



Subject	Lesson Title	Grade Level
Dairy (video follow up lesson)	Maisy's Message	PK-4

Maisy's Message:

Maisy hopes you learned more about cow's milk from her video.

Information:

Each cow grows up for about two years before she becomes a mother. A mother cow rests for two months after giving so much milk to her calf and us for ten months of the year. When she is resting, her body is no longer making milk. After that rest, she prepares to have another calf that will be born in about nine months. She will start producing milk again to feed her new calf once it is born.

Nutrition:

Other foods made from milk are very tasty, but may have more fat and sugar than plain milk.

Look in your refrigerator for dairy products like yogurt, cottage cheese, butter, and ice cream. Find the Nutrition Facts panel on the package and list the amount of fat and sugar in each one. Compare this to the amount listed on your milk carton. Which dairy product is the BEST for your good food choice?

Your Body:

Milk is full of wonderful vitamins and minerals like Riboflavin , Niacin and Calcium.

Which parts of your body get a great deal of nutrition from milk? (answer: bones , teeth, and muscles)

Math:

Do you remember how many glasses of milk a mother cow can produce in one day? (answer: 128 glasses)

If most children drink three big glasses of milk in a day, how many children can one cow feed?

How many days will it take you to drink her milk?

Research and Art:

Are all cows black and white? Different breeds are colored differently.

You can do some research to see about the different breeds of cows.

Draw your favorite cow to make a bulletin board corral of cows!





3.1 **Improving Nutrition**

Identify the key nutrients in food that support healthy body systems (skeletal, circulatory) and recognize that the amount of food needed changes as the body grows

3.2 **Improving Nutrition**

Use the USDA Food Guide Pyramid and its three major concepts of balance, variety, and moderation to plan healthy meals and snacks



3.5 **Safe and Adequate Food Supply**

Identify the connection between food served in the home with regional food production

CCSS.Math.Content.3.OA.A.2 Interpret whole-number quotients of whole numbers, e.g., interpret $56 \div 8$ as the number of objects in each share when 56 objects are partitioned equally into 8 shares, or as a number of shares when 56 objects are partitioned into equal shares of 8 objects each. *For example, describe a context in which a number of shares or a number of groups can be expressed as $56 \div 8$.*

CCSS.Math.Content.3.OA.A.3 Use multiplication and division within 100 to solve word problems in situations involving equal groups, arrays, and measurement quantities, e.g., by using drawings and equations with a symbol for the unknown number to represent the problem. [Note: See Glossary, Table 2.]

4.N.10 Select and use appropriate operations (addition, subtraction, multiplication, and division) to solve problems, including those involving money.

Life Science: Topic: Structures and Functions

3 Recognize that plants and animals go through predictable life cycles that include birth, growth, development, reproduction, and death.

Differentiate between observed characteristics of plants and animals that are fully inherited (e.g., color of flower, shape of leaves, color of eyes, number of appendages) and characteristics that are affected by the climate or environment (e.g., browning of leaves due to too much sun, language spoken).

Health: Growth and Development

Through the study of Body Systems students will

- 1.1 Name the external and internal parts of the body and the body systems (nervous, muscular, skeletal, circulatory, respiratory, digestive, endocrine, and excretory systems)
- 1.2 Identify behaviors and environmental factors that influence functioning of body systems
- 1.8 Describe the influence of health habits on growth and development

Health: Nutrition

- 3.1 Identify the key nutrients in food that support healthy body systems (skeletal, circulatory) and recognize that the amount of food needed changes as the body grows
- 3.2 Use the USDA Food Guide Pyramid and its three major concepts of balance, variety, and moderation to plan healthy meals and snacks

Through the study of Safe and Adequate Food Supply students will

- 3.5 Identify the connection between food served in the home with regional food production
- 3.10 Describe the components of a nutrition label and how to use the information from labels to make informed decisions regarding food

