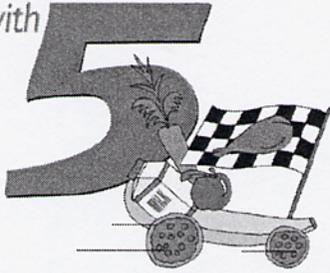


FUEL UP

with



New Jersey School Lunch Program
Race to Good Nutrition

RACE WEEK #6

Dairy Drive Home!!

- BASIC LESSON:** This week introduces the dairy foods group. Foods from this group are excellent sources of protein and calcium. Without dairy foods in the diet it is difficult to meet the calcium needs of growing boys and girls. Calcium builds strong bones and teeth and helps muscles function.
- TEACHER PREP:** Please see page 22 for the Food Guide Pyramid document.
- THE RACE:** Encourage students to drink the milk that is included in their School Lunch Meal or to purchase milk or dairy products to include with their bag lunch. This is their last week in the race to good nutrition. Help them win!
- CHECKPOINT:** Students will be racing to the Dairy Drive Loop checkpoint.
- PRIZE:** The prize for this week is a ruler printed with the words "Bone up on Milk."
- PARENTS:** A letter/newsletter describing the dairy group is included.

Bone up on Milk!!

Fueling your body for the race to good nutrition



LESSON Content

- Introduction to Dairy Foods Group (health)
- Science Writing Exercise (science & language)
- Cheese Kebobs (health)
- Dairy Drive Game (physical activity)



LEARNING Objectives

- Students will become familiar with foods in the dairy group (health)
- Students will learn how bones grow & develop (science)
- Students will write a “scientific” paper on bone health (language)
- Students will learn to prepare simple snacks based on cheese (health and social studies)



Lesson TIME: 30 minutes per lesson

Preparation TIME: 15 minutes to review lesson, make copies of handouts
And assemble needed supplies



MATERIALS Needed

- The Food Guide Pyramid Poster
- Anatomy of a Bone handouts
- Shish Kebob sticks (2 per student)
- Cheese cubes (4 one inch squares per student)
- Fruit pieces cut to approximately one inch (3 per student)
- Vegetable pieces cut to approximately one inch (3 per student)

NJ CORE CURRICULUM Content Standards for Comprehensive Health & Physical Fitness

The lessons in this week meet Section 2.1 Strand C as follows:

2.1 C (1 + 2) for Kindergarten thru second grade

2.1 C (1, 2, 4) 2.1 B (1 + 3) for grades 3-4

2.1 C (1, 2,4) 2.1 B (1) for grades 5-6



The Dairy Foods Group (health)

Lesson #1:

Materials:

- Food Guide Pyramid poster
- Dairy Food Group Card (Support Materials)
- Pencils & Crayons

Lesson:

Using the Food Guide Pyramid poster, ask students to name the dairy foods pictured

Ask students how many servings of dairy foods they should eat daily

Ask students to name their favorite dairy food

(if they choose ice cream, remind them that this is a dessert and should be eaten only after they have met their dairy foods requirement for the day)

(Note: the answer to each question below should include all dairy foods, not just milk)

Ask students to name a dairy food that they would eat with breakfast

Ask students to name a dairy food that they would eat with lunch

Ask students to name a dairy food that they would eat with dinner

Ask students to name a dairy food that they would eat as a snack

Ask students to name a dairy food that they have never eaten before

Ask if they would be willing to eat that dairy food. Encourage them to ask their parents to buy and serve it.

Have children color the items on the Dairy Foods Group Card.

Ask them to name their favorite flavor of milk, yogurt, ice cream and pudding.

Ask them to name fruits that could be mixed with yogurt or pudding for a tasty dessert.

Lesson #2 – Cheese Kebobs (health and social studies)

If your students think that cheese can only be found in Macaroni and Cheese or on Cheeseburgers, this exercise will be fun for them. Each child will assemble one fruit and cheese and one vegetable and cheese kebob.

Materials:

- Toothpicks (4-5 per student)
- Cheese cubes (4 one-half inch squares per student)
- Fruit pieces cut to approximately one inch (2 per student)
- Vegetable pieces cut to approximately one inch (2 per student)

Note:

Use a variety of cheeses – perhaps ones that children may be less familiar with.

For example, Muenster, Mozzarella, Gouda, Fontina, Havarti. Fruits that pair well with cheese and can be skewered without falling apart, include all varieties of apples, pears and grapes (select different varieties for color), and summer fruits like peaches,

apricots and plums. Avoid citrus and tropical fruits as the acidity of these fruits do not always compliment cheese. For vegetables, again make colorful choices such as snowpeas, snap beans, carrots, broccoli, all colors of peppers, grape or cherry tomatoes, celery, etc.

Lesson:

Ask children to name the fruits and vegetables.

Ask them to name other fruits that they think might taste good with cheese.

Ask them to name other vegetables that they think might taste good with cheese

Ask them to name types of cheese that they like to eat.

Give each child:

4-5 Toothpicks

4 cubes cheese

2 fruit pieces

2 vegetable pieces

Ask them to assemble a fruit and a vegetable cheese kebob.

When they eat the kebobs, ask them to describe the mixed flavor of the cheese and fruit and the cheese and vegetable. Does eating the cheese with these combinations change the taste of the cheese?

Encourage them to ask their parents to make cheese kebobs with them at home.

Lesson #3 – Crackers & Cheese Game (physical activity)(Support Materials)

GRADES ONE and TWO

The Dairy Foods Group (health)

Lesson #1:

Materials:

Food Guide Pyramid poster
Dairy Food Group Card (Support Materials)
Dairy Food Fill-in form (Support Materials)
Pencils & Crayons

Lesson:

Using the Food Guide Pyramid poster, ask students to name the dairy foods pictured.

Ask students how many servings of dairy foods they should eat daily

Ask students to name their favorite dairy food

(if they choose ice cream, remind them that this is a dessert
and should be eaten only after they have met their dairy foods
requirement for the day)

(Note: the answer to each question below should include all dairy foods,
not just milk)

Ask students to name a dairy food that they would eat with breakfast

Ask students to name a dairy food that they would eat with lunch

Ask students to name a dairy food that they would eat with dinner

Ask students to name a dairy food that they would eat as a snack

Ask students to name a dairy food that they have never eaten before

Ask if they would be willing to eat that dairy food. Encourage them to ask
their parents to buy and serve it.

Have children color the items on the Dairy Foods Group Card.

Ask them to name their favorite flavor of milk, yogurt, ice cream and pudding.

Ask each child to circle 3 items on the card they will to meet their requirement.

Using the Dairy Foods fill in form, ask each child to inventory their dairy food intake.

Lesson #2 – Science Writing Exercise (language)

Materials:

Chalk board, chalk

Lesson:

Working together, the class will write a paragraph or two describing the benefits of dairy foods, where they come from, etc. First, ask the children to name all the facts they know about dairy food products. List these on the board. Using the facts, ask them to compose sentences to describe dairy products.

For example:

Dairy products are made from milk. You can drink milk. You can make cheese from milk. Milk comes in many flavors. Milk tastes best when served ice cold.

Or:

Milk comes from cows. Milk is white. If you add chocolate, milk turns brown. If you add strawberries, milk turns pink. To make blue milk, add blueberries.

Lesson #3 – Cheese Kebobs (health and social studies)

If your students think that cheese can only be found in Macaroni and Cheese or on Cheeseburgers, this exercise will be fun for them. Each child will assemble one fruit and cheese and one vegetable and cheese kebob.

Materials:

Toothpicks (4-5 per student)

Cheese cubes (4 one-half inch squares per student)

Fruit pieces cut to approximately one inch (2 per student)

Vegetable pieces cut to approximately one inch (2 per student)

Note:

Use a variety of cheeses – perhaps ones that children may be less familiar with.

For example, Muenster, Mozzarella, Gouda, Fontina, Havarti. Fruits that pair well with cheese and can be skewered without falling apart, include all varieties of apples, pears and grapes (select different varieties for color), and summer fruits like peaches, apricots and plums. Avoid citrus and tropical fruits as the acidity of these fruits do not always compliment cheese. For vegetables, again make colorful choices such as snowpeas, snap beans, carrots, broccoli, all colors of peppers, grape or cherry tomatoes, celery, etc.

Lesson:

Ask children to name the fruits and vegetables.

Ask them to name other fruits that they think might taste good with cheese.

Ask them to name other vegetables that they think might taste good with cheese

Ask them to name other types of cheese that they like to eat.

Give each child:

4-5 Toothpicks

4 cubes cheese

2 fruit pieces

2 vegetable pieces

Ask them to assemble a fruit and a vegetable cheese kebob.

When they eat the kebobs, ask them to describe the mixed flavor of the cheese and fruit and the cheese and vegetable. Does eating the cheese with these combinations change the taste of the cheese?

Lesson #4 – Crackers & Cheese Game (physical activity)(Support Materials)

The Dairy Foods Group (health)

Lesson #1:

Materials:

Food Guide Pyramid poster
Dairy Food Group Card (Support Materials)
Dairy Food fill-in form (Support Materials)
Pencils & Crayons

Lesson:

Using the Food Guide Pyramid poster, ask students to name the dairy foods pictured.

Using the Dairy Food handout (see Support Materials)

Ask students how many servings of dairy foods they should eat daily

Ask students to name their favorite dairy food

(if they choose ice cream, remind them that this is a dessert
and should be eaten only after they have met their dairy foods
requirement for the day)

(Note: the answer to each question below should include all dairy foods,
not just milk)

Ask students to name a dairy food that they would eat with breakfast

Ask students to name a dairy food that they would eat with lunch

Ask students to name a dairy food that they would eat with dinner

Ask students to name a dairy food that they would eat as a snack

Ask students to name a dairy food that they have never eaten before

Ask if they would be willing to eat that dairy food. Encourage them to ask
their parents to buy and serve it.

Have children color the items on the Dairy Foods Group Card.

Ask them to name their favorite flavor of milk, yogurt, ice cream and pudding.

Ask each child to circle 3 items they will eat to meet their requirement.

Using the Dairy Foods fill in form, ask each child to inventory their dairy food intake.

Lesson #2 – Science Writing Exercise (language)

Materials:

Chalk board, chalk

Lesson:

Working individually, students will write a paragraph or two describing the benefits of dairy foods, where they come from, etc. First, as a group, ask the children to name all the facts they know about dairy food products. List these on the board. Using the facts, ask them to compose 2 paragraphs to describe dairy products.

For example:

Dairy products are made from cow's milk. We also use milk from other animals such as goats and yaks. You can make many flavors of cheese from milk. Some cheeses are cheddar, swiss, parmesan, and mozzarella.

Every country has a favorite cheese. Cheddar is popular in America. The French like Brie. Mexicans eat Basket cheese. Germans prefer Limburger. Goat's milk cheese is popular in Greece.

Lesson #3 – Cheese Kebobs (health and social studies)

If your students think that cheese can only be found in Macaroni and Cheese or on Cheeseburgers, this exercise will be fun for them. Each child will assemble one fruit and cheese and one vegetable and cheese kebob.

Materials:

Toothpicks (4-5 per student)

Cheese cubes (4 one-half inch squares per student)

Fruit pieces cut to approximately one inch (2 per student)

Vegetable pieces cut to approximately one inch (2 per student)

Note:

Use a variety of cheeses – perhaps ones which children may be less familiar with. For example, Muenster, Mozzarella, Gouda, Fontina, Havarti. Fruits that pair well with cheese and can be skewered without falling apart, include all varieties of apples, pears and grapes (select different varieties for color), and summer fruits like peaches, apricots and plums. Avoid citrus and tropical fruits as the acidity of these fruits do not always compliment cheese. For vegetables, again make colorful choices such as snowpeas, snap beans, carrots, broccoli, all colors of peppers, grape or cherry tomatoes, celery, etc.

