

2ND GRADE LESSON: Dairy SC STANDARD: 2.W.3.1

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WOFFORD

It's your world.

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

ACTIVITY:

- Examine graphs and charts to understand dairy consumption in America and how it contributes to people's livelihoods

WRAPPING UP:

- Remind students of the health benefits of dairy and the recommended daily intake according to MyPlate
- Hand out Boss' Backpack Bulletin sheet and explain the weekly task

SC STANDARDS:

- 2.W.3.1 Explore multiple texts to write narratives that recount a well-elaborated event or short sequence of events; include details to describe actions, thoughts, and feelings; use temporal words to signal event order; and provide a sense of closure.

MATERIALS:

- American Dairy Production Fact Sheet
- Boss' Backpack Bulletin Handout

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.

ACTIVITY

- Distribute the Dairy Production Fact Sheet. As a class, talk about American dairy farmers and how much they produce.
- Ask students to imagine they are a dairy farmer. Have them write a story about a day in their life and what it is like on a dairy farm.

DIALOGUE BOX

- Imagine you are an American dairy farmer. You make your money from milking cows and turning the milk into different dairy products.
- Write a story about what your life on a dairy farm would be like. Be sure to include the different dairy products you would produce using the milk you get from your cows!

WRAPPING UP

- If there is time, ask students if any of them would like to share a part of their story.
- Distribute the Boss' Backpack Bulletin with the weekly goal. 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).

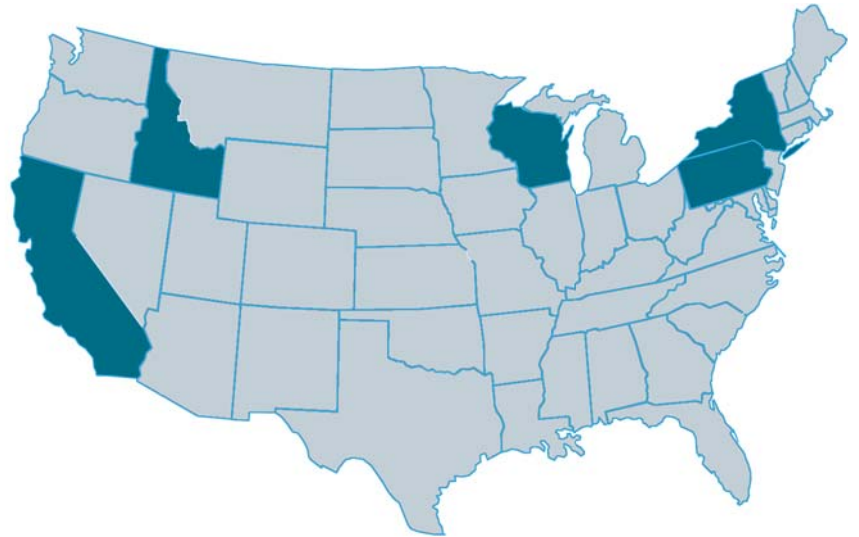


AMERICAN DAIRY PRODUCTION FACT SHEET

American dairy farms produce 23 billion gallons of milk every year!

97% of all American dairy farms are family owned.

A single cow can produce 7 gallons of milk EVERY DAY!



States with the most dairy farms:
California, Idaho, Wisconsin, Pennsylvania, New York



Name: _____ Date: _____

BOSS' BACKPACK BULLETIN

Your goal this week is to eat and drink enough dairy! You need 2-3 servings of dairy every day to keep your body healthy!



Monday

Tuesday

Wednesday

Thursday

Friday

**2-3 SERVINGS
OF DAIRY
EVERY DAY**



Reduces risk of heart disease and diabetes



Builds strong bones and teeth



Provides vitamins and minerals to grow big and strong