

# The Dairy Fairy

## 3<sup>rd</sup> Grade

### Nutrition Objectives:

- Students will learn that cottage cheese fits in the Milk Group of MyPyramid and eating it helps contribute to healthy bones and teeth.
- Students will learn that dairy foods fit in the Milk Group of MyPyramid and there are a large variety of products from which to choose.
- Students will learn we need to eat **3-A-Day** of Dairy every day to keep our bones and teeth healthy.

<b>Colorado Content Standards</b>	<b>Application of Standard</b>
<p><b>Science Standard 3:</b> Life Science: Students know and understand the characteristics and structure of living things, the processes of life, and how living things interact with each other and their environment.</p> <p>Students will:</p> <ul style="list-style-type: none"> <li>▪ describe the basic food requirements for humans as summarized in the nutrition pyramid.</li> </ul>	<p>Students will:</p> <ul style="list-style-type: none"> <li>▪ understand that milk products are a part of MyPyramid and that they contribute to a healthy diet.</li> </ul>
<p><b>Literacy Standard 1:</b> Students read and understand a variety of materials.</p> <p>Students will:</p> <ul style="list-style-type: none"> <li>▪ use a full range of strategies to comprehend materials such as directions, nonfiction material, rhymes and poems, and stories.</li> </ul>	<p>Students will:</p> <ul style="list-style-type: none"> <li>▪ read and follow the instructions of a recipe.</li> </ul>

<p><b>Literacy Standard 2:</b> Students write and speak for a variety of purposes and audiences.</p> <p>Students will:</p> <ul style="list-style-type: none"> <li>▪ choose vocabulary that communicates their messages clearly and precisely;</li> <li>▪ create readable documents with legible handwriting.</li> </ul>	<p>Students will:</p> <ul style="list-style-type: none"> <li>▪ identify steps in making a dairy and fruit snack, using appropriate amounts of ingredients and sequencing the steps;</li> <li>▪ write their recipe so that they can make it again at home.</li> </ul>
<p><b>Literacy Standard 4:</b> Students apply thinking skills to their reading, writing, speaking, listening and viewing.</p> <p>Students will:</p> <ul style="list-style-type: none"> <li>▪ use listening skills to understand directions.</li> </ul>	<p>Students will:</p> <ul style="list-style-type: none"> <li>▪ listen to the directions for making a dairy and fruit snack.</li> <li>▪ create a dairy web worksheet.</li> </ul>

**WHAT TEACHERS NEED TO KNOW**

For this lesson, refer to the *Milk Group Foods Information* document.

## MATERIALS, INGREDIENTS, and TEACHER PREPARATION

Equipment and Ingredients	Teacher Preparation	Food Preparation
<ul style="list-style-type: none"> <li>▪ can opener</li> <li>▪ sharp knife</li> <li>▪ portion cups*</li> <li>▪ plastic spoons* + 8 for serving</li> <li>▪ napkins*</li> <li>▪ 6 serving containers (for fruit)</li>   <li>▪ 2 – 32 oz tubs low-fat cottage cheese</li> <li>▪ 20 oz can pineapple tidbits</li> <li>▪ 2 -15 oz cans mandarin oranges</li> <li>▪ 29 oz can sliced peaches</li> </ul>	<ul style="list-style-type: none"> <li>▪ activity sheet copies*</li> <li>▪ recipe copies*</li> <li>▪ word search copies*</li> <li>▪ transparencies (optional)</li> <li>▪ book “<i>A Fairy in a Dairy</i>” by Lucy Nolan</li> </ul>	<ul style="list-style-type: none"> <li>▪ Open cottage cheese containers and remove safety seal.</li> <li>▪ Open and drain peaches. Run a knife through peaches to cut them into small pieces. Put peaches in 2 separate serving containers.</li>   <li>▪ Open and drain pineapple tidbits and put in 2 separate serving containers.</li> <li>▪ Open and drain mandarin oranges and put in 2 separate serving containers.</li> <li>▪ Set up two areas for making dairy and fruit snack. Have one set of bowls with the different ingredients on one side and another set of containers on the other side. Put a serving spoon in each ingredient container. Have portion cups, plastic spoons, and napkins ready for each side.</li> </ul>

\*one per student

### SET-UP

**Work area:**

- Students will work at desks individually.
- Have table ready to set up two areas for students to come up and make their dairy snack.
- Have nutrition table ready for lesson ingredients and materials.

## INTRODUCTION WITH STUDENTS

- **“Today we are going to be making a healthy dairy and fruit snack. We will also be learning about dairy products and why they are healthy for our bodies. Every day we need 3-A-Day of Dairy for strong bones and teeth.”**
- **“Do you know where dairy products come from? Milk and foods made from milk are called dairy products. Dairy foods fit in the Milk Group of MyPyramid and provide our bodies with calcium, protein, vitamins and other minerals for our bodies. A few other foods provide calcium for our bodies too: dark green leafy vegetables, broccoli, soybeans, tofu processed with calcium and canned salmon.**
- **“Have you had any dairy products today?”** Take time to discuss what students have eaten.
- **“Do you think you need more foods from the Milk Group?” How could you add more milk products to your diet?** Answers might include drinking milk with any meal, eating yogurt or a piece of cheese for a snack.
- **Read the book “A Fairy in a Dairy” to the students.** To prepare students for the memory game, have them listen for any dairy products that are mentioned in the story.

## PROCESS

- Step 1: Explain the memory game to the students. First, ask the students to name as many dairy products as they can remember. Write them on the board. Encourage them to add others they know.
- Step 2: Give the students one minute to memorize the list. Erase the list of dairy products.
- Step 3: Pass out the Dairy Fairy (cow web) activity sheet. Have them write down the dairy products that they can remember.
- Step 4: Give each student the “Cottage Cheese Fruit Delight” recipe activity sheet. Go over the different ingredients in the “Cottage Cheese Fruit Delight” snack with the students. Remind students that canned fruits are handy and nutritious.

Explain the rules for making “Cottage Cheese Fruit Delight” snack:

- 2 small plastic spoons or less of cottage cheese

- 1 small plastic spoon of each fruit (no more than three spoons of fruit)

Tell students they can make their own recipe as long as they follow the rules.

Step 5: Give each student a “Dairy Fairy Word Search” to complete while they are waiting for their turn to prepare the snack.

Step 6: Have students wash their hands with soap and warm water. Tell students that there are two areas which have been set up for self-service; allow a few of them at one time to make their own “Cottage Cheese Fruit Delight” snack.

Step 7: Eat and enjoy the “Cottage Cheese Fruit Delight” snack!

Step 8: Remind students to take their recipes home to share with their families.

### **SUMMARY/REVIEW WITH STUDENTS**

- What is **3-A-Day** of Dairy? Remind students that **3-A-Day** of Dairy was created as a simple reminder for families to get 3 daily servings of milk, cheese or yogurt for stronger bones and healthier bodies. Have you had your **3** today?
- Ask students why we need to eat foods from the dairy group.
- What 3 dairy products will you enjoy today?
- Who will make the “Cottage Cheese Fruit Delight” snack at home?

## Dairy Products (For Teacher only)

milk; plain, chocolate, strawberry, ....

cottage cheese

yogurt

cheese; swiss, mozzarella, cheddar, colby jack, feta, muenster, gouda...

sour cream

buttermilk

ice cream

butter

evaporated milk

egg nog

cream cheese

# Cottage Cheese Fruit Delight

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Use no more than 2 spoons of cottage cheese.  
Use no more than 3 spoons of fruit.

## Dairy Bar Foods

cottage cheese  
pineapple

peaches  
mandarin oranges

Food

Amount

\_\_\_\_\_

\_\_\_\_\_ spoons

\_\_\_\_\_

\_\_\_\_\_ spoons

\_\_\_\_\_

\_\_\_\_\_ spoons

\_\_\_\_\_

\_\_\_\_\_ spoons

**Eat 3-A Day of Dairy for stronger bones!**

This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county social services office. This institution is an equal opportunity provider and employer.

## Delicias de Requesón de Fruta

Nombre: \_\_\_\_\_ Fecha: \_\_\_\_\_

No use más de 2 cucharadas de requesón.

No use más de 3 cucharadas de fruta.

### Barra de Alimentos Lácteos

Requesón  
Piña

Duraznos  
Mandarinas

Comida

Cantidad

\_\_\_\_\_

\_\_\_\_\_ cucharadas

\_\_\_\_\_

\_\_\_\_\_ cucharadas

\_\_\_\_\_

\_\_\_\_\_ cucharadas

\_\_\_\_\_

\_\_\_\_\_ cucharadas

**¡Coma 3-Al Día de alimentos lácteos para tener huesos fuertes!**

Este material fue fundado por el Programa de Cupones para Alimentos del USDA. El Programa de Cupones para Alimentos provee asistencia nutritiva a gente con bajos recursos. Le puede ayudar a comprar comida mas nutritiva para una mejor dieta. Para obtener mas información, contacte a su oficina de servicios sociales. Esta institución ofrece oportunidad y empleo equitativo para todos.

