

## DEAR EDUCATOR,

As a teacher, you know that eating a balanced diet every day is especially important for students, who need good nutrition to support their growth and development. The eating habits that children develop now will stay with them throughout their adult lives. American Dairy Association North East (ADANE) and the award-winning curriculum specialists at Young Minds Inspired (YMI) are pleased to provide you with these free standard-based teaching materials that will engage your students in learning about the role of dairy foods in eating a balanced and nutritious diet each day.

We hope that you will share this valuable program with other teachers in your school, and with your school nurse as well. Although the materials are protected by copyright, you may make as many copies as needed for educational purposes.

Please use the enclosed reply card to let us know your thoughts on this program, or comment online at [ymiclassroom.com/feedback-adane-mission-nutrition](http://ymiclassroom.com/feedback-adane-mission-nutrition). We depend on your feedback to continue providing free educational programs that make a real difference in students' lives.

Sincerely,  
Rick Naczi  
CEO  
ADANE

Dr. Dominic Kinsley  
Editor in Chief  
Young Minds Inspired

### Target Audience

This program is designed for use with students in grades 2-4. Tailor the activities to suit your students' needs and abilities.

### Program Objectives

- Raise student awareness of the importance of making healthy food choices each day.
- Teach students about the role dairy foods play in a balanced diet.
- Help students understand how dairy products and the other foods that make up the MyPlate food icon provide nutrients needed for proper growth and development.

### Program Components

- This one-page teacher's guide.
- Three reproducible student activity sheets.
- A colorful wall poster for display in your classroom.
- A reply card for your comments, or comment online at [ymiclassroom.com/feedback-adane-mission-nutrition](http://ymiclassroom.com/feedback-adane-mission-nutrition).

### How To Use This Program

Photocopy the teacher's guide and student activity sheets before displaying the wall poster in your classroom. Depending on your students' age and ability level, adjust the activities as you see fit and have students complete them individually or as a class. Have students take each activity sheet home so they can complete it with their parents, then provide time in class for students to share their experiences. Please visit [ymiclassroom.com/adane-mission-nutrition](http://ymiclassroom.com/adane-mission-nutrition) to review the program's alignment with Common Core Standards for Elementary Science.

### How To Use the Wall Poster

Before beginning the program, review the information on the poster with students to introduce them to the MyPlate icon and the foods that make up a balanced diet. Encourage students to personalize the poster by filling in a star and writing their name under it when they have completed the five nutrition missions on the poster.

## ASSIGNMENT 1: Mission Nutrition

Review the contents of the refrigerator/freezer on the activity sheet and point out the five food groups on the MyPlate icon. Explain that all fluid milk products and many foods made from milk are considered part of the dairy food group, and that most dairy-group choices should be fat-free or low-fat. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not part of the dairy group. For the lactose intolerant, smaller portions (such as four fluid ounces of milk) may be tolerated; lactose-free and low-lactose products are also options. Remind students that they should limit beverages and snacks that are low in nutrients and high in sugar or calories. Younger students can use crayons and older students colored pencils to color the foods or label them with the letters F (fruit), G (grains), V (vegetables), P (protein), D (dairy). *Answer Key:* Vitamin A, eyes; Vitamin B-2, body; Vitamin B-3, energy; Vitamin B-12, cells; Vitamin D, bones.

## ASSIGNMENT 2: Minerals for Me

This activity sheet focuses on the important minerals that dairy foods provide—calcium, phosphorus, magnesium, Pantothenic Acid, and zinc—which help kids grow and stay healthy. Depending on their ages, have students use crayons or colored pencils to identify the body systems. Provide time for students to share their favorite dairy foods. To add a math component for older students, have them work in groups to create different types of graphs that depict the class favorites.

## ASSIGNMENT 3: Operation Breakfast

Begin by explaining that breakfast is the most important meal of the day, especially for children, who need the nutrition it provides to learn and perform better in school and the energy needed for 60 minutes of daily exercise. After completing the first part, lead a class discussion about different breakfasts that follow the MyPlate guidelines. *Answer Key:* Breakfasts 1 and 2 follow the guidelines. Breakfast 3 does not; it contains lots of nutritious fruit, but there is no dairy, and it's important to have dairy with every meal. As a follow-up, have students create and exchange visual breakfast "recipes" and gather them into an Operation Breakfast cookbook.

**NOTE:** If your school does not currently participate in the Breakfast in the Classroom program, consider talking to your principal about beginning such a program. See the link below.

### Resources

American Dairy Association North East – [www.americandairy.com](http://www.americandairy.com)  
Breakfast in the Classroom – [www.breakfastintheclassroom.org](http://www.breakfastintheclassroom.org)  
Fuel Up to Play 60 – [www.fueluptoplay60.com](http://www.fueluptoplay60.com)  
MyPlate – [www.choosemyplate.gov](http://www.choosemyplate.gov)  
YMI – [ymiclassroom.com/adane-mission-nutrition](http://ymiclassroom.com/adane-mission-nutrition)



is the only company developing free, innovative classroom materials that is owned and directed by award-winning former teachers. Visit our website at [www.ymiclassroom.com](http://www.ymiclassroom.com) to send feedback and download more free programs. For questions, contact us toll-free at 1-800-859-8005 or by e-mail at [feedback@ymiclassroom.com](mailto:feedback@ymiclassroom.com).



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## MISSION NUTRITION:

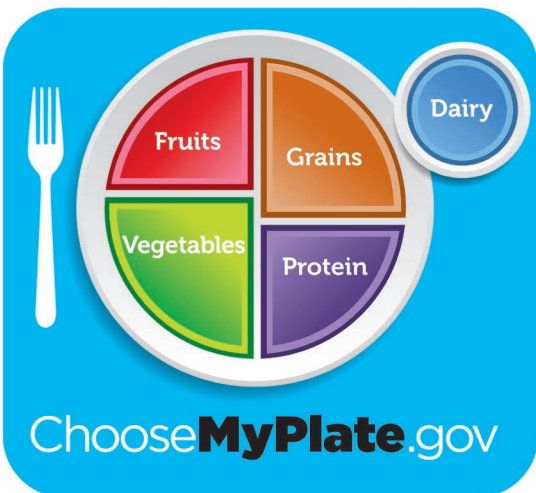
# Dairy Every Day

# ASSIGNMENT 1: Mission Nutrition

Let's check out the fridge and the freezer! How many of your favