

## MAKING SMART DRINK CHOICES

# Magical Milk for Me and You

### LEARNING GOAL

Talk about dairy foods and allow children to learn about calcium.

### LEARNING OBJECTIVE

Children will be able to describe the benefit of calcium to bone health.

### LEARNING QUESTION

What is calcium?



## Preparation

### YOU WILL NEED

#### Your Center Provides

- Access to soap/hand-washing facilities
- One large mason jar or bowl with lid

#### Found in Your Kit

- Vinegar
- Chicken bones (2 per group)
- Napkins
- Apple slices (2 per child)
- Cheese cubes (4 per child)
- Jump with Jill CD

### NEW WORDS

**Cheese:** A food consisting of the coagulated, compressed, and usually ripened curd of milk separated from the whey.

**Spanish Translation:** *queso*

**Preschool Translation:** A food that is made from milk. Cheese can be soft or hard and ranges in color from white to bright yellow. We can eat cheese by itself or on other foods like pizza or cooked vegetables.

**Calcium:** An important mineral in our diet. Calcium can be found mostly in dairy products and some vegetables. It plays a vital role in dental health, and bone growth and development.

**Spanish Translation:** *calcio*

**Preschool Translation:** Calcium can be found in foods like milk, cheese, and yogurt. It is important for our teeth and bones.

### BEFORE YOU BEGIN

1. Obtain chicken bones (2 per group). Bones should be at least 2-4 inches in length. Chicken wing bones (e.g. buffalo wings) are ideal.
2. Clean bones with soap and water, removing all meat debris. Prepare ½ of the bones (1 per group) by soaking them in a jar of vinegar for 4-7 days prior to teaching the lesson. Cover the bones completely with vinegar. Bones should become flexible over time. Remove flexible bones from vinegar and dry them.
3. Prepare foods for Apple and Cheese Snack Stacks. Slice apples. You will need two thin slices of apples per child. It is easier for the children to stack the apple slices and cheese cubes if the apples are cut in 16 slices per apple.
4. Gather real, models, or color photograph examples of various foods made from milk.

# Exploration

## WHAT TO DO

1. **Say:** Today we are going to learn about different foods that are made from milk. Do you know what milk is? Milk is a white fluid that we can drink. It can be drunk alone, or eaten with other foods like in cereal. Milk is good for us, because it can help our bodies grow. Can you think of a reason why milk helps our bodies grow? Because it has calcium in it! Calcium can be found in foods like milk, cheese, and yogurt. It is important for our teeth and bones. Calcium is what helps our bones and teeth grow strong. Since we need calcium, we drink milk and eat cheese to help our bones and teeth stay strong.
2. Pass out napkins and both bones (hard and flexible) to each group.
3. **Say:** You have two bones in front of you. One of these bones has lots of calcium, the other doesn't have as much calcium. Which is which?
4. Allow the children to touch and feel the bones. Encourage them to say which bone has less calcium.
5. **Say:** That's right! The hard bone has lots of calcium, but the soft bone does not have much calcium.
6. Explain that the bone that bends easily is weaker because it has less calcium.
7. **Say:** Which bone has calcium again? That's right! The stronger one. Calcium helps our bones and teeth stay strong. It is important for us drink milk and foods made from milk so that our bones and teeth can grow strong!
8. **Say:** To remember that calcium helps our bones and teeth grow strong, we're going to make a fun snack. Who wants to help me? Great!
9. Instruct children to wash their hands prior to assembling and eating their snack.
10. Pass out apple slices (2 per child) and cheese cubes (4 per child).
11. Help the children assemble "mouths" using the apple slices for lips and cheese cubes for teeth.
12. Explain how eating cheese helps to strengthen bones and teeth.
13. After children assemble and eat their snack, encourage them to clean their space, wash their hands, and wait for further instruction.
14. End the activity by playing track 10 of your Jump with Jill CD "The Bone Rap". Remind children that dairy such as milk and cheese help us have strong bones! Thank you, calcium!

## QUESTIONS YOU CAN ASK

**Q:** Where can calcium be found?

**A:** Calcium can be found in foods like milk, cheese, and yogurt.

**Q:** What does calcium do for our bodies?

**A:** It is important for our teeth and bones.

