

# Let's Eat Healthy

# TOGETHER

## Explore Dairy!

K-2<sup>nd</sup>  
Grade



### Educator Overview

Welcome to Let's Eat Healthy Together: Explore Dairy! Many children only experience food through the grocery store. Reconnecting them to where food comes from can build appreciation for the value of food, grow understanding of the food system, and provide an opportunity to build healthy eating patterns. This 5-lesson unit takes students on a fun adventure of food discovery through nutrition, agriculture, tasting, and culture. The unit is most effective when lessons are taught in sequential order. Lessons have flexible components and may be adapted.

[Standards Alignment](#) and [Rationale](#) for California Common Core, Next Generation Science and Health Education Content Standards.

[Family Connection](#) may be shared at the start or end of the unit to engage families.

Lesson	Overview	Vocabulary	Engage and Explore	Extend and Connect
1.	<p><b>Essential Question:</b> What are dairy foods and how are they part of a healthy eating pattern?</p> <p><b>Objective:</b> Explore the dairy food group from MyPlate as part of a healthy eating pattern.</p> <p> <a href="#">Nutrition Primer</a></p>	<p><b>Key Words:</b></p> <ul style="list-style-type: none"><li>• Dairy foods</li><li>• Food group</li><li>• Nutrient</li><li>• Serving</li></ul> <p><a href="#">Glossary of Terms</a> <a href="#">Vocabulary Cards</a></p>	<p><b>Watch:</b> “<a href="#">Mobile Dairy Classroom: Support Local Farms by Eating Milk and Dairy</a>”</p> <p> Watch Time: 3 minutes</p> <p><a href="#">Exploration Questions and Sentence Frames</a></p> <p> <b>Tasting Activity:</b> <a href="#">Three Cheers for Cheese!</a></p>	<ul style="list-style-type: none"><li>• <a href="#">Breakfast Blast Worksheet</a></li><li>• <a href="#">Draw a Family Dish</a></li><li>• <a href="#">Social and Emotional Learning Connection</a></li><li>• <a href="#">Math Connection</a></li></ul>
2.	<p><b>Essential Question:</b> What do cows eat to help them make milk?</p> <p><b>Objective:</b> Discover what and how cows eat to help them make milk.</p> <p> <a href="#">Nutrition Primer</a></p>	<p><b>Key Words:</b></p> <ul style="list-style-type: none"><li>• Byproduct</li><li>• Cattle</li><li>• Chewing the cud</li><li>• Digest</li><li>• Herbivore</li><li>• Mammal</li><li>• Ruminant</li><li>• Upcycle</li></ul> <p><a href="#">Glossary of Terms</a> <a href="#">Vocabulary Cards</a></p>	<p><b>Watch:</b> “<a href="#">Farm to You</a>”</p> <p> Watch Time: 7 mins Video Timestamp: (3:27–10:38)</p> <p><a href="#">Exploration Questions and Sentence Frames</a></p>	<ul style="list-style-type: none"><li>• <a href="#">Mobile Dairy Classroom Assembly</a></li><li>• <a href="#">Sun, to Moo, to You!</a></li></ul>



For more information and additional resources, visit [HealthyEating.org/ExploreDairyGuide](https://HealthyEating.org/ExploreDairyGuide).

This program aligns with the Dietary Guidelines for Americans. It is one of many nutrition education resources offered by Dairy Council of California for students and adults to improve eating patterns. For more information and additional resources, visit [HealthyEating.org](https://HealthyEating.org).



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3.	<p><b>Essential Question:</b> How does milk get from the farm to you?</p> <p><b>Objective:</b> Identify the steps on the journey of milk from the farm to you.</p> <p> <a href="#">Nutrition Primer</a></p>	<p><b>Key Words:</b></p> <ul style="list-style-type: none"><li>• Homogenize</li><li>• Pasteurize</li><li>• Processing plant</li><li>• Transport</li></ul> <p><a href="#">Glossary of Terms</a> <a href="#">Vocabulary Cards</a></p>	<p><b>Watch:</b> “<a href="#">Farm to You</a>”</p> <p> Watch Time: 2 minutes Video Timestamp: (10:39–12:19)</p> <p><a href="#">Exploration Questions and Sentence Frames</a></p> <p> <b>Tasting Activity:</b> <a href="#">Milk Masterclass</a></p>	<ul style="list-style-type: none"><li>• <a href="#">Farm to You Builder Activity Slides</a></li><li>• <a href="#">Milk from Cow to Container Book Activity</a></li></ul> <p><b>Graphic</b></p> <ul style="list-style-type: none"><li>• <a href="#">Farm to You Storytime</a></li></ul>
4.	<p><b>Essential Question:</b> How are dairy foods used in different cultures?</p> <p><b>Objective:</b> Discuss examples of dairy foods used in different cultures.</p> <p> <a href="#">Nutrition Primer</a></p>	<p><b>Key Words:</b></p> <ul style="list-style-type: none"><li>• 5 senses</li><li>• Culture</li><li>• Recipe</li></ul> <p><a href="#">Glossary of Terms</a> <a href="#">Vocabulary Cards</a></p>	<p><b>Watch:</b></p> <p> Watch Time: 9 minutes</p> <ol style="list-style-type: none"><li>1. “<a href="#">Food Culture and Traditions</a>” Video Timestamp: (0:00–7:56)</li><li>2. “<a href="#">How Are Dairy Foods Enjoyed Around the World</a>” Video Timestamp: (0:00–0:43)</li></ol> <p><a href="#">Exploration Questions and Sentence Frames</a></p>	<ul style="list-style-type: none"><li>• <a href="#">Create a Recipe</a></li></ul> 
5.	<p><b>Essential Question:</b> What have you learned about dairy foods and how they are produced?</p> <p><b>Objective:</b> Reflect on the essential questions for Lessons 1 to 4 and make a recipe.</p> <p> <a href="#">Nutrition Primer</a></p>	<p><b>No Key Words</b></p>	<p><a href="#">Reflection Activity</a></p> <p> <b>Tasting Activity:</b> <a href="#">Yogurt, Culture on a Spoon</a></p>	<ul style="list-style-type: none"><li>• <a href="#">Math Connection</a></li><li>• <a href="#">Writing Connection</a></li></ul> 

Scan or click the QR code to provide feedback on this pilot resource!



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