

Making Smart Drink Choices

RECOMMENDED CLASSROOM CENTERS

LANGUAGE

Books about milk

Milk: From Cow to Carton (A Let's-Read-and-Find-Out Book) by Aliki

You Can't Milk a Dancing Cow by Duncan T. Dunsmuir

CONSTRUCTION

Weigh the Dairy: Use emptied containers of items that contained dairy food (e.g. yogurt cups, milk jugs) and fill them with water, sand, or any other item. Have the children weigh them on a small balance scale to see the difference

WRITING

Learning My Letters: Have the children practice their alphabet by drawing the first letter of their favorite vegetables. Advanced or older children can spell the whole word.

SENSORY

The Big Squeeze: Collect plastic condiment bottles and fill with colored water (food dye). Provide the children with a variety of containers in the sensory bin that they can squeeze the water into. You can even use blue water to signify dairy.

MANIPULATIVES

How Many Servings: Gather clean, emptied dairy containers (e.g. milk jugs, yogurt cups, cheese bags). Write the number of servings of dairy that should be eaten (3 per day) on the containers. Have the children place beads or other items in the containers to signify how many servings of dairy they should eat each day.

OUTDOORS

If a garden is available have the children water the garden (if needed) or pick out the weeds. Set aside some time to explain to the children how to tell apart a weed from one of your plants.

SCIENCE

Milk the Cow: Gather a non-latex glove, a sewing pin, and watered down washable white paint. Fill the fingers of a glove with watered down white paint. Tie off the glove. Poke a small pinhole in the tips of a few of the fingers. Hold it while the children squeeze the fingers as they squeeze the “udders” of the cow for the milk to come out.

ART

My Favorite Dairy: Have the children draw their favorite dairy item from the lesson.

DRAMATIC PLAY

Dairy Farmer: Provide farm props in the dramatic play center that the children can dress up in. You should include farmers hat, small “milking stool,” stuffed animal cow, and milk bucket.