



# Mooving to Lowfat and Fat Free Milk

## A Lesson Plan for 3-5 Year Olds



### Concept:

Introduce children to lowfat and fat free milk and encourage parent/guardian support.

The following lesson plan was developed in part to achieve selected standards for the Health Education and Physical Education academic subject area of the Sunshine State Standards. The lesson plan can be implemented over the course of a week or may be the theme for an entire month.

### Sunshine State Standards and Selected Components Addressed:

The Sunshine State Standards have been developed to provide expectations for student achievement in Florida. The Standards consist of seven subject areas and are grouped into four separate grade levels. For a more detailed description visit the Florida Department of Education's website at: [www.firn.edu/doe](http://www.firn.edu/doe).

**STANDARD 1:** The student comprehends concepts related to health promotion and disease prevention. (HE.A.1.1) The Student:

- a. understands positive health behaviors that enhance wellness.
- b. understands the various responsibilities of family members (mother, father, grandparents, etc.) for health promotion and disease prevention.
- c. classifies food and food combinations according to the Food Guide Pyramid.

**STANDARD 2:** The student knows how to advocate for personal, family, and community health. (HE.C.2.1) The Student:

- a. knows various ways to share health information (e.g., talking to peers about healthy snacks).

### Goals:

1. Children will understand where milk comes from and who does the grocery shopping for them.
2. Children will recognize the Milk Group from the Food Guide Pyramid for Young Children and identify various milk products.
3. Children over 2 will understand lowfat and fat free milk are healthier choices than whole milk.

### Objectives:

1. Review with children that milk comes from cows and that other dairy foods are made from milk. (Read *What's for Lunch? Milk* by Claire Llewellyn, Franklin Watts, 1998). Have children complete activity sheet to take home to parents. Encourage children to talk to parents about milk and milk products.
2. Ask children to identify who buys the milk for their home and if they know what type of milk is purchased. (Have children bring in caps from milk jugs and make a class bar chart for the different types of milk purchased. Red is usually for whole milk. Colors for lower fat milks will vary among stores.)
3. Using the blank pyramid, build a Food Guide Pyramid by having children cut out pictures (or provide pictures for the children) of dairy products from magazines and paste to the Milk Group section of an "empty" Food Guide Pyramid poster. This "Build a Pyramid Poster" can be used in future food group nutrition lessons.

4. Teach children that drinking lowfat and fat free milk promotes growth of healthy bones and teeth and can help them have a healthy heart. Show children a baby outfit (like a footed sleeper) and have them hold it up to themselves to see how much they have already grown. Tell children foods like sodas and sugary drinks could weaken bones and teeth and the fat in whole milk may cause grownup diseases when they get older, like heart disease. Teach children that physical activity is also important for healthy bones. (Possible idea: show a picture of a healthy young adult jogging and an overweight adult sitting and watching television to generate questions and comments from children.) Get children **mooving** their strong bones by doing simple stretching exercises. (e.g. Reaching on tip-toe for the "cow jumping over the moon"!)
5. Have children taste samples of lowfat and fat free milk and mark child's taste-test chart appropriately. Have child take home their taste-test chart and parent information letter.
6. Re-evaluate your class at a later date by having them bring in milk caps again and make another Milk Cap Bar Chart to see if they are **mooving** to lowfat and fat free milk at home.

#### **Materials Needed:**

*What's for Lunch? Milk* by Claire Llewellyn, Franklin Watts, 1998

(Or similar story book about milk and dairy products)

Crayons

Poster boards (two)

Markers

Old magazines

Glue sticks

Blunt scissors

6-9 month footed infant sleeper or other baby clothing

Small 4 oz.-6 oz. disposable cups

1 gallon lowfat milk (1%)

1 gallon fat free milk (skim)

#### **Sample Copies of Handouts and Posters:**

Moo Coloring and Activity Sheet

Parent Information Letter and Taste-test Chart

Food Guide Pyramid for Young Children

Blank Pyramid (can be enlarged to poster size)

Milk Bar Chart (can be enlarged to poster size)

#### **Important Tips:**

Be a good role model by **Mooving to Lowfat and Fat Free Milk**

Have Fun!

#### **Resources:**

National Dairy Council: [www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)

The Dairy Council of Florida: [www.dairycouncil.org](http://www.dairycouncil.org)

The Dannon Institute: [www.dannon-institute.org](http://www.dannon-institute.org)

Nutrition.gov: [www.nutrition.gov](http://www.nutrition.gov)

The Florida Department of Education: [www.firn.edu/doe](http://www.firn.edu/doe)