seconds to discuss their response before providing an answer.
- If the team answers correctly, they get to keep the card. If answered incorrectly, the card goes into the Discard Pile on the game board.
- Once the question is answered, the next team has a turn to roll the dice and answer a question.
- First team to reach the Finish Space is the winner.
- If the Question Cards run out before a team has reached the Finish Space, the winner of the game is the team with the most correct answers (Question Cards).

Materials:

Game Board
([Resource #6](#))

Question Cards
(separate question cards for Grades 3-5 [[Resource #7](#)] and Grades 6-8 [[Resource #8](#)])

Dice



Step 3: Dairy as a Powerhouse

OR

Develop an Ad/Commercial to Promote Health Benefits of Dairy (Grades 6-8)

- Check out this video about all the benefits of dairy: <https://www.youtube.com/watch?v=IMI-NPovJIE> or research the health benefits of dairy on the internet or at your local library.
- Select one health benefit of dairy (calcium, strong bones, protein, etc.) and create a print ad or commercial to promote dairy to students' friends and family. It could be a simple post, Snap, Instagram, or go all out and make a video. Make sure you tag with **#FuelingHeadToToe**.
- Before posting on social media, make sure that students get their parents' permission.
- If video is not available, the commercial can be performed live for your group.



Step 4: Build a Healthy Snack

Group Leader Background Information:

A healthy snack can give us the energy we need to do all the things we love...whether that's running a race, acing a test, or hiking with friends. It is easy to help kids build a healthy snack at home or on the go.

<https://www.choosemyplate.gov/ten-tips-snack-tips-for-parents>

Have group members do these activities to learn about building a healthy snack (Grades K-8) 

1. Taste

Hold a tasting event, where your group can taste a variety of dairy products. These can include cheese, milk, Greek yogurt and cottage cheese. Be sure to include ones that your group members haven't tried before, including something “slurpable” like a smoothie!

2. Build

Build a healthy snack using one of the ingredient baskets pictured here, just like the popular cooking show, "Chopped". Build your favorite snacks using 2 or 3 different food groups, including dairy, vegetables, fruit, and grains! Use any additional ingredients you would like, as long as you use all the basket items.

***To earn the Brownie Snack Badge, be sure to taste and/or build at least one savory and one sweet snack.*

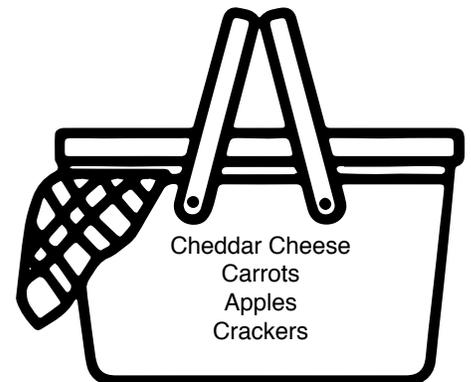
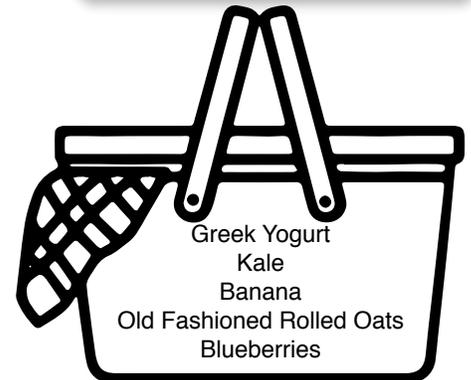
Materials:

Baskets, if desired

Ingredients listed in one, two, or three of the baskets below.

Any kitchen tools or appliances that you have at your group's disposal (oven, blender, etc).

Note: The second basket can be used for groups that have minimal kitchen prep space available.



Step 4: Build a Healthy Snack

3. Share

Now it is time to share your groups' work! Choose one of these options to let others know about your healthy snack.

- Create a cooking video of your group making their snack and share with friends and family, or have your group leader upload to social media. Be sure to tag **#FuelingHeadToToe** when sharing. Before posting on social media, make sure that students get their parents' permission.
- Have your troop or group leader take a picture of your snack and share on social media. Make sure to tag **#FuelingHeadToToe** when sharing.
- Create a poster of your snack, calling out all the great nutrients and health benefits of your culinary creation and share with your group.
- Create a magazine ad to sell your snack, letting readers know about all the healthy ingredients, including the benefits of the dairy you included, and why they should buy your snack.

Check out these substitution suggestions below:

Lactose intolerant?

Did you know that most aged cheddar cheese is lactose-free? So go ahead and enjoy protein-packed cheddar!

lactose-free

Gluten sensitive?

You can substitute gluten free options for the grains in most recipes. Try a rice cracker instead of a regular cracker or quinoa as a side in your next meal.

gluten-free

**be sure to always read labels if you have dietary restrictions*



Step 5: Farm to Dairy

Group Leader Background Information:

We all love to know where our food comes from. Now you can find out exactly where the milk, yogurt, cheese, and ice cream that you love starts! Take a virtual dairy farm tour to learn the steps your favorite dairy products take from farm to you.

Choices:

Learn About Dairy Farming (Grades K-2)

- Watch age-appropriate virtual dairy farm tour from our friends at the Midwest Dairy Council:

https://www.youtube.com/watch?v=jaS0DdWX1ml&feature=youtu.be&list=PLGHALcHigFISD09yHP9A-7qnknTug_zpx

- After your group has watched the video, complete one of the following activities: have your group complete the Farm to Dairy Activity Sheet located at the back of this booklet ([Resource #9](#)).

