



# Farm to Table



Dairy farmers produce milk 365 days a year.

## Dear Educator,

Teaching students where their food comes from is a fundamental step in the development of healthy eating habits. The Dairy Alliance and the award-winning curriculum specialists at Young Minds Inspired (YMI) are pleased to provide you with these free standards-based teaching materials that will engage your students in exploring the connections between good nutrition and the role local farmers play in providing our food and helping to protect our environment.

We hope that you will share this program with other teachers in your school, and with your School Nutrition Director as well. Although the materials are copyrighted, you may make as many copies as needed for educational purposes. Please comment online at [ymiclassroom.com/feedback-da-fft](http://ymiclassroom.com/feedback-da-fft) to provide feedback. We depend on your input to continue providing free educational programs that make a real difference in students' lives.

Sincerely,

Jill Henderson, RDN, SNS  
Director of School Health  
and Wellness  
The Dairy Alliance

Dr. Dominic Kinsley  
Editor in Chief  
Young Minds Inspired



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THE DAIRY  
ALLIANCE  
[thedairyalliance.com](http://thedairyalliance.com)

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## Target Audience

Elementary school students in grades 2-4.

## Program Objectives

- Educate students about local agriculture and its importance to the community.
- Reinforce the USDA MyPlate nutrition guidelines for healthy eating.
- Inspire students to grow their own food in a school or home garden.

## Program Components

- This one-page teacher's guide.
- Three reproducible student activity sheets.
- A colorful wall poster for display in your classroom.

## How to Use This Program

Photocopy the teacher's guide and activity sheets before displaying the poster. Introduce the program by helping students review "A Glimpse into a Day on a Dairy Farm," accessible at [ymiclassroom.com/dairy-alliance-fft](http://ymiclassroom.com/dairy-alliance-fft). Plan to have students complete Activity 2 in the afternoon, after lunch. Send each activity sheet home for students to share with parents. Please visit [ymiclassroom.com/dairy-alliance-fft](http://ymiclassroom.com/dairy-alliance-fft) to review the program's alignment with Common Core Standards.

## How to Use the Wall Poster

Before beginning the program, review the poster with students. Have older students work in groups to research and present reports featuring more details about each step in the journey of milk. Visit [www.thedairyalliance.com](http://www.thedairyalliance.com) to learn more about The Dairy Alliance and its services to the community.

## Activity 1 From Farm to Table—A Local Journey

Have students complete the quiz independently or in groups. **Answers:** 1-C; 2-D; 3-C; 4-D; 5-C; 6-A, C, E, F, G, H.

Next, have students fill in the letters to complete the paragraph. **Answers:** animals, environment, recycling, waste, fertilizer, water, cropland, fruits, vegetables, grains, health, lunches.

As an extension, have students illustrate their choice of one of the statements about eating locally grown food, then combine their sketches to create posters for display in the classroom, hall, or cafeteria.

## Activity 2 My School, My Food

Review the MyPlate icon with students. Remind them that although many of their meals often include packaged foods, plants and animals are still the original source and we are dependent on them and the farmers who care for them for all of our food.

If necessary, help students identify their food sources with hints such as: Where would the turkey,

cheese, bread, and lettuce come from if you had eaten a turkey sandwich?

**Answers:** a turkey farm, a dairy farm, a wheat farm, and a produce farm. Send the activity sheet home with students to share with parents.

## Activity 3 Homegrown!

Help students, if necessary, to unscramble the words and use the chart to record yields. **Answers:** carrots-10 pounds; potatoes-20 pounds; cabbage-20 pounds; cucumbers-10 pounds; tomatoes-25 pounds; peppers-15 pounds. Total yield-100 pounds.

Have students share their ideas about how the connections in *Planting Power!* point out the environmental benefit of gardening. Challenge them to think of more benefits. **Answers:** 1-C; 2-D; 3-A; 4-E; 5-B.

After students have used the back of their paper to record items needed to plan a garden (tools, tool storage, soil, containers or space to plant, seeds and/or seedlings, a water source, irrigation, watering cans, etc.) and sketched their ideas, you might want to extend their activity by starting a garden at your school (see [www.kidsgardening.org](http://www.kidsgardening.org) for ideas).

## Resources



### Program Site

- Young Minds Inspired, [ymiclassroom.com/dairy-alliance-fft](http://ymiclassroom.com/dairy-alliance-fft)

### Dairy

- The Dairy Alliance, [www.thedairyalliance.com/dairy-farming](http://www.thedairyalliance.com/dairy-farming)
- DairyGood, [www.dairygood.org](http://www.dairygood.org)

### Farm to School

- National Farm to School, [www.farmtoschool.org](http://www.farmtoschool.org)
- Fuel Up to Play 60, [www.fueluptoplay60.com/playbooks/current-seasons-playbook/farm-to-school](http://www.fueluptoplay60.com/playbooks/current-seasons-playbook/farm-to-school)

- Farm to School Resources, [www.fns.usda.gov/farmtoschool/farm-school-resources](http://www.fns.usda.gov/farmtoschool/farm-school-resources)

### Local Agriculture

- The National Organization for Agriculture in the Classroom, [www.agclassroom.org](http://www.agclassroom.org)

### MyPlate

- USDA MyPlate, [www.choosemyplate.gov](http://www.choosemyplate.gov)

### School Gardening

- Edible Schoolyard Project, [www.edibleschoolyard.org](http://www.edibleschoolyard.org)
- Kids Gardening, [www.kidsgardening.org](http://www.kidsgardening.org)
- LifeLab, [www.lifelab.org](http://www.lifelab.org)

# 1 From Farm to Table—A Local Journey

**D**o you know where the food you eat comes from? How about the milk you drink at lunch? You might be surprised to learn that local dairy farmers send their milk to dairy plants close to their farm. The dairy processor packages the milk and delivers it to your school. Take this quiz to learn more about how milk goes from the farm to your table! Circle the letter of each correct answer:



**1.** Approximately how many dairy farms are in Alabama?

- A. 5      B. 25      C. 35      D. 70



**2.** If you were in the capital of Alabama, how far would you have to travel to find a dairy farm?

- A. 5 miles      C. 30 miles  
B. 15 miles      D. 50 miles



**3.** On average, how long does it take fresh milk to travel from a dairy farm to a school in Montgomery?

- A. one hour      C. 48 hours  
B. 10 days      D. one month



**4.** An average dairy cow can produce how many school cartons of milk a day?

- A. 10      C. 90  
B. 50      D. 120



**5.** Approximately how many dairy cows do you think are living in Alabama?

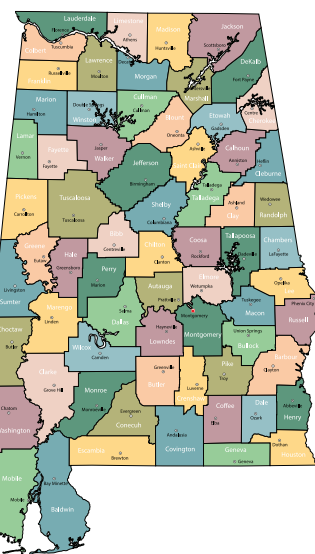
- A. 1,500      C. 7,000  
B. 4,000      D. 12,000



**6.** Which of these are locally grown fruits used in dairy products like yogurt and ice cream? (Choose all that apply.)

- A. apples      E. grapes  
B. bananas      F. peaches  
C. blueberries      G. strawberries  
D. oranges      H. blackberries

## Alabama



### Keeping it Fresh

Your local farmers work hard to bring fresh food and dairy products to your school and your home. But did you know their work also helps your community in other ways? Fill in the blanks to complete the words in the following paragraph.

Farmers help take care of a\_\_i\_\_als and the land.

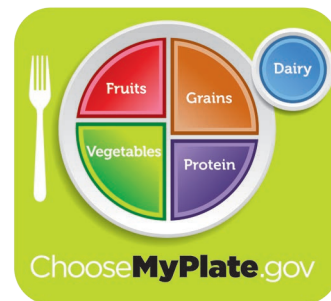
Some dairy farmers help the en\_\_iron\_\_ent by re\_\_yc\_\_ \_\_ng the w\_\_st\_\_ from dairy cows. They use the waste as a fe\_\_tili\_\_er for crops. Federal, state, and local clean w\_\_t\_\_r laws regulate how waste is applied on cr\_\_pl\_\_nd. Fertilizers help produce the f\_\_uits, ve\_\_eta\_\_ \_\_es, and \_\_ \_\_ains we eat and, along with dairy products, contribute to good h\_\_alt\_\_. These foods go into the school lun\_\_ \_\_es you eat each day.

