

The Tasty Cheese Man

2nd Grade

Nutrition Objectives:

- Students will learn that cheese is made from milk which is found in the Milk Group of MyPyramid.
- Students will review the five food groups in MyPyramid and discuss the wide variety of food items within each group.
- Students will learn that we need to eat **3-A-Day** of Dairy to keep our bodies healthy.

Colorado Content Standards	Application of Standard
<p>Science Standard 3: 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"> ▪ describe the basic food requirements for humans as summarized in the nutrition pyramid. 	<p>Students will:</p> <ul style="list-style-type: none"> ▪ learn the benefits of eating calcium-rich foods.
<p>Literacy Standard 1: Students read and understand a variety of materials.</p> <p>Students will:</p> <ul style="list-style-type: none"> ▪ use a full range of strategies to comprehend materials such as directions, non-fiction material, rhymes and poems, stories. 	<p>Students will:</p> <ul style="list-style-type: none"> ▪ draw and label their “Tasty Cheese Man”.

<p>Literacy Standard 2: Students write and speak for a variety of purposes and audiences.</p> <p>Students will:</p> <ul style="list-style-type: none"> ▪ choose vocabulary that communicates their messages clearly and precisely; ▪ create readable documents with legible handwriting. 	<p>Students will:</p> <ul style="list-style-type: none"> ▪ draw and label their “Tasty Cheese Man”; ▪ share their creations with the class and talk about why their snack is healthy and how it fits into MyPyramid.
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Teacher background:

Please refer to the *Nutrition Information* document.

For additional information about types, nutrient values, and processing of cheese, refer to the *Cheese Information* document.

MATERIALS, INGREDIENTS AND TEACHER PREPARATION

Equipment and Teacher Preparation	Teacher Preparation	Food Preparation
<ul style="list-style-type: none"> ▪ 8 plastic coated paper plates (2 per table) ▪ napkins* ▪ small paper plates* ▪ string cheese* ▪ 10 oz. bag shredded carrots ▪ 15oz. bag stick pretzels ▪ 12 oz. raisins ▪ 8 oz. bag sunflower seeds, shelled 	<ul style="list-style-type: none"> ▪ activity sheet copies* ▪ recipe copies* ▪ transparencies (optional) ▪ MyPyramid poster ▪ book “A Big Cheese for the White House” by Candace Fleming OR ▪ “Extra Cheese, Please! Mozzarella’s Journey from Cow to Pizza” by Cris Peterson 	<ul style="list-style-type: none"> ▪ Have string cheese (one per student) ready to pass out. ▪ Divide pretzels and shredded carrots onto 4 large coated paper plates. Divide raisins and sunflower seeds onto 4 large coated paper plates. (Students will share plates of food) ▪ - Have napkins and paper plates ready to pass out to students.

*one per student

SET-UP

Work area:

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

INTRODUCTION WITH STUDENTS

Show students the MyPyramid poster.

- **“All of the healthy foods are divided into food groups.**
Point to the Grains group.
- **“Can you name this group, and what color is the Grain Group?”** (orange).
“What foods do you see in this part of MyPyramid?”
Repeat the same process with the other food groups, leaving out the oils section.

This activity will allow students to verbalize all of the different foods that go in each food group.

- **“Today we are going to talk about cheese and how it helps our bodies. Cheese contains calcium which is a mineral that helps our bones and teeth grow strong. Milk and foods made from milk are called dairy products.”**
- **“Can you find the Milk Group on the MyPyramid poster? What other foods belong to that food group?”** (accept all reasonable answers; focus on cheese and yogurt).
- **“In addition to having lots of calcium, milk and dairy products provide other essential nutrients, all necessary to help our bones grow and stay healthy.”**
- **“Our bodies need three “Milk Group foods” every day to help our bones grow strong. This is called 3-A-Day of Dairy. Can you name ways to get calcium in your diet at breakfast?”**(a glass of milk, milk in cereal, etc.). **“How can you get calcium at lunchtime?”**(a glass of milk, cheese, yogurt, etc.).
- **“It takes about 10 pounds (5 quarts) of milk to make 1 pound of whole milk cheese. About one-third of all milk produced each year in the U.S. is used to make cheese. There are more than 2000 known varieties of cheeses.”**
- **“Today we are going to make a “Tasty Cheese Man” snack with foods from each of the five food groups”.**

Read “A Big Cheese for the White House” (a true tale) or for a non-fiction book about how cheese is made, read “Extra Cheese, Please! Mozzarella’s Journey from Cow to Pizza”.

- **What type of cheese do you like to eat? And what is your favorite way to eat these cheeses?”**
- **“The cheese we will use today in our “Tasty Cheese Man” is mozzarella cheese (or Cheddar, depending on what type you purchase).**

PROCESS

- Step 1: Have the students wash their hands with soap and warm water.
- Step 2: Give each student a small plate with one string cheese on it. Pass out the plates with the pretzels, raisins, shredded carrots and sunflower seeds. The students will share these ingredients as they create their “Tasty Cheese Man”. Pass out the “Tasty Cheese Man” activity sheet to each student. Read the list of foods on the side of the “Tasty Cheese Man” activity sheet. As you read each food, ask the students where the food belongs in the pyramid.
- Step 3: Make sure the students draw and label the parts of their “Tasty Cheese Man”.
- Step 4: Have the students share their creations. Eat and enjoy!

SUMMARY/REVIEW WITH STUDENTS

- What’s **3-A-Day** of Dairy? **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?
- How many of you will make a “Tasty Cheese Man” at home for a healthy snack?
- Who will drink milk in the lunchroom today?

Tasty Cheese Man (2nd Grade)

Name: _____ Date: _____

Draw a picture of your "Tasty Cheese Man". Label the parts.

pretzels
cheese
raisins
carrots
sunflower seeds

Dear Family,
I made and ate the Tasty Cheese Man at school today. Eating cheese is good for my bones. Eat **3-A-Day** of Dairy.

El Sabroso Hombre de Queso (2° Grado)

Nombre: _____ Fecha: _____

Haga un dibujo de su "Sabroso Hombre de Queso". Marque las partes.

pan (galletas)
queso
pasas
zanahorias
semillas de girasol

Estimada Familia,
Yo hice y comí el Sabroso Hombre de Queso en la escuela hoy. El comer queso es muy bueno para mis huesos. Coma **3 al día** de productos lácteos.