

Packing a Lunch with Milk or Dairy Products

Objectives:

- Students will be able to explain where milk comes from, name different dairy products, and discuss the importance of the dairy food group in health.
- Students will be able to choose a healthy lunch, including milk or milk products, versus a lunch without them.

Materials Needed:

- Brown bags
- Index cards (for lunch items)
- Paper plates
- Small cups
- Spoons
- Low-fat (1%) or fat-free milk
- Cheese
- Low-fat or fat-free vanilla yogurt

**Activity/Apply:**

1. Make a web diagram with the word “milk” in the middle. Have the students list all the foods that come from the dairy group. Discuss the importance of students getting at least two and a half cups of low-fat milk or milk products every day. Explain that older students (age nine and over) need at least three cups of milk or dairy products every day, while younger students (age eight and younger) need at least two and a half cups of milk or dairy products everyday. Remind the students that calcium in milk or dairy products helps build strong bones and teeth. The foods they list may also be combination foods such as ham and cheese sandwich, fruit smoothies, etc.
2. Hand each student a paper sack and five note cards. Tell students they are going to be packing a sack lunch for the day. A healthy lunch includes foods found on MyPlate - dairy, protein, fruits, vegetables and grains. Ask students what healthy foods they could put in their lunch bag.
3. Next, have students draw a picture of the five foods they choose to eat for lunch. Tell them to be specific. If their sandwich has cheese on it, make sure to label it and draw it. Walk around as students are working to make sure they are following directions and including milk or dairy products in their lunch.
4. Students can share what they put in their lunches with the class by going on a classroom picnic around the room. Emphasize that foods that are kept in the refrigerator at home need to be kept cold in their lunches, too.
5. After the picnic, bring students back together and revisit the milk web drawn earlier in the lesson. Discuss again, how important milk or dairy products (calcium) are for the body. This will lead into the tasting.
6. Students will have the opportunity to try different types of dairy products such as low-fat (1%) or fat-free (skim) milk, cheese or yogurt. Calling students up in small groups, give each student a sample of the dairy products brought.

Continued on back

Reflect:

As students are enjoying their tasting, review what calcium does for the body and ask students ways they could make sure to get at least three cups a day of low-fat(1%) milk or fat-free(skim) milk or dairy products. Ask students how Power Panther could encourage Slurp to drink and eat more foods from the milk group, just like we could encourage our friends and family.

Extend the Activity:

- **Language Arts:** Have students journal about what they learned about milk and what the calcium in dairy products does for the body.
- **Social Studies:** Talk about dairy farming and go into more detail on where dairy products come from and how they are made. For more information on dairy farming, visit www.dairyfarmingtoday.org and www.midwestdairy.com.