Lesson:

Ask them to name other fruits that they think might taste good with cheese.

Ask them to name other vegetables that they think might taste good with cheese

Ask them to name other types of cheese that they like to eat.

Give each child:

4-5 Toothpicks

4 cubes cheese

2 fruit pieces

2 vegetable pieces

Ask them to assemble a fruit and a vegetable cheese kebob.

When they eat the kebobs, ask them to describe the mixed flavor of the cheese and fruit and the cheese and vegetable. Does eating the cheese with these combinations change the taste of the cheese?

Lesson #4 – Crackers & Cheese Game (physical activity)(Support Materials)

The Dairy Foods Group (health)

Lesson #1:

Materials:

Food Guide Pyramid poster
Dairy Food Group Card (Support Materials)
Dairy Food fill in form (Support Materials)
Calcium Chart (Support Materials)
Pencils & Crayons

Lesson:

Using the Food Guide Pyramid poster, ask students to name the dairy foods pictured.

Using the Dairy Food handout and the Calcium Chart (see Support Materials)

Ask students how many servings of dairy foods they should eat daily

Ask students to name their favorite dairy food

(if they choose ice cream, remind them that this is a dessert
and should be eaten only after they have met their dairy foods
requirement for the day)

(Note: the answer to each question below should include all dairy foods,
not just milk)

Ask students to name a dairy food that they would eat with breakfast

Ask students to name a dairy food that they would eat with lunch

Ask students to name a dairy food that they would eat with dinner

Ask students to name a dairy food that they would eat as a snack

Ask students to name a dairy food that they have never eaten before

Ask if they would be willing to eat that dairy food. Encourage them to ask
their parents to buy and serve it.

Handout the Dairy Foods fill in form and the Calcium Chart (see Support Materials)

Ask students to write the milligrams (mg) of calcium in each food on the
Dairy Foods Group Card.

Ask each student to determine which foods they will eat today in order to fulfill
their calcium requirement.

Lesson #2 – Science Writing Exercise (language)

Materials:

Chalk board, chalk

Lesson:

Working individually, each child will write an essay describing the benefits of dairy
foods, where they come from, etc. Allow students to use encyclopedias or the internet to
find facts about milk. Using the facts they find, ask them to compose sentences the essay
describing dairy products.

You might suggest that they focus on products from a particular region, for example Wisconsin cheese or Tibetan yogurt, or a particular product such as skim milk or goat's milk.

Lesson #3 – Cheese Kebobs (health and social studies)

If your students think that cheese can only be found in Macaroni and Cheese or on Cheeseburgers, this exercise will be fun for them. Each child will assemble one fruit and cheese and one vegetable and cheese kebob.

Materials:

Toothpicks (4-5 per student)

Cheese cubes (4 one-half inch squares per student)

Fruit pieces cut to approximately one inch (2 per student)

Vegetable pieces cut to approximately one inch (2 per student)

Note:

Use a variety of cheeses – perhaps ones that children may be less familiar with.

For example, Muenster, Mozzarella, Gouda, Fontina, Havarti. Fruits that pair well with cheese and can be skewered without falling apart, include all varieties of apples, pears and grapes (select different varieties for color), and summer fruits like peaches, apricots and plums. Avoid citrus and tropical fruits as the acidity of these fruits do not always compliment cheese. For vegetables, again make colorful choices such as snowpeas, snap beans, carrots, broccoli, all colors of peppers, grape or cherry tomatoes, celery, etc.

Lesson:

Ask children to name the fruits and vegetables.

Ask them to name other fruits that they think might taste good with cheese.

Ask them to name other vegetables that they think might taste good with cheese

Ask them to name other types of cheese that they like to eat.

Ask them to name types of cheese that are popular in other countries. For example, Feta in Greece, Parmesan in Italy, Bleu in France, Basket in Mexico.

