



## DAIRY

### OBJECTIVES:

- Understand what constitutes as a dairy product
- Recognize where dairy products come from and how they are made
- Understand health benefits of dairy and possible alternatives

### LET'S GET STARTED:

- Identify what is considered dairy
- Explain where dairy products come from and how the processing of different dairy products works
- Discuss the importance of dairy in relation to health and mention alternatives
- Discuss the cultural characteristics of dairy in America

### STORY:

- Read the story about Boss learning what dairy is, where it comes from, and what foods are considered dairy products

### WRAPPING UP:

- Remind students of the health benefits of dairy and the recommended daily intake according to MyPlate

### SC STANDARDS:

- 1.E.3A.4 Conduct structured investigations to answer questions about the effect of sunlight on Earth's surface.

## LET'S GET STARTED!

- This week we are going to talk about dairy! Ask students if they can give examples of dairy products. Explain how dairy products come from milk and can be processed into different products.

### DIALOGUE BOX

- Does anyone know what dairy is? Can anyone name some dairy products?
  - Dairy is milk and anything that is made from milk. Milk can come from animals other than just cows, like goats or sheep.
  - Milk, cheese, yogurt, ice cream, butter, sour cream, and cream cheese are examples of dairy products.
- We can milk cows (or other animals) to get milk. The milk can then be refined into the milk we find at the store and drink, or it can be processed into products like cheese, butter, yogurt, or other dairy products.
- Explain that dairy is an important part of the everyday diet. If the "Introduction to MyPlate" lesson has already been taught, remind students about the dairy section of the plate. If it has not been taught, briefly discuss that dairy is a food group that should be included in what they eat every day. Discuss health benefits of dairy.

### DIALOGUE BOX

- Remember that dairy is a food group of MyPlate that you are supposed to eat every day! Dairy is an important part of your diet because it provides lots of benefits that help keep you healthy.
- Dairy has lots of vitamins and minerals that help build strong bones and teeth. It is important to consume dairy because it helps you grow! It can also help reduce the risk of certain diseases, like diabetes and heart disease.

## LACTOSE INTOLERANCE

Some people cannot eat dairy because it upsets their stomach. There are lots of non-dairy milks, yogurts, cheeses, and other products you can eat instead! Anyone can try some of these non-dairy alternatives:

- Soymilk, almond milk, coconut milk
- Soy cheese and yogurt
- Ice cream made with coconut milk



- Explain how dairy farmers make a living from producing milk and other dairy products. Dairy makes up a large part of the American way of life.

## DIALOGUE BOX

- Most of our dairy products come from cow's milk. Dairy farmers raise cows and milk them. They then sell their raw milk to other companies. The milk is transported to factories where it is refined into the milk we drink or turned into other dairy products we buy and eat.
- Because dairy is such a large part of our diet (most of us eat or drink it every day), dairy farmers are a very important part of American culture. Dairy farmers are responsible for all of the milk, cheese, yogurt, ice cream, and other dairy products you eat!
- Some cultures in other parts of the world don't eat or drink as much dairy as we do here in America. Sometimes it's because they don't have as many cows or dairy farmers as we do, and sometimes they just don't include dairy in their diet as much as we do. They have to get the vitamins and minerals we get from milk and dairy from other foods.

## STORY

- Read the story about Boss' friends teaching him what dairy is, where it comes from, how it helps your body, and what foods are considered dairy products
- Students will begin thinking about how the sunlight helps all aspects of Earth
- Use the given questions to guide your discussion

## WRAPPING UP

- Remind students that drinking milk and eating other dairy products are important for their health. Remind them of the MyPlate recommended servings of dairy (2-3 cups of milk).



## Boss' Friends Teach Him About Dairy

One day during lunch, Boss and his friends were all sitting together at the table eating their lunches. Boss' friend Will walked up with his lunch box, sat down at the table, and asked how everyone's day was going. Boss' friend Jake replied, "I am doing very well today! I got an A on my quiz and my mom packed me a peanut butter sandwich for lunch!" Boss said, "I am doing good too! We played tag at recess and I just saw I had a few pretzels in my lunch box today which is always exciting! I also have this white creamy stuff that says it is strawberry flavored. I know I have had it before but I forgot the name of it!" All of Boss' friends took a look at the white creamy stuff that he had in his lunch box when one friend said, "Oh Boss, that's yogurt!" and Boss replied, "Oh right! I knew I had tried this before! Last time I tried it I really liked it! This strawberry flavor is my favorite too! What kind of food is yogurt? Is it some type of fruit?" Jake said, "No Boss yogurt is not a fruit. Yogurt can have all types of fruit flavored added to it, but it is actually a dairy!" Confused, Boss asked, "What is dairy?" His friend began explaining that dairy is a type of food that comes from an animal, like a cow. She said, "There are three main foods that are considered dairy. Milk is the first; milk comes from a cow, and is full of calcium that helps build strong bones! Milk can come in many forms too, like skim milk, low-fat milk, 2%, and whole milk, but the low-fat milks are the best. Cheese is another dairy product that comes from animals. You can get cheddar, Swiss, American, and many other types of cheese, but like the milk, the best and healthiest cheeses are the low-fat cheeses. And lastly, there is yogurt, which is what you brought for lunch today! All dairy is considered a slow food, meaning you should not eat it all the time, but every now and then is okay!" Boss asked, "So dairy is in the same category as nuts and peanut butter! Those are slow foods too and should not be eaten all of the time either!" Jake replied, "yes Boss that is exactly right!" Boss continued eating his lunch when he asked, "Well what about eggs? Those come from animals too!" Jake began explaining that eggs can be considered a dairy food even though it is not made from milk like yogurt and cheese are! Eggs give you a lot of protein, which helps your body by nourishing your cells and even your muscles! Boss was so happy that his friends taught him about the different types of dairy, and what they do for your body!



## Questions to Ask Students to Guide Discussion about the Effect of Sunlight on Earth's Surface.

1. What happens when the sun shines on Earth?
2. When the sun is out during the daytime, is the moon out as well?
3. When sunlight hits our skin, do you feel cooler or warmer?
4. How does the sun help the plants? Besides sunlight, what else do plants need to survive?
5. When the sunlight is helping the plants grow, how is that also helping animals?
6. If there were no sunlight, would animals have food to eat?
7. What would happen to the vegetables we all eat if there were no sunlight to help them grow?
8. Does the sun help almost everything on the planet?