OR

- Draw a dairy farm using what you learned from the video you watched.

Materials:

Farm to Dairy Activity Sheet ([Resource #9](#))



Learn more about the 1,100 farm families that make up Cabot Creamery Co-operative by taking their virtual farm tour! Get started at cabotcheese.coop/our-farm-families

Check out the farm tours available from our friends at: Florida Dairy Farmers at floridamilk.com

and

New England Dairy and Food Council at newenglanddairyCouncil.org



Step 5: Farm to Dairy

Virtual Farm Tour (Grades 3-5)

Take this age-appropriate virtual dairy farm tour from our friends at the Midwest Dairy Council:

<https://www.midwestdairy.com/farm-life/?gclid=CNGEvO6zl9ECFcxWDQodeVgB7w>

- Answer the questions below as a group.
 - What are the names of the 7 different breeds of cows?
 - How do farmers keep their cows cool in the summer?
 - What does the farmer use to help feed the baby cows?
 - What are three ingredients in an adult cow's diet?
 - How much food and water do cows eat and drink every day?
 - How much milk does a cow make every day?
 - How long does it take for the milk to make it from the cow to the store?
 - Name three things that dairy farmers recycle and reuse on their farms?

OR

- Draw your own picture of a dairy farm tour.
Include 4 different stops and 5 facts for each stop.



Step 5: Farm to Dairy

Virtual Farm Tour (Grades 6-8)

Watch this age-appropriate virtual dairy farm tour sponsored by the Southwest Dairy Farmers:

<https://www.southwestdairyfarmers.com/media-center/videos/28/buttercup>



- Answer the questions below as a group:
 - How many glasses of milk does Buttercup produce?
 - What year did cows come to the Americas?
 - What is the most popular breed of dairy cow? Why?
 - Why are cows always chewing?
 - Name three ways that dairy farmers keep their cows healthy.
 - How do dairy farmers help keep the environment healthy?
 - Name three ways that the milk you drink is kept pure and safe.
 - Name 4 dairy and 4 non-dairy products that are made from dairy products.

OR

- Write a paragraph about what pasteurization is and why it is important. Use what you learned in the video, combined with your own research on the internet or at your local library.

AND

- Write a paragraph about the ways that dairy farms incorporate sustainability into their farming practice. Use what you learned in the video combined with your research on the internet or at your local library.

Now that you have learned about life on a dairy farm, visit a farm near you! Your local dairy council can help you find a farm. Locate your local dairy council at:

www.nationaldairycouncil.org

Mooga

Try any series of these yoga poses for 3-5 minutes at the beginning or middle of class. Getting students energized and moving is proven to help students stay focused on learning!

TRIANGLE POSE

- Extend arms out to sides, then bend over your right leg.
- Stand with feet about 3 feet apart, toes on your right foot turned out to 90 degrees, left foot to 45 degrees.
- Allow your right hand to touch the floor or rest on your right leg below or above the knee, and extend the fingertips of your left hand toward the ceiling.
- Turn your gaze toward the ceiling, and hold for 5 breaths.
- Stand and repeat on opposite side.



TREE POSE

- Stand with arms at sides.
- Shift weight onto left leg and place sole of right foot inside left thigh, keeping hips facing forward.
- Once balanced, bring hands in front of you in prayer position, palms together.
- Extend arms over shoulders, palms separated and facing each another. Stay for 30 seconds.
- Lower and repeat on opposite side.



BUTTERFLY

- Sit with your knees close to your chest.
- Relax your knees out to either side.
- Gently press the bottoms of your feet together.
- Hold your feet or your ankles.
- Breath deep and hold for 30 seconds.

DOWNWARD COW



- Start on all fours with hands directly under shoulders, knees under hips.
- Walk hands a few inches forward and spread fingers wide, pressing palms into floor.
- Curl toes under and slowly press hips toward ceiling, bringing your body into an inverted V, pressing shoulders away from ears. Feet should be hip-width apart, knees slightly bent.
- Hold for 3 full breaths.

WARRIOR

- Stand with legs 3 to 4 feet apart, turning right foot out 90 degrees and left foot in slightly.
- Bring your hands to your hips and relax your shoulders, then extend arms out to the sides, palms down.
- Bend right knee 90 degrees, keeping knee over ankle; look out over right hand. Stay for 1 minute.
- Switch sides and repeat.



BOW

- Lie flat on your stomach, stretching your arms to your sides.
- Reach for your ankles and slowly make a bow shape with your body.
- Hold for 5 deep breaths.





PEACEFUL WARRIOR

- Bring your feet far apart with the back edge of your back foot stabilizing you by pressing into the mat.
- Have your front foot face the short edge of the mat.
- Bend your front knee and open your arms long for a warrior 2.
- Then keeping your legs the same, reach back with your front arm as your back arm heads down your back leg.
- This pose is grounding AND energizing!



TWIST

- Sit up super tall with one leg long on the floor.
- Bend the other leg and bring it over the extended leg.
- Lengthen the spine and begin to gently twist toward the outside of the bent leg.
- Look gently behind your shoulder keeping the spine long.
- Take three breaths and unwind slowly with your head leading the way.
- This pose feels balancing to the body and brain!



TURTLE

- Sit on your mat with your knees bent and the inside of your feet touching.
- Try and crawl your fingers under your shins as your head melts toward your feet.
- Rest in this forward fold for deep ease, rest and calm.



WHEEL

- Lay down on your mat or the floor and bend your knees.
- Place your hands by your ears with your fingers pointing toward your feet.
- Begin to lift up your body as you BREATHE!
- This is a big backbend and will give you lots of energy!



SEATED FORWARD FOLD

- Sit with your legs long (you can bend your knees a bit if your hamstrings are tight!)
- Lengthen through your spine and then walk your fingers forward toward your toes without collapsing through the spine!
- This pose will restore calm and peace!



CAMEL

- Sit up on your knees in a comfortable, stable position.
- Place your hands behind your back as if you are putting them in imaginary back pockets.
- Lift the center of your chest as you lean back.
- Keep your head lifted until you become more familiar with the pose!
- This pose will energize you!



FUELING HEAD TO TOE PATCH PROGRAM TRACK YOUR PHYSICAL ACTIVITY!

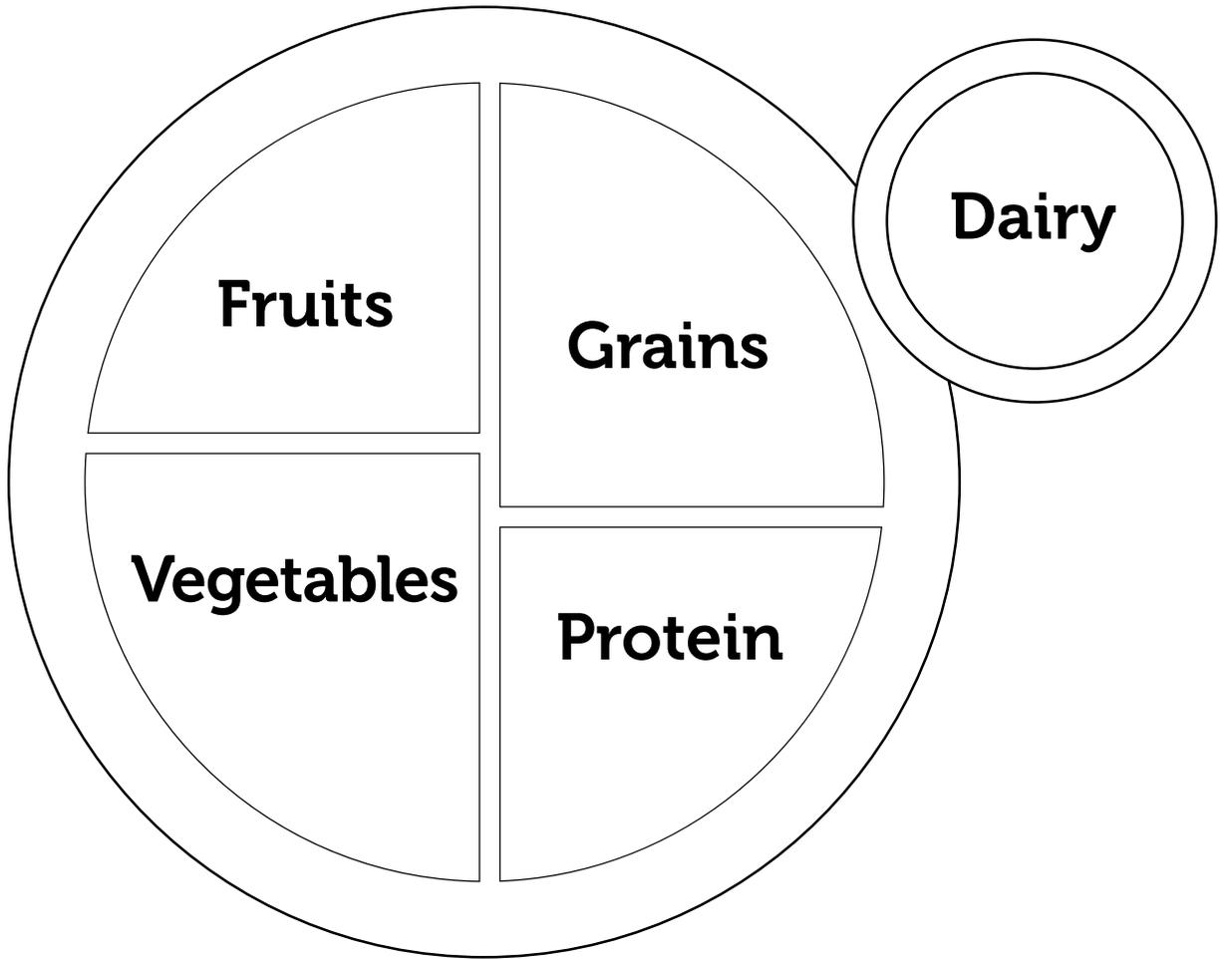
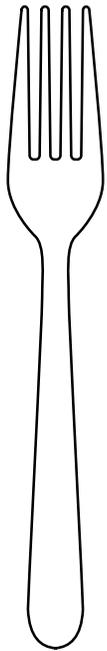
GOAL: AT LEAST 60 MINUTES A DAY. WRITE DOWN EACH ACTIVITY YOU WERE INVOLVED IN AND FOR HOW LONG EACH DAY.

| DAY |  ACTIVITIES |  MINUTES |  STEPS TAKEN |
|-----------|--|---|---|
| EXAMPLE | Soccer Bike Riding | 20 60 | 1,344 |
| MONDAY | | | |
| TUESDAY | | | |
| WEDNESDAY | | | |
| THURSDAY | | | |
| FRIDAY | | | |
| SATURDAY | | | |
| SUNDAY | | | |



Resource #3: Fueling Head to Toe Food Cards

| | | | | | | | |
|---|---|---|---|--|-----------------------------------|---|----------------------------------|
|  | sway squash |  | roll sunflower seeds |  | jump carrots |  | skip whole-wheat bread |
|  | walk whole-wheat pasta |  | run watermelon |  | crab walk peaches |  | gallop milk |
|  | walk heel-to-toe peanut butter |  | walk backwards low-fat yogurt |  | tip-toe grilled chicken |  | crawl egg |
|  | take giant steps red pepper |  | grape-vine walk sweet potato |  | spin spinach |  | hop on two feet grapes |
|  | duck-walk brown rice |  | wheelbarrow-walk (with a friend) fish |  | hop on one foot cheese |  | dance eggplant |



Choose **MyPlate**.gov

WE LOVE DAIRY

A song based off Frozen's "Let It Go" melody

The milk flows white in the barnyard tonight
Not a bull-head to be scene
A barnyard of several Holsteins
And looks like we'll have ice cream

The butter's forming like a churning, creamy storm
Couldn't milk just one, need to milk them all.

Don't let them go don't let them leave
Milk the cows and you will see
That calcium is good for bone
And makes... you strong

We love milk, we love milk
There are many delicious forms

We love cheese, we love cheese
Don't be scared to try them all

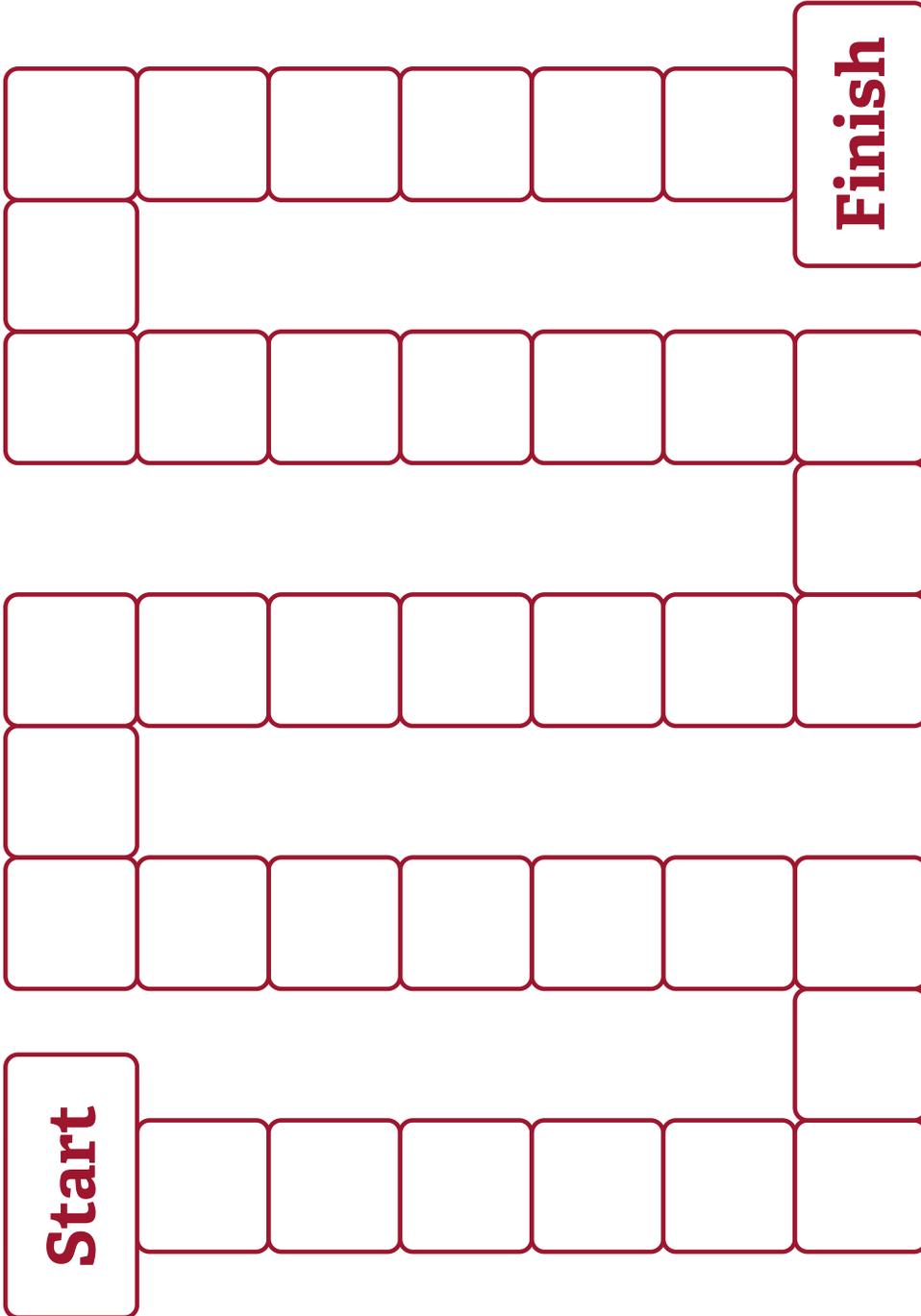
I love milk no matter what you say
Let the milk flow on
Three servings of dairy every day





Start

Discard



Finish

Question Pile

Resource #7: Know Your Dairy Questions for Grades 3-5

| | | | |
|--|---|--|--|
| <p>QUESTION: Name 3 food groups that make a good breakfast.</p> <p>_____</p> <p>ANSWER: Any combination of dairy, fruit, vegetable, grain and protein are acceptable.</p> | <p>QUESTION: A smoothie made with yogurt, orange juice and strawberries has one dairy food. Which food is it?</p> <p>_____</p> <p>ANSWER: Yogurt</p> | <p>QUESTION: Which food provides the most protein in a grilled cheese sandwich? The bread or the cheese?</p> <p>_____</p> <p>ANSWER: Cheese. One oz of Cheddar has 7 grams of protein.</p> | <p>QUESTION: True or False? Protein is a good nutrient to have at breakfast.</p> <p>_____</p> <p>ANSWER: True. Protein helps keep your energy up until lunch time. Milk and dairy foods are a great way to get protein in the morning!</p> |
| <p>QUESTION: True or False: Milk and organic milk are equally healthy.</p> <p>_____</p> <p>ANSWER: True. The term Organic refers to how the farmer manages the cows and farm. The nutrition in the milk is the same.</p> | <p>QUESTION: True or False? Eggs belong in the dairy group.</p> <p>_____</p> <p>ANSWER: False. Eggs can be found in the grocery store dairy section but they come from chickens. Since eggs do not come from cows they are not considered a dairy food.</p> | <p>QUESTION: How many servings of dairy foods should adults and kids 9 years and older to try to get each day?</p> <p>_____</p> <p>ANSWER: 3 servings can help kids and adults get the important nutrients they need.</p> | <p>QUESTION: What is lactose?</p> <p>_____</p> <p>ANSWER: The natural sugar found in milk.</p> |
| <p>QUESTION: Name 4 foods that fall in the dairy group.</p> <p>_____</p> <p>ANSWER: Milk, flavored milk, cheese, cottage cheese, yogurt, (Answers vary. Consult food group handout if needed)</p> | <p>QUESTION: True or False? Flavored milk has the same amount of calcium as white milk.</p> <p>_____</p> <p>ANSWER: True. The only nutrient difference is that flavored milk has a little more sugar</p> | <p>QUESTION: True or False? An 8-ounce glass of flavored milk has more nutrients than a 12-ounce regular soda.</p> <p>_____</p> <p>ANSWER: True!</p> | <p>QUESTION: Which nutrient found in dairy foods help us build our muscles?</p> <p>_____</p> <p>ANSWER: Protein</p> |
| <p>QUESTION: Name a nutrient that helps us build and keep strong bones?</p> <p>_____</p> <p>ANSWER: Vitamin D, Calcium, phosphorous</p> | <p>QUESTION: True or False? Someone with lactose intolerance can still enjoy dairy foods</p> <p>_____</p> <p>ANSWER: True. Aged cheeses such as Cheddar do not have lactose. Yogurt is also well tolerated. There is lactose reduced milk</p> | <p>QUESTION: True or False? Adding cheese to your sandwich is a great way to add extra calcium and protein?</p> <p>_____</p> <p>ANSWER: True. Cheeses such as Cheddar have 7 grams of protein and 20% of the calcium you need in a day in just 1 oz.</p> | <p>QUESTION: True or False? One cup of yogurt has more calcium than a cup of spinach salad?</p> <p>_____</p> <p>ANSWER: True. One cup of yogurt has as much calcium as 10 cups of raw spinach!</p> |

Resource #8: Know Your Dairy Questions for Grades 6-8

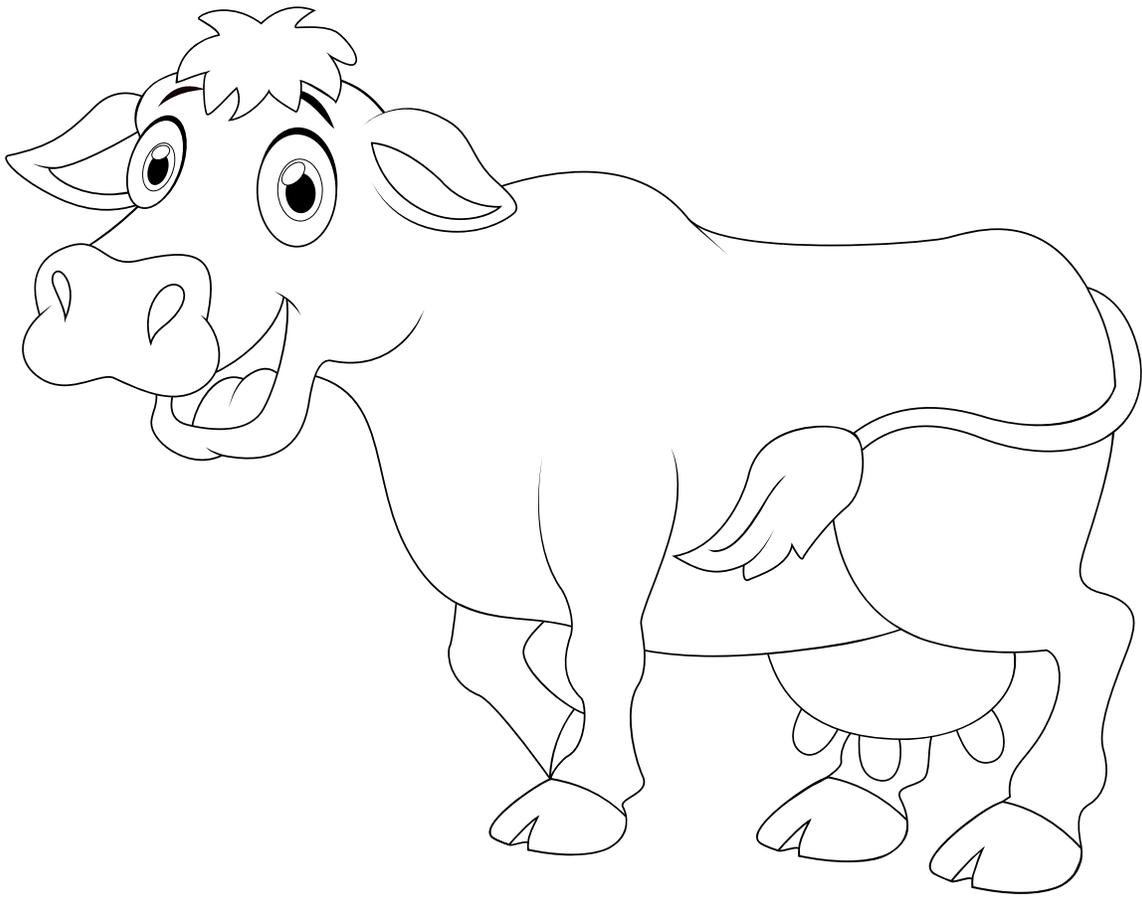
| | | | |
|--|---|--|---|
| <p>QUESTION: What is the general term for a substance that provides nutrition to the body.</p> <p>_____</p> <p>ANSWER: Nutrient.</p> | <p>QUESTION: What is the term for nutrients like A, C, B12, that come from food and help a body grow and be healthy.</p> <p>_____</p> <p>ANSWER: Vitamin.</p> | <p>QUESTION: What is the term for nutrients like calcium, magnesium and iron found in food and nature that helps our body grow and be healthy?</p> <p>_____</p> <p>ANSWER: Mineral.</p> | <p>QUESTION: How many grams of protein in one 8-ounce glass of milk?</p> <p>_____</p> <p>ANSWER: 8 grams.</p> |
| <p>QUESTION: How many grams of protein are in one 8-ounce glass of flavored milk?</p> <p>_____</p> <p>ANSWER: 8 grams.</p> | <p>QUESTION: Name 3 nutrients found in dairy foods.</p> <p>_____</p> <p>ANSWER: Calcium, phosphorus, pantothenic acid (B5), protein, vitamin D, Vitamin b12, potassium, riboflavin, niacin, fat, carbohydrate.</p> | <p>QUESTION: Name 2 vitamins found in dairy.</p> <p>_____</p> <p>ANSWER: Vitamin B12, niacin, riboflavin, vitamin A, Vitamin D, pantothenic acid (B5).</p> | <p>QUESTION: Which nutrient from dairy foods is most responsible for building our muscles?</p> <p>_____</p> <p>ANSWER: Protein.</p> |
| <p>QUESTION: Name one nutrient that helps us build and maintain strong bones.</p> <p>_____</p> <p>ANSWER: Vitamin D, calcium, phosphorus.</p> | <p>QUESTION: True or False? Someone with lactose intolerance can still enjoy dairy foods.</p> <p>_____</p> <p>ANSWER: True. Aged cheeses such as Cheddar do not have lactose. Yogurt is also well tolerated. There is lactose reduced milk.</p> | <p>QUESTION: True or False? Adding cheese to your sandwich is a great way to add extra calcium and protein?</p> <p>_____</p> <p>ANSWER: True. Cheddar have 7 grams of protein and 20% of the calcium you need in a day in just 1 oz.</p> | <p>QUESTION: What is lactose?</p> <p>_____</p> <p>ANSWER: The sugar found in milk.</p> |
| <p>QUESTION: Name 4 foods that fall in the dairy group.</p> <p>_____</p> <p>ANSWER: Milk, flavored milk, cheese, cottage cheese, yogurt, (Answers vary. Consult food group handout if needed).</p> | <p>QUESTION: True or False? Flavored milk has the same amount of calcium as white milk.</p> <p>_____</p> <p>ANSWER: True. The only real nutrient difference is that flavored milk has a little more sugar.</p> | <p>QUESTION: True or False? An 8-ounce glass of flavored has more nutrients than a 12-ounce regular soda.</p> <p>_____</p> <p>ANSWER: True!</p> | <p>QUESTION: How many servings of dairy foods should adults and kids 9 years and up try to get each day?</p> <p>_____</p> <p>ANSWER: 3 servings can help kids and adults get the important nutrients they need.</p> |

Resource #8: Know Your Dairy Questions for Grades 6-8

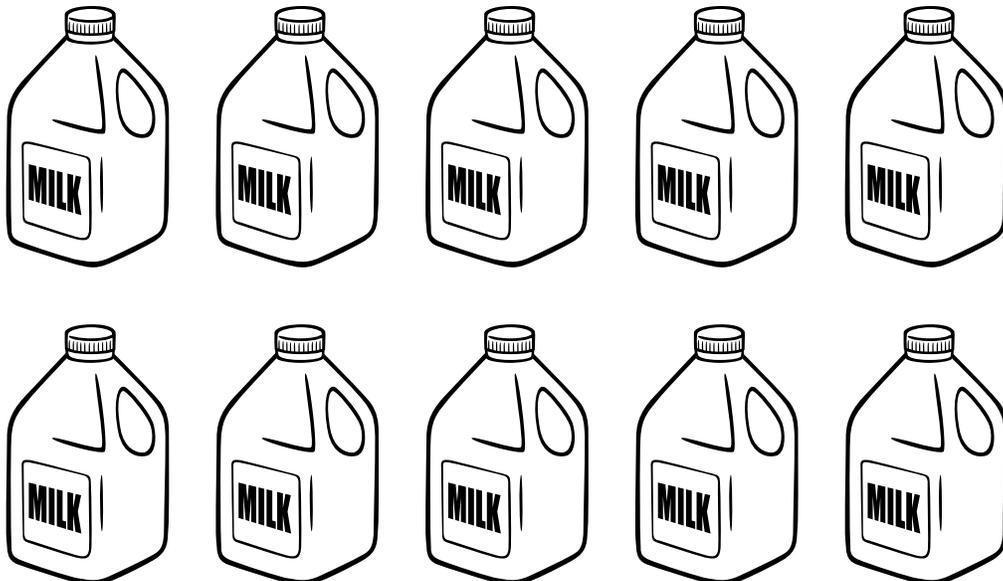
| | | | |
|--|--|---|--|
| <p>QUESTION: True or False: Milk and organic milk are equally healthy.</p> <hr/> <p>ANSWER: True. The term Organic refers to how the farmer manages the cows and farm. The nutrition in the milk is the same.</p> | <p>QUESTION: Almond milk and cow milk both have equal amounts naturally occurring calcium.</p> <hr/> <p>ANSWER: False. Extra Calcium is added to almond milk to bring it up to the same level that naturally occurs in cows' milk.</p> | <p>QUESTION: The process in which milk is heated to kill off bacteria.</p> <hr/> <p>ANSWER: Pasteurization.</p> | <p>QUESTION: True or false? Pasteurization changes the nutrition of milk.</p> <hr/> <p>ANSWER: False. Pasteurization does not affect the nutrition that milk provides.</p> |
| <p>QUESTION: True or false? Homogenization is a part of processing to create an even texture.</p> <hr/> <p>ANSWER: True: Homogenization evenly blends the milk fat, proteins and water in milk together so that it is always the same consistency.</p> | <p>QUESTION: True or False? Eggs belong in the dairy group.</p> <hr/> <p>ANSWER: False. Eggs are located in the dairy section of the grocery store but they come from chickens and are not considered dairy.</p> | <p>QUESTION: True or False? Protein a good nutrient to have at breakfast?</p> <hr/> <p>ANSWER: True. Protein helps you keep your energy up until lunch. Milk and dairy foods are a great way to get protein in the morning!</p> | <p>QUESTION: Which food provides protein in a grilled cheese sandwich, the bread or the cheese?</p> <hr/> <p>ANSWER: Cheese. One oz of Cheddar has 7 grams of protein.</p> |
| <p>QUESTION: Which food is the dairy food in smoothie made of yogurt, orange juice and strawberries?</p> <hr/> <p>ANSWER: Yogurt.</p> | <p>QUESTION: True or false? Yogurt can be a good choice for those who are lactose intolerant because it contains very little lactose.</p> <hr/> <p>ANSWER: True: Plain yogurt has less lactose (milk sugar) than a regular cup of milk. People who are lactose intolerant may be able to eat yogurt.</p> | <p>QUESTION: Which dairy food has beneficial "live active cultures" of bacteria in it?</p> <hr/> <p>ANSWER: Yogurt. Good bacteria is needed to make yogurt. The same good bacteria is good for us as well!</p> | <p>QUESTION: Name 3 food groups that make a good breakfast.</p> <hr/> <p>ANSWER: Any combination of dairy, fruit, vegetable, grain and protein are acceptable.</p> |
| <p>QUESTION: True or False? One cup of yogurt has more calcium than a cup of spinach salad?</p> <hr/> <p>ANSWER: True. One cup of yogurt has as much calcium as 10 cups of raw spinach!</p> | <p>QUESTION: True or False? One cup of milk has more protein than an egg?</p> <hr/> <p>ANSWER: True. One cup of milk has 8 grams of protein. And egg has 6 grams of protein.</p> | <p>QUESTION: Name off an after-school snack that has a serving of dairy in it</p> <hr/> <p>ANSWER: Accept answers that include milk, cheese or yogurt such as cheese and crackers or yogurt parfait.</p> | <p>QUESTION: What is the most popular natural cheese in the United States?</p> <hr/> <p>ANSWER: Cheddar.</p> |

Resource #9: Farm to Dairy Activity Sheet

- Color in the cow to match Cassie's Jersey cow, Paulie.