### Why Support Local Farms?

- **It's Good for the Environment.** Buying foods grown by local farmers helps preserve farmland and open space.
- **It Keeps Your Community Strong.** The money earned by local farmers stays in your community.
- **It Keeps You Connected.** Even if you live in a city, you can visit your local farmers' market and meet the farmers who have grown the food you eat.



# My School, My Food



**T**he MyPlate guide helps you remember to include food from all five food groups in your meals each day. These food groups are building blocks to a healthy diet. What did you eat for your school lunch today? List each item under its food group. List items that combine food groups (like pizza) under all the food groups that apply.

| Fruits | Vegetables | Grains | Protein | Dairy |
|--------|------------|--------|---------|-------|
|        |            |        |         |       |
|        |            |        |         |       |
|        |            |        |         |       |
|        |            |        |         |       |
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|        |            |        |         |       |
|        |            |        |         |       |
|        |            |        |         |       |

**Now** choose two of your lunch items. Write the source for each **1.** \_\_\_\_\_ →  
after the arrow (for example, a carton of milk comes from dairy \_\_\_\_\_  
cows). Remember, food isn't grown at the store! **2.** \_\_\_\_\_ →

**Parents!** If your child participates in your school's meal program, it's very likely that his or her lunch may have come from a local food source. Many school meal programs in our state use dairy products from local processors who receive milk from dairy farms that are members of The Dairy Alliance. Locally produced foods come to your table at their peak flavor and nutritional value. Eating locally also boosts your community economically by supporting the agricultural connections between farmers, businesses, and consumers like you.

Eat locally by serving this tasty pizza with a fresh salad using greens and vegetables from your nearby farm or your school or home garden, along with a cold glass of milk from your local dairy company.

## Tasty Garden Pizza

Cooking time: 30 minutes. Serves 4 (2 slices each). Experiment by adding garlic, a flavored vinegar combined with the oil, and other homegrown veggies of your choice!

### Ingredients

- 1 10-ounce can refrigerated pizza crust dough
- Cooking spray
- 2 tsp. olive oil, divided
- 3 small tomatoes, sliced thin
- 1 medium pepper, sliced thin
- 1 cup (4 oz.) shredded mozzarella cheese
- 2 Tb. Parmesan cheese
- ½ cup basil, chopped thin
- salt and pepper to taste



### Preparation

1. Preheat oven to 400°.
2. Coat a pizza pan with cooking spray. Unroll crust dough into the pan shape. Bake at 400° for 8 minutes. Brush with 1 tsp. oil.
3. Place tomato and pepper slices on crust, leaving ½ inch around all edges. Mix cheeses together and sprinkle evenly on top. Bake at 400° for 12 minutes. Dough is done when cheese melts and crust is golden.
4. Sprinkle pizza evenly with chopped basil, salt, and pepper. Drizzle the remaining oil evenly over the surface. Garnish with whole basil leaves if desired. Cut into 8 slices, and enjoy!



## Tips for Shopping Local

- Most products include “grown in” information directly on the product or its packaging. Or ask your grocer which foods are from local sources.
- Shop local farms for everything from fruits to vegetables and learn about dairy farm tours available in your area. For a list of dairy farms offering guided tours, visit [www.thedairyalliance.com/dairy-farming](http://www.thedairyalliance.com/dairy-farming).
- Find out if there is a Community Supported Agriculture (CSA) program for your area at [www.localharvest.org/csa](http://www.localharvest.org/csa). CSAs supply boxes of fruits and vegetables on a weekly or monthly basis fresh from the farm to you.



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# Homegrown!



**G**rowing a garden is a fun way to find out firsthand how food gets from the farm to your table. This activity will help you get started, and find out some of the good things that gardens do.