Give each child:

4-5 Toothpicks

4 cubes cheese

2 fruit pieces

2 vegetable pieces

Ask them to assemble a fruit and a vegetable cheese kebob.

When they eat the kebobs, ask them to describe the mixed flavor of the cheese and fruit and the cheese and vegetable. Does eating the cheese with these combinations change the taste of the cheese?

Lesson #4 – Crackers & Cheese Game (physical activity)(Support Materials)

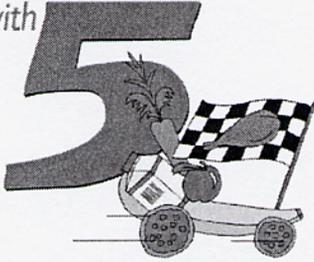
SUPPORT MATERIALS

Week #6

Dairy Drive

FUEL UP

with



New Jersey School Lunch Program
Race to Good Nutrition



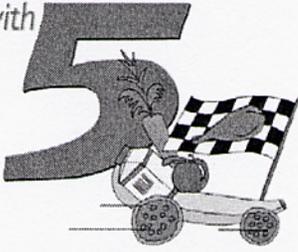
Dear Parent,

This week in the NJ Race to Good Nutrition we will learn about the Dairy Foods Group. Foods in this group include all forms of milk (whole, low-fat and fat-free or skimmed) and products made from milk, such as cottage cheese, yogurt, cheese, kefir and ice cream. Dairy foods are our most important source of calcium. They are also excellent sources of protein.

Calcium is very important for children as they grow. It is the key building block of bones and teeth. Strong bones built during childhood help prevent osteoporosis in adults. Strong teeth built during childhood help prevent the pain and expense of dental decay. Recent research suggests that eating dairy foods may also help control body weight. This is an important finding today when we are all concerned with overweight.

The School Lunch Meal always contains one serving of fluid milk. It is important for your child to drink milk with their lunch - whether they buy a school lunch or bring lunch from home.

This week's prize in the Race to Good Nutrition is a ruler printed with the words "Bone up on Milk." Encourage your child to win the race this week by drinking their milk and eating all the other four food groups everyday.



This week's recipe takes a very popular kid's food and makes it even better! Every kid loves Mac'n'Cheese – whether it is from a box or a favorite family recipe.

Our recipe makes some simple changes in the traditional recipe to increase the calcium, cut calories and increase the protein content. Yet with all these changes, it remains creamy and delicious.

Make a double batch of the recipe and freeze half of it for a future quick thaw and microwave meal. If you have leftovers, put them in individual plastic containers so that they can be reheated as a quick and easy after school snack. This recipe also makes a great dish for church potluck dinners or picnics.

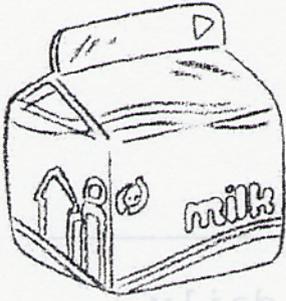
CALCIUM-RICH Mac'n'Cheese

- | | |
|--------------------------------|-------------------------------------|
| 1 package elbow macaroni | 1 cup low-fat cottage cheese |
| 1 cup shredded low-fat cheddar | 1 cup shredded part-skim mozzarella |
| 1 egg | 1 cup fat free evaporated milk |
| 1 cup non-fat dry milk powders | 1 tsp Worcestershire sauce |
| 1 tsp dry mustard | 1 tbsp parmesan cheese |
| 1 tbsp paprika | 1 cup whole wheat bread crumbs |

Cook the macaroni following the package instructions. Drain and put in a large mixing bowl. Add all of the ingredients except the parmesan and bread crumbs (note that you need ONE of everything – easy to remember!). Toss until well mixed.