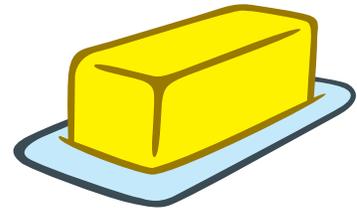
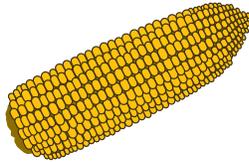
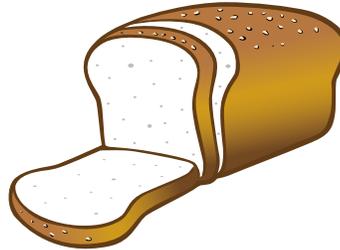
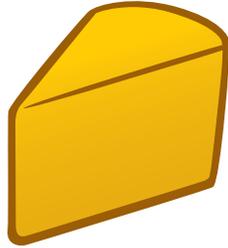


- Circle the number of gallons of milk that one of Cassie's cows makes every day.



Resource #9: Farm to Dairy Activity Sheet

- Circle the things that can be made from the milk Cassie's family gets from their cows.



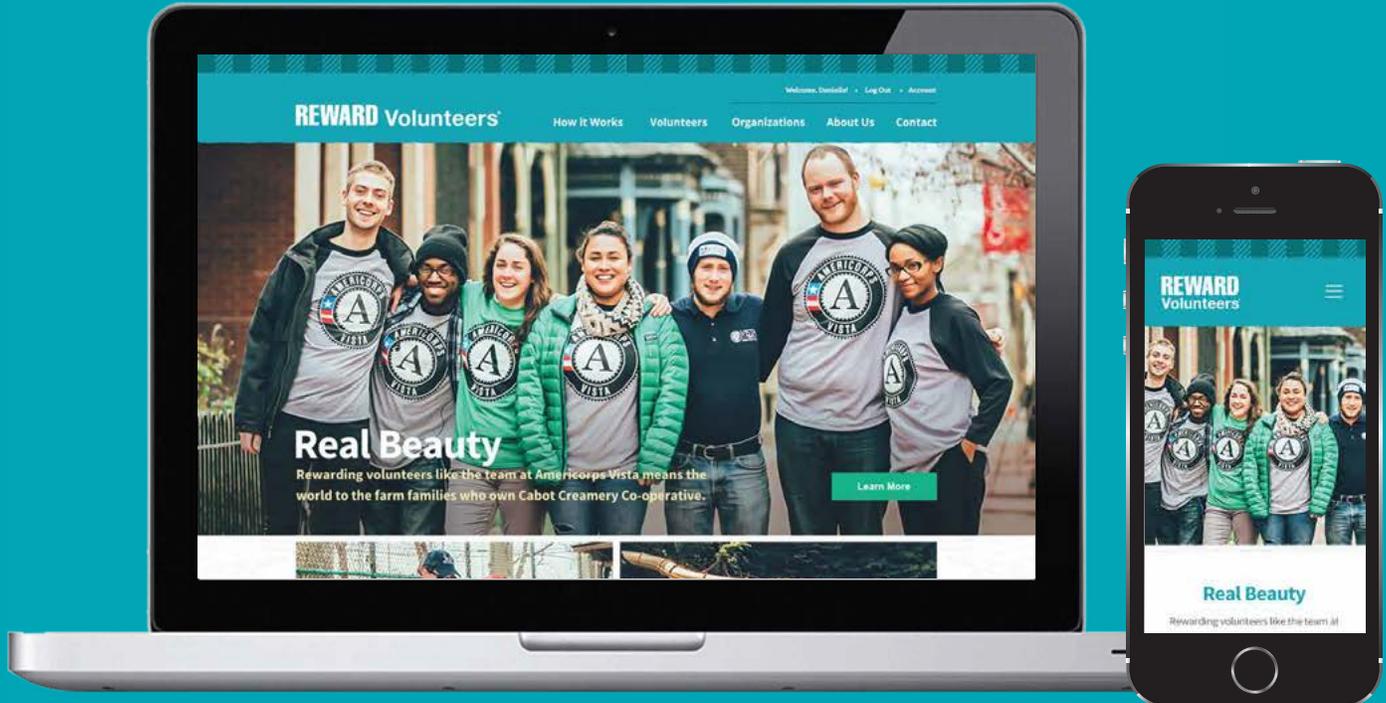
- Circle the things you see on the video tour of Cassie's dairy farm.



GET REWARDED

FOR VOLUNTEERING

WIN CASH & PRIZES FOR YOUR GOOD WORK



REWARD Volunteers®

is a free, easy way to record the time you spend volunteering in your local community. When you log your time, and share with family and friends, you can win prizes like New England vacations, gift cards, gift baskets, and much more. Learn more at RewardVolunteers.coop

- ✓ Track and log time on any smartphone, tablet or computer at rewardvolunteers.coop.
- ✓ Easy to use organization reporting features and volunteer logbooks.
- ✓ Find volunteer opportunities available near you.
- ✓ Ability to engage with other volunteers in your community.
- ✓ Free, easy, and confidential.

WIN CASH & PRIZES FROM THE FOLLOWING CABOT PARTNERS:



BROUGHT TO YOU BY THE 1,100 FARM FAMILIES WHO OWN CABOT CREAMERY CO-OPERATIVE AND OUR FRIENDS AT:

