

Food Group: Milk
Lesson 1



Worksheet: What Foods Are In The Milk Group?
Activity: Sample food from the milk group

1) Materials:

- Start and end worksheet for each child
- Worksheet “What Foods Are In The Milk Group?”
-One copy per child
- Samples of foods from the milk group: (including but not limited to)

Milk	Pudding
Chocolate Milk	Ice Cream
Strawberry Milk	Cheese (cheddar, Swiss, mozzarella etc)
Frozen Yogurt	Cottage Cheese
Yogurt	

Remember to check for food allergies

3) Activity:

Have the children complete the worksheet.

Once they have completed the connect the dots and coloring portion fill in the thought bubbles together.

Once they have completed the worksheet allow them to sample foods from the milk group

Have the children complete the end portion of the first worksheet and collect their papers

2) Introduction to lesson:

- Introduce yourself and any helpers to child(ren) if they do not already know you
- Tell the children they will learn about the milk group of the food pyramid today
- Hand out the start and end worksheet and have them write their name on it. Ask them to complete the start half. (allow 1 minute to complete)
- Hand out the worksheet

4) Wrap-Up

- Thank the child(ren) for participating
- Fill out the capsule evaluation/report form and send to the state office

name: _____

start

Put an X on the line next to the foods in the milk group

_____ Milk _____ Oranges _____ Corn

_____ Chicken _____ Ice cream _____ Cheese

_____ Cereal _____ Eggs _____ Yogurt

_____ Rice _____ Broccoli _____ Cottage cheese

end

Put an X on the line next to the foods in the milk group

_____ Broccoli _____ Cottage cheese _____ Corn

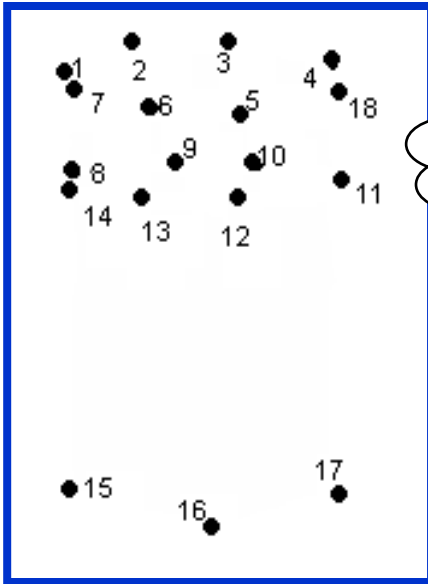
_____ Yogurt _____ Rice _____ Cheese

_____ Cereal _____ Eggs _____ Ice cream

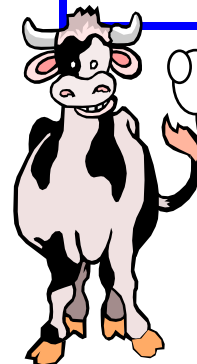
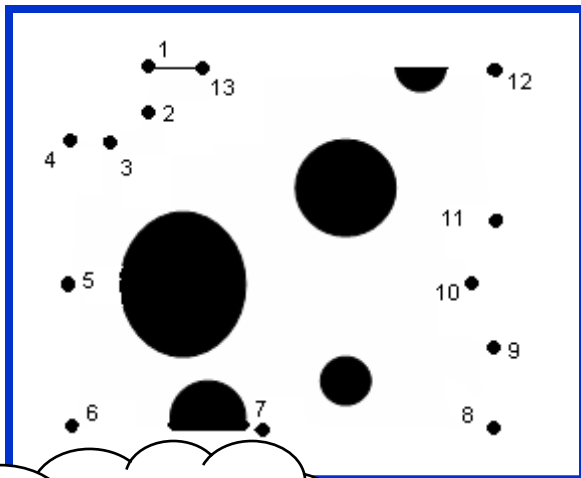
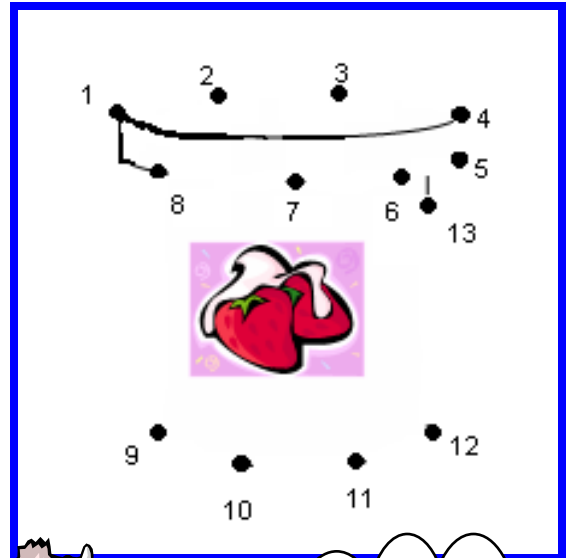
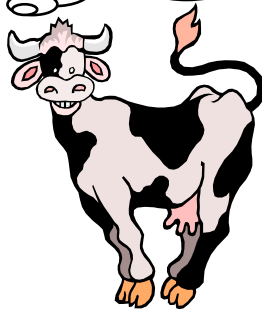
_____ Milk _____ Oranges _____ Chicken

What Foods Are In The Milk Group?

Connect the dots and color the picture to help Bessie the Cow learn about the different foods included in the milk group.

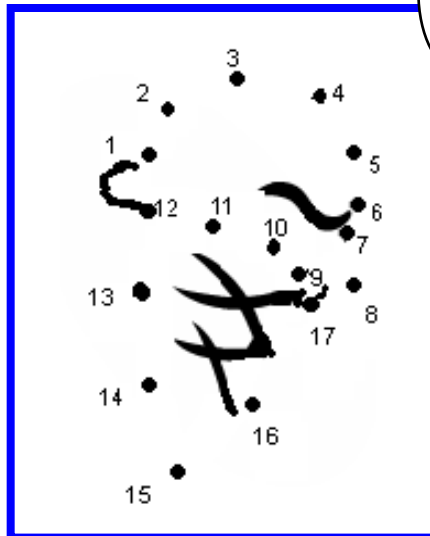


Of course, it's _____!

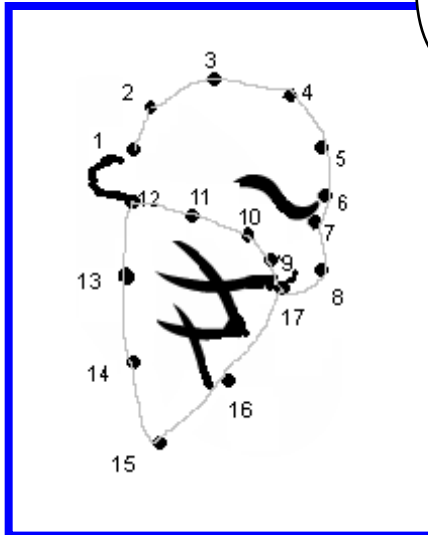
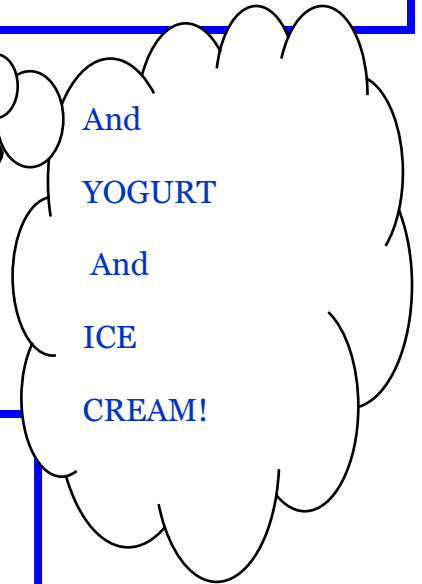
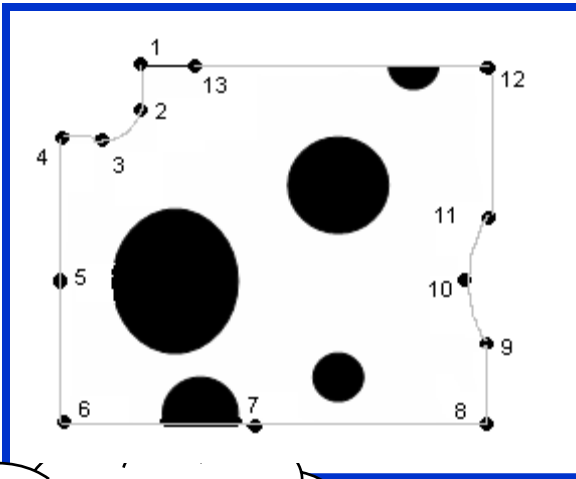
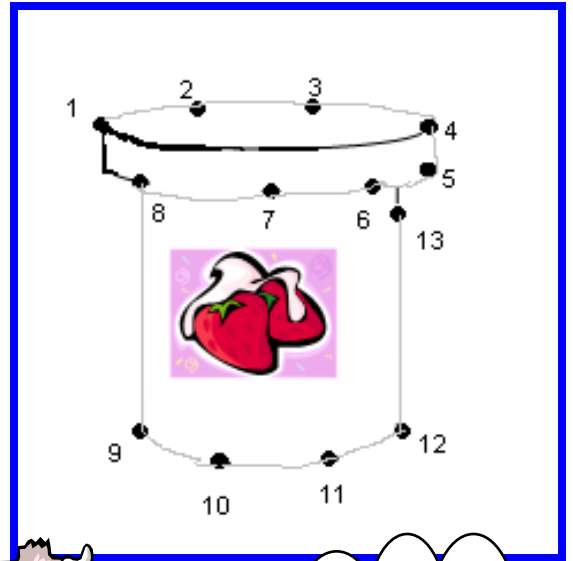
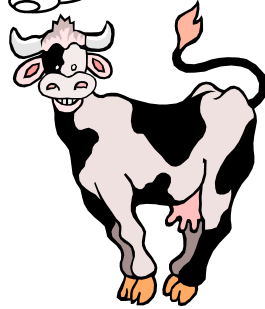
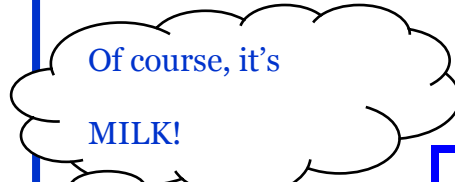
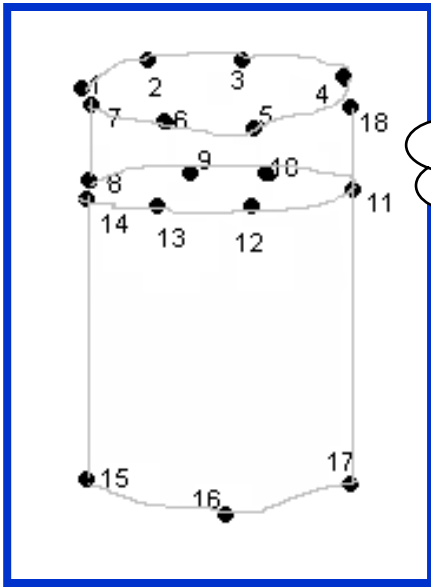


And _____
 And _____
 _____!

And _____



Connect the Dots Key





Evaluation & Report Form



Capsule 13
Milk

Chapter: _____ **Report Filled Out By:** _____

Type of site: _____

Target Group: (Nutrition Buddies Projects must focus on eligible nutrition education activities provided in schools or groups with **50% or higher** number of students receiving free national school lunch)

_____ Entire School

_____ Church group

_____ Specific grade level (what grade)

_____ Community partner _____

_____ After school group

_____ One on One Mentorship

_____ Other: _____

Audience:

New Nutrition Buddies

(If unknown include all Buddies as new)

Number in age group

Birth to 5 _____ 6 to 10 _____

11 to 14 _____ 15 to 18 _____ **Totals=** _____

Returning Nutrition Buddies

(If unknown include all Buddies as new)

Number in Age Group

Birth to 5 _____ 6 to 10 _____

11 to 14 _____ 15 to 18 _____ **Totals=** _____

_____ Total number of youth that participated

_____ Percentage of youth who receive reduced or free lunches (must be at least 50%)

_____ Family Audience Taught (if applicable)

Describe evidence of learning you witnessed in the child(ren) from the beginning of the capsule session to the completion of the capsule based on the results from their start and end worksheet.

Based on your observations rank the child(ren)'s level of knowledge (0-10) on this food group at the beginning of the capsule session and at the end of the capsule session. 0-little to no knowledge – 10-know it all!

Beginning _____

Completion _____

Comments:

Comments:

List any comments you have on this capsule and/or ways it could be improved: