

# Fruity Milkshake

## K-1<sup>st</sup> Grade

### Nutrition Objectives:

- Students will learn that drinking milk helps contribute to healthy bones and teeth.
- Students will learn that dairy foods fit in the Milk group of MyPyramid.
- Students will learn that we need to eat **3-A-Day** of Dairy to keep our bodies 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 and fruit are 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> </ul>	<p>Students will:</p> <ul style="list-style-type: none"> <li>▪ listen and respond to the book, "Kiss the Cow".</li> </ul>

**Literacy Standard 6:**

Students read and recognize literature as a record of human experience.

Students will:

- read, respond to, and discuss a variety of literature such as folk tales, legends, myths, fiction, rhymes and poems, non-fiction, and content-area reading.

**Lesson Specific Nutrition Information:**

Most people appreciate variety in their diet. This includes a variety of foods eaten, as well as a variety of preparation styles and formats of food. Children respond positively to fun experiences surrounding food. Often a child resists eating nutritious food, but when that same food is presented in a fun, non-threatening manner, the child eats without complaint. Some children do not enjoy drinking plain milk, but to them the idea of making a milkshake is quite appealing.

**EQUIPMENT, INGREDIENTS and Teacher Preparation**

Equipment and Ingredients	Teacher Preparation	Food Preparation
<ul style="list-style-type: none"> <li>▪ large mixing bowl</li> <li>▪ measuring spoon (1 tablespoon)</li> <li>▪ cutting board (teacher only)</li> <li>▪ chef knife (teacher only)</li> <li>▪ 10 oz cups*</li> <li>▪ zipper sandwich bags*</li> <li>▪ plastic spoons*</li> <li>▪ napkins*</li>   <li>▪ 1 gallon 1% milk</li> <li>▪ 2, 16 oz sweetened sliced strawberries</li> <li>▪ 6 bananas</li> </ul>	<ul style="list-style-type: none"> <li>▪ activity sheet copies*</li> <li>▪ recipe copies*</li> <li>▪ transparencies (optional)</li> <li>▪ scissors</li>   <li>“Kiss the Cow” book by Phyllis Root</li> </ul>	<ul style="list-style-type: none"> <li>▪ Cut each banana into four pieces, or one piece per student.</li> <li>▪ Have frozen strawberries ready to pass out. <b>Note:</b> You may wish to keep the strawberries frozen until you are ready to begin the lesson so they are more solid and less sticky.</li> <li>▪ Have milk ready to pour into cups. <b>Important:</b> Keep milk in the refrigerator until ready to serve.</li> </ul>

\*one per student

## SET-UP

### Work area:

- Students will work individually at their desks.
- Have nutrition table ready for lesson materials and ingredients.

### Other-prep:

- Have book "Kiss the Cow" by Phyllis Root ready to read.
- Have scissors ready to pass out.
- Have MyPyramid poster displayed.

## INTRODUCTION WITH STUDENTS

- **“Today we are going to talk about milk and how milk helps our bodies. Milk contains calcium which is a mineral that helps our bones and our teeth grow strong. Can you find the Milk group on our MyPyramid poster? What foods belong to the Milk group? (cheese, yogurt, etc.) “All foods made with milk also contain calcium and are also good for our bones and teeth.”**

- **“Our bodies need at least three cups of milk or three ‘milk group foods’ every day so our bones can grow strong. Name ways that you can get calcium in your diet at breakfast (a glass of milk, milk in cereal, etc) or at lunch (cheese, yogurt, etc).**

Encourage students to drink milk with their breakfast and with their lunch in the lunchroom. Chocolate and strawberry milk also provide calcium.

- **“Today we are going to learn a different way to drink milk: in fruity milkshakes.**

Read the book "Kiss the Cow" to the students. At the end of the book ask the students why it was important for Mama May's children to drink milk every day (milk is nutritious and good for children's teeth and bones).

- **“Today we are going to use milk to make Fruity Milkshakes.”**

## PROCESS

- Step 1: Give each student a copy of the recipe and read it with the class. Be sure to read the nutrition message at the bottom of the recipe.
- Step 2: Model in front of the class the steps of the recipe. **Note:** It is very important to show students how to make sure their zipper bags are closed tight with a minimal amount of air enclosed. Model listening to the "snap" the bag makes as it closes and show students how to carefully turn the

bag upside down to check that it is sealed tight. Before you cut the corner of your plastic bag, show the students how to move the fruit away from that corner with their fingers. Then show them how to use their fingers on the outside of the bag to move the fruit to the open corner to carefully squeeze it into the milk. Take a sip of your milkshake and tell the students that it is delicious!

- Step 3: Give each student a napkin, a zipper bag and a piece of banana. Have them peel the banana, place it into the bag, seal the bag and begin to mash the banana with their hands. As they are mashing the banana, walk around and place 2 tablespoons of frozen strawberries in each student's plastic bag. Make sure they reseal the bag carefully. Tell students to continue to mash the two fruits together. As the students continue to mash their fruit, pour 1/2 cup milk into each cup; ready to give to each student. **Note:** If you have a lot of extra milk in the bottle, distribute it into the cups.
- Step 4: When students are finished mashing their fruits, give each student one cup of milk. Pass out the scissors and spoons. Have students carefully cut a one-inch triangle off of one corner of the plastic bag and squeeze the fruit into the milk. Assist the students with this step if necessary. Remind students to stir the fruit into the milk with the spoon.
- Step 5: Drink and enjoy the milkshakes!
- Step 6: Give each student an activity sheet. Read the instructions with the students. Have the students read each sentence on the paper and decide what words make sense in the blanks. Remind the students that they can use the recipe as a spelling resource. When the students have completed the writing, they may draw the pictures that accompany each step.
- Step 7: Remind students to take their recipes home so they can share their Fruity Milkshakes with their families.
- Step 8: **Optional:** Ask students to identify the correct food group for milk, strawberries and bananas. Have students draw and label milk in the Milk group and strawberries and bananas in the Fruit group of MyPyramid.

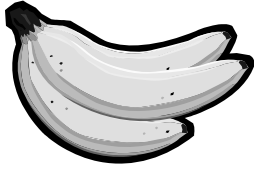
## SUMMARY/REVIEW WITH STUDENTS

- Ask students why we need to drink milk (it is good for our bones and our teeth).
- Ask students what group of MyPyramid milk belongs to, and what other foods are in that group.
- Ask students what **3-A-Day** of Dairy means.
- Tell the students that they can make Fruity Milkshakes with other fresh or frozen fruits too, such as peaches, mangoes, blueberries, papaya, etc.

## Fruity Milkshake (K-1<sup>st</sup> Grade)

Ingredients:

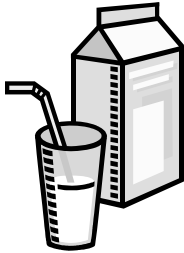
Yield: 1 serving



1/4 banana



2 tablespoons frozen strawberries



1/2 - 1 cup low-fat milk

Directions:

1. Peel the banana.
2. Place the banana in a ziploc bag and close the bag
3. Mash the banana with your hands.
4. Add the strawberries and mash some more.
5. Cut a corner off the bag.
6. Squeeze the fruit into the cup of milk and stir it with a spoon.
7. Drink and enjoy!

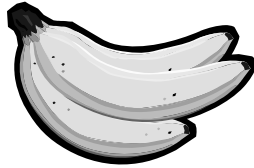
**Drink milk every day!**  
**Milk is good for your bones, your teeth**  
**and your body!**

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.

## Batido de Leche con Frutas (K-1<sup>er</sup> Grado)

Ingredientes:

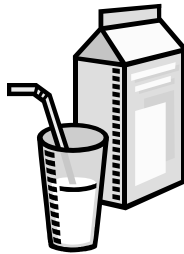
Porciones: 1



1/4 plátano



2 cucharadas de fresas congeladas



1/2 - 1 taza de leche de 1%

Instrucciones:

1. Pela el plátano.
2. Coloca el plátano en una bolsita de plástico y cierra la bolsa.
3. Estruja el plátano con las manos.
4. Añade las fresas a la bolsa y estruja más.
5. Corta una esquina de la bolsa.
6. Vacía la fruta en un vaso de leche y mezcla con una cuchara.
7. ¡Bebe y disfrútalo!

**¡Toma leche todos los días!**  
**¡La leche es buena para tus huesos, tus dientes  
y tu cuerpo!**

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.