Preheat the oven to 350 degrees. Spray a 9 x 13 or a deep 9 x 9 baking dish with non-stick spray. Pour the mix into the dish, spread evenly. Mix the parmesan and bread crumbs and spread evenly over the top. Bake for 30 minutes or until the dish bubbles. Cool and serve with a tossed salad.

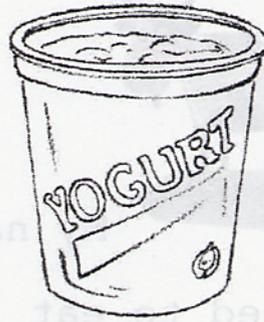
MILK GROUP FOOD CARDS



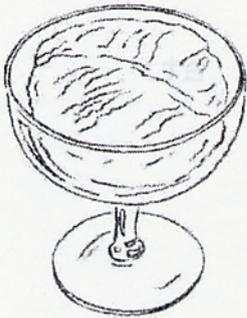
WHITE MILK



CHOCOLATE MILK



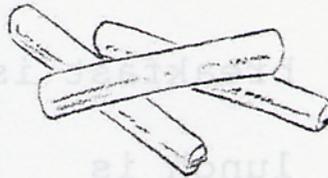
YOGURT



ICE CREAM



PUDDING



STRING CHEESE



AMERICAN CHEESE

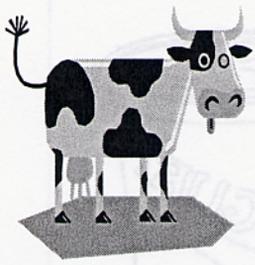


MILKSHAKE



FROZEN YOGURT

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My name is _____

I need to eat _____ dairy foods daily.

My favorite dairy food is _____

The dairy food I like most to eat at

breakfast is _____

lunch is _____

dinner is _____

The dairy food that I have never eaten is
 _____. I will eat this food in
 the next week to see if I like it.

Today I will eat the following dairy foods:

For breakfast I had _____

For lunch I will have _____

For dinner I will have _____

With my snack I will have _____



My name is _____

I need to eat _____ dairy foods daily.

My favorite dairy food is _____

The dairy food I like most to eat at

breakfast is _____

lunch is _____

dinner is _____

The dairy food that I have never eaten is

_____. I will eat this food in
the next week to see if I like it.

Today I will eat the following dairy foods:

For breakfast I had _____

For lunch I will have _____

For dinner I will have _____

With my snack I will have _____



My name is _____

I need to eat _____ dairy foods daily.

My favorite dairy food is _____

The dairy food I like most to eat at
 breakfast is _____
 lunch is _____
 dinner is _____

The dairy food that I have never eaten is
 _____. I will eat this food in
 the next week to see if I like it.

I need 800mg of calcium daily. I can meet
 my calcium needs if I eat the following:

Food I will eat	mg of calcium
_____	_____
_____	_____
_____	_____
_____	_____
total calcium I will get	_____

CALCIUM Chart

Food	Serving Size	Contains mg of Calcium
plain, non-fat yogurt	1 cup	400
milk, skim, low fat or whole	1 cup	300
cheese	1 ounce	
tofu	½ cup	258
spinach	1 cup	244
turnip greens	1 cup	198
broccoli	1 cup	178

CRACKERS & CHEESE GAME

VERSION for grades K-4

Children sit in a circle. One person is “it.” The “it” person walks around the inside of the circle touching each child on the head and saying either “crackers” or “cheese.” A child who is touched when “it” says “cheese” must get up and chase the “it” person around the inside of the circle. The one who is “it” must run around the circle and take the seat of the “cheese” before the “cheese” catches them. Encourage the children to make sure that everyone gets to be the “cheese” or “it.”

VERSION for grades 5-6

The game proceeds as above except that now the child who is “it” walks around naming any food item they prefer and then randomly naming a food from the dairy group. For example, they might say, “grapes, pickles, cabbage, oatmeal, yogurt.” When they say the name of a dairy food, the child who is touched must get up and chase the “it” person as above. Children must pay greater attention in order to determine if the food is or is not in the Dairy Foods Groups.