



TITLE	GRADE LEVEL	SUBJECT
MILKING MATH	5 TH – 6 TH	PRE-FIELD TRIP

OVERVIEW AND OBJECTIVES	<ul style="list-style-type: none"> Students will be able to identify the amount of sugar found in popular drink choices and understand the importance of choosing healthy beverages. Students will be able to identify some of the jobs within the dairy industry and the various responsibilities of a dairy farmer.
VOCABULARY & MATERIALS	<p>Vocabulary: Veterinarian, Nutritionist, Manager, Technician, Calcium, Teaspoons, Milk, Dairy</p> <p>Materials: "Dairy MADE" Worksheet "Be Smart, Drink Smart" Worksheet "Running a Dairy Farm" Worksheet Pencils or Pens You Tube Video</p>
BACKGROUND INFORMATION	Prior to field trip, review safety practices and field trip behavior.
DEVELOPMENT AND ACTIVITIES	<ol style="list-style-type: none"> Have student's "Bell Work" have them complete the "Dairy MADE" worksheet. Once completed, have a short class discussion to review the worksheet. Ask students: "What is your favorite drink? Do you know about how much sugar is in that drink?" Pass out "Be Smart, Drink Smart" Worksheet. Read aloud the directions to students and have them complete the worksheet in pairs. Once all or most students have finished, review answers with students together. Play the "Running A Dairy Farm" video on You Tube for the whole class. https://youtu.be/wcjoQD7SQeE?t=3 While students watch the video, have them complete the "Running a Dairy Farm" worksheet. Once completed, have a short classroom discussion about student's answers.
SUMMARY	Students will learn about some jobs within the dairy industry and make connections to both math and science. Students will have the opportunity to apply with math skills to real life situations within the dairy industry.
STANDARDS ADDRESSED	PreK-12 Standard 3 Nutrition Students will gain the knowledge and skills to select a diet that supports health and reduces the risk of illness and future chronic diseases.

	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.
WORKSHEETS (Attach)	"Dairy MADE" Worksheet "Be Smart, Drink Smart" Worksheet "Running a Dairy Farm" Worksheet

Kate O'Brien M.Ed.

DairyMADE

Name: _____

Date: _____

Dairy Farmer's Do It All

Dairy Farmers have busy days beginning their day by milking the cow and ending their night the same way. They are in charge of many tasks on the farm and have different job roles they must complete. Match up all the job roles a dairy farmer has to take on with his To Do list each day!

To Do List

1. Clean and test the milking machines. _____
2. Mix feeds for the cows. _____
3. Examine newborn calves. _____
4. Collect sales data for dairy products sold. _____

Dairy Nutrition

Dairy is essential for our diet! It provides us with essential nutrients that feeds our body the energy we need for everyday activities.

Calcium	Essential for strong bones and teeth
Vitamin A	Essential for healthy eyesight and children's growth
Vitamin B12	Keeps blood healthy
Riboflavin	Releases energy from food
Protein	Contributes to growth and development as well as repairs body tissue
Potassium	Controls blood pressure
Magnesium	Essential for transferring energy to the body
Carbohydrate	Provides energy for the body
Zinc	Aids to healing wounds, and essential for the body
Phosphorus	Important part of mineral structure in bones and teeth

Job Roles

- A. Veterinarian
- B. Nutritionist
- C. Manager
- D. Technician

Unscramble Dairy Products

EHESEC _____

CIECAEMR _____

LKIM _____

GRTYOUU _____

REMAC _____

TUBETR _____

ELAGOT _____

EMZZLRLOAA _____

HPWIREMCA _____

Dairy Fun Facts!

Dairy farmers produce 246 million pounds of fresh milk per day.

A cow has 4 stomachs and 24 teeth!

In Massachusetts the average dairy farm has 119 cows



BE SMART DRINK SMART

GUIDE TO CHOOSING HEALTHY BEVERAGES
LESSON ACTIVITY (GRADES 5-12)

GUESS THE ADDED SUGAR AMOUNT

DIRECTIONS:

Draw a line from the drink to the amount of added sugar you think it contains.

Cola (12 oz.)



Zero teaspoons

Fat Free Milk (8 oz.)



5.3 teaspoons

Water (8 oz.)



2.4 teaspoons

Fat Free Chocolate Milk (8 oz.)



6.7 teaspoons

Fruit Drink (6.75 oz.)



Zero teaspoons

Sports Drink (12 oz.)

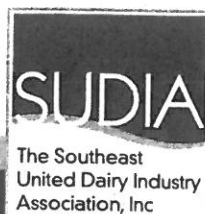


7.9 teaspoons



Visit our World School Milk Day page for additional educational resources at www.southeastdairy.org

Brought to you by the dairy farm families of the Southeast



Name: _____
Date: _____

Running A Dairy Farm

Watch the 'Running a Dairy Farm' section. Use the link below to watch the video, then complete the mind map below by noting all of the jobs a dairy farmer does every day. An example is provided below.

<https://youtu.be/wcioQD7SQeE?t=3>