# The Dairy Fairy Word Search

M Q R D B X C J F P I I E A H  
 I S G B A O O O T Q S U S M P  
 L Y O C W I L Y C E V M E T J  
 K T L U Q C R A Q G B S E U Z  
 W T P G R E L Y K M U E H P O  
 E S E E H C J E O N S J C X N  
 L D Z G I R R X M E T E E B D  
 W E Z U W E T E E L R H G V J  
 T E M G E A K H A I U K A V D  
 K U B T R M C B R M G Y T Q M  
 N D S P L M U E S B O T T C M  
 V O I Z A E T J A Z Y D O T A  
 P S A E J T E G G N O G C H U  
 Q N R B U T T E R M I L K D N  
 Z C B B D C P E B Q K Y I C H

BUTTER  
 CHEESE  
 CREAMCHEESE  
 ICECREAM  
 YOGURT

BUTTERMILK  
 COTTAGECHEESE  
 DAIRY  
 MILK

CALCIUM  
 COW  
 EGGNOG  
 SOURCREAM

13 of 13 words were placed into the puzzle.

Solution

## The Dairy Fairy Word Search Solution

M + + D + + C + + + + + E + +  
I S + + A O + + + + + S + +  
L + O + W I + + C + + + E + +  
K + + U + C R A + + + + E + +  
+ + + + R E L Y + + + E H + +  
E S E E H C + + + + S + C + +  
+ + + + I R R + + E T + E + +  
+ + + U + E + E E + R + G + +  
+ + M + + A + H A + U + A + +  
+ + + + M C + R M G + T + +  
+ + + + M + E + + O + T + +  
+ + + + A + T + + + Y + O + +  
+ + + E + T E G N O G C + +  
+ + R B U T T E R M I L K + +  
+ C + B + + + + + + + + +

(Over, Down, Direction)  
BUTTER(4, 15, NE)  
BUTTERMILK(4, 14, E)  
CALCIUM(9, 3, SW)  
CHEESE(6, 6, W)  
COTTAGECHEESE(13, 13, N)  
COW(7, 1, SW)  
CREAMCHEESE(2, 15, NE)  
DAIRY(4, 1, SE)  
EGGNOG(7, 13, E)  
ICECREAM(6, 3, S)  
MILK(1, 1, S)  
SOURCREAM(2, 2, SE)  
YOGURT(11, 12, N)

## El Hada de Lácteos

V E T G E U L V Y Q Q G Q S O  
H O M G N T H O S G N U J O T  
Q C A A I R G A A M E R C E X  
L W N S N U C U C S D D Q T K  
A O T K R Ó C L O A O H P C T  
W Y E Z T R S C N I V J S Á M  
K N Q T J W R E C E H C E L O  
O I U L D E J L U M V V B L Z  
Q E I G M G A T W Q X M U X R  
S V L A Q C B L Y N E S Z K G  
Q E L M B I I Z Q I G R P N S  
K U A O X H Q C P H Q K E N F  
A N E Y Y I P R O M P Ó N E B  
M L R S S J M T E D Z D P K W  
Q W P R O D S M Z R E B Q B G

CALCIO  
LÁCTEOS  
QUESO  
ROMPÓN

CREMAAGRIA  
MANTEQUILLA  
QUESOCREMA  
VACA

LECHE  
NIEVE  
REQUESÓN  
YOGUR

## Solution

N + Q + + O + Y + Q S + + + +  
+ Ó + U I + O + U + O + + + +  
+ + S C E G + E + + E + + + +  
+ + L E U S S + + M T + + + +  
+ A + R U O O + N A C + + + +  
C + + + C Q + + I N A + + + +  
+ + + R + + E + E T L + + + +  
+ + E + + + + R V E + + + + +  
+ M R O M P Ó N E Q A + + + +  
A + + + + + + + + U + C + + +  
+ + + + + + + + + I + + A + +  
+ + + + + + + + + L + + + V +  
+ + + + + + + + + L + + + + +  
+ + + + A I R G A A M E R C +  
+ E H C E L + + + + + + + + +

(Over,Down,Direction)

CALCIO(1,6,NE)

CREMAAGRIA(14,14,W)

LACTEOS(11,7,N)

LECHE(6,15,W)

MANTEQUILLA(10,4,S)

NIEVE(9,5,S)

QUESO(3,1,SE)

QUESOCREMA(10,1,SW)

REQUESÓN(8,8,NW)

ROMPÓN(3,9,E)

VACA(14,12,NW)

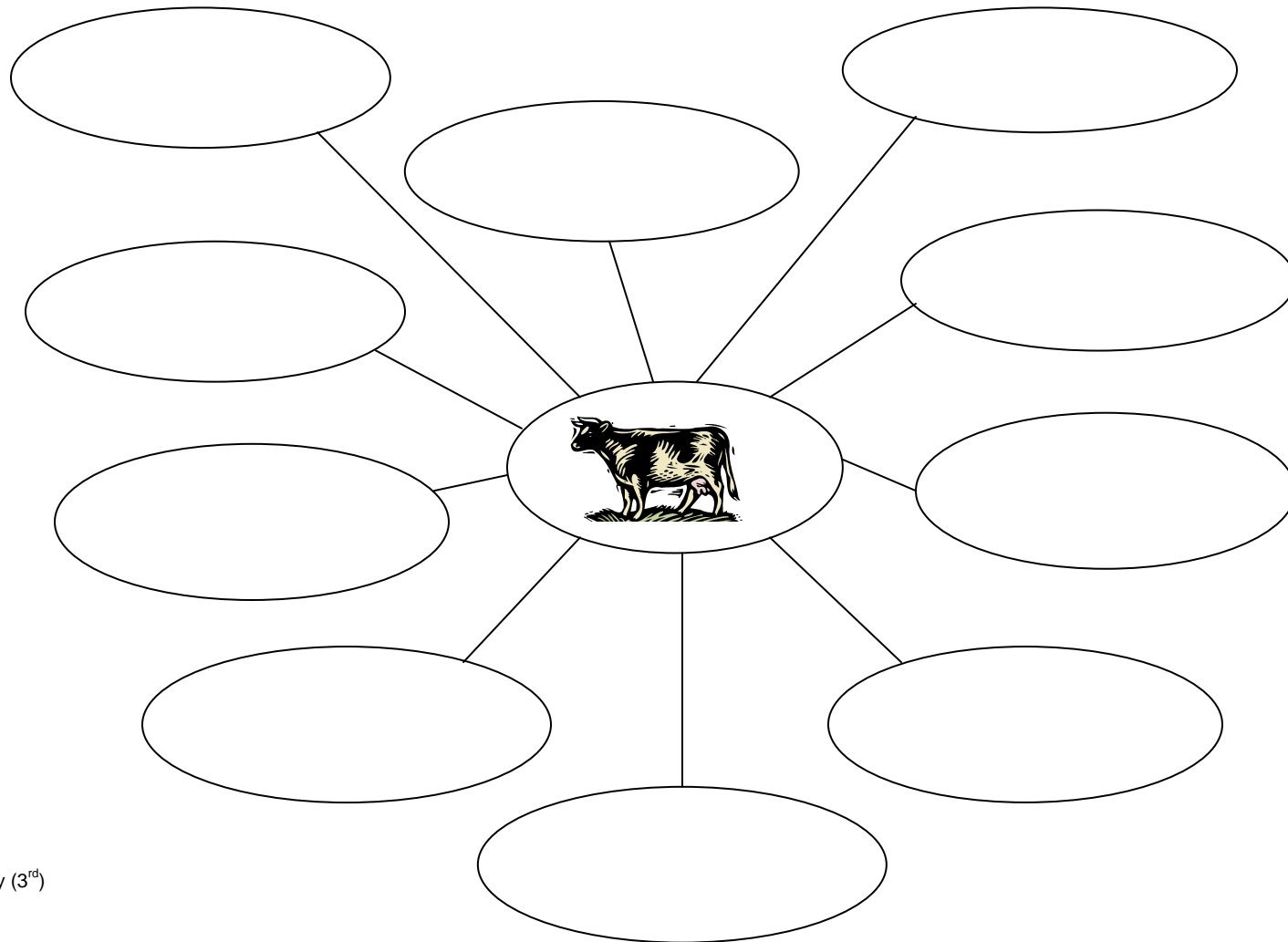
YOGUR(8,1,SW)

# Dairy Fairy (3<sup>rd</sup> Grade)

Name: \_\_\_\_\_

Date: \_\_\_\_\_

How many dairy products can you remember? Write them in the bubbles.



## El Hada de Lácteos (3<sup>er</sup> Grado)

Nombre: \_\_\_\_\_

Fecha: \_\_\_\_\_

¿Cuántos productos lácteos puede recordar usted? Escríbalos en las burbujas.