## Plant a Row!

All farmers and gardeners need to know how much food they might harvest. Use the table below to calculate how much of each crop you could grow in this garden, which has 10-foot-long rows. Write the amounts in the “My Yield” column. But first, you need to unscramble the names of the crops!

| Crop      | Row Length | Yield               |
|-----------|------------|---------------------|
| Cabbage   | 10 feet X  | 2 pounds per foot   |
| Carrots   | 10 feet X  | 1 pound per foot    |
| Cucumbers | 10 feet X  | 1 pound per foot    |
| Potatoes  | 10 feet X  | 2 pounds per foot   |
| Peppers   | 10 feet X  | 1.5 pounds per foot |
| Tomatoes  | 10 feet X  | 2.5 pounds per foot |

Crops

My Yield

**arorstc:** \_\_\_\_\_

**toatepos:** \_\_\_\_\_

**gacbeba:** \_\_\_\_\_

**bmcuscuer:** \_\_\_\_\_

**motaoste:** \_\_\_\_\_

**sprpepe:** \_\_\_\_\_

**Total Harvest Yield:** \_\_\_\_\_

## Planting Power!

Farmers and gardeners help the environment in many ways, in both big cities and small communities. Match these Garden Facts with their impact on the environment by writing the correct letter in the space:

### Garden Facts

- \_\_\_\_ 1. Gardens attract bees and butterflies.
- \_\_\_\_ 2. Gardens absorb rainwater.
- \_\_\_\_ 3. Gardens use manure and compost as fertilizer.
- \_\_\_\_ 4. Gardens make use of vacant lots.
- \_\_\_\_ 5. Garden plants absorb carbon dioxide and produce oxygen.

### Impact on the Environment

- A.** Recycles waste that would go to a landfill.
- B.** Helps reduce greenhouse gases.
- C.** Increases pollinators needed to produce fruits and vegetables.
- D.** Helps protect lakes and rivers from runoff.
- E.** Creates urban green spaces.



## Planning Time!

Now use the back of this paper to organize ideas for planting your own garden. List things you will need (tools, seeds, names of crops, etc.), then draw your dream garden and show what you will plant and where!



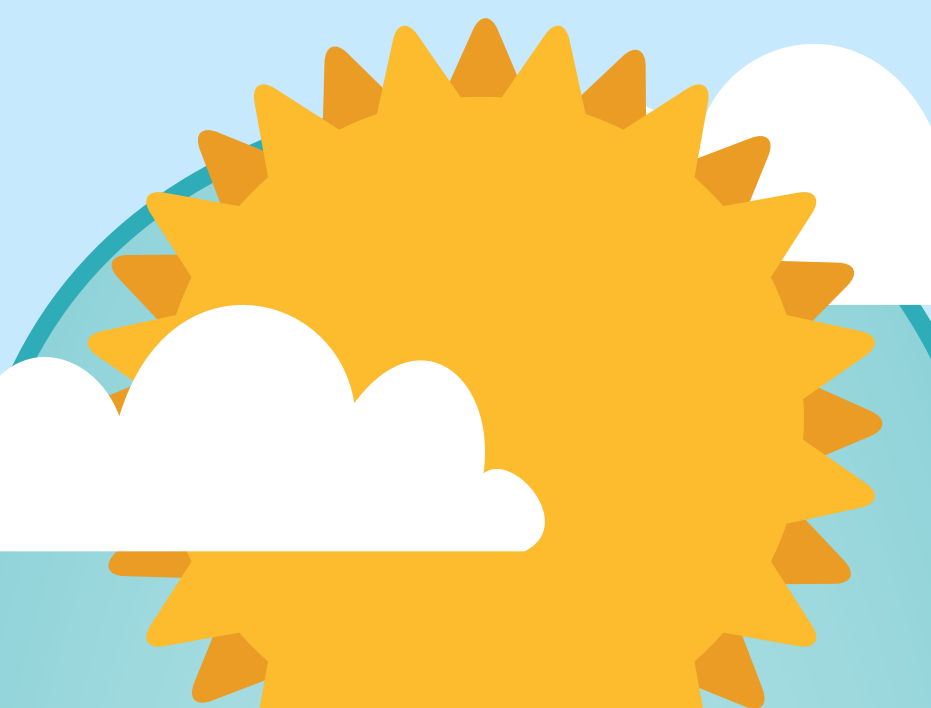
## Gardening Tips

- You don't need a big piece of land to start a garden. In fact, it's best to start small—for example, with a few vegetables growing in container pots.
- Grow foods you like to eat, but first find out what will grow well in your region. Fruits and vegetables all have specific growing seasons that determine when they should be planted.
- Be creative! Plant a pizza garden with veggies you can use as pizza toppings. Or plant a salad bar garden where you can pick what you want for a fresh salad.



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# Farm Fridge



## From sun and feed

Milk comes from healthy, well-fed cows.



### Cows eat and drink



grass

chopped corn

hay



mixed feed

water

Then the cow's body  
**uses these foods to make milk.**



## To cow...

Milk is collected and cooled in the milking parlor.



### The cow's udder is cleaned.

This helps keep the milk clean. And it is a signal for the cow to "let down" her milk.



**Cows are milked by machine**  
at least twice a day.

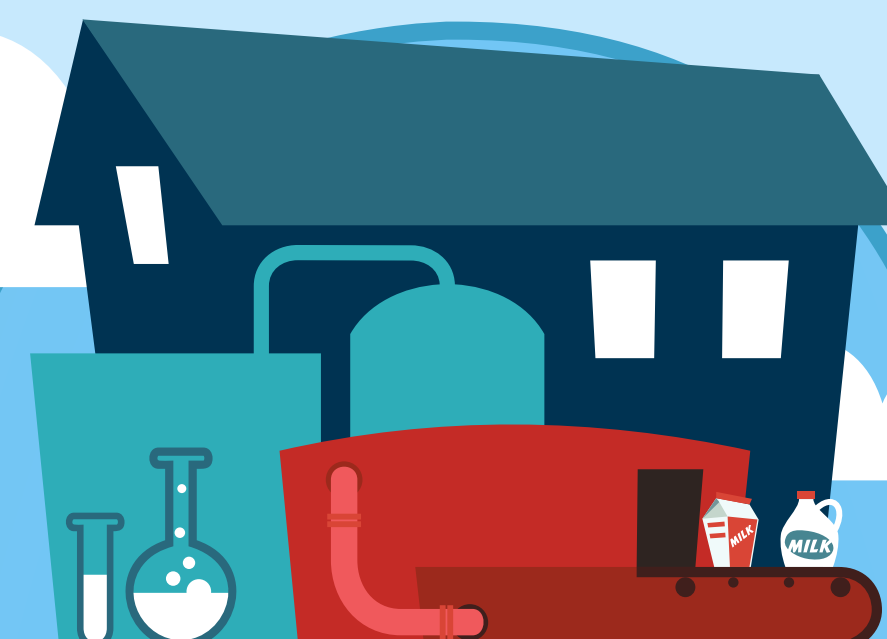


### Pump it. Cool it.

Milk is cooled to keep it fresh and good tasting.



**Every day or two**  
milk is taken to a dairy plant for processing and bottling.



## To Dairy Plant...

Milk is pasteurized for your health.



**Milk is tested**  
to assure its freshness and safety.



### Homogenize and Pasteurize:

Milk is heated to a high temperature to kill bacteria. This keeps milk fresher longer.

During this process milk is  
**never touched by human hands.**



**Milk is stored in a refrigerated room**  
until it is loaded on a delivery truck.



## To you!

Milk is delivered to many places.



### Thanks to a modern delivery system,

people of all ages can drink good tasting, fresh milk wherever they are.



School



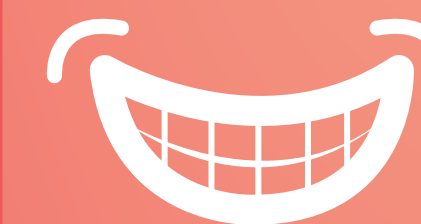
Restaurants



Work



Home



Wherever you drink milk,  
it's good for you.  
That's because milk helps  
**build strong bones and teeth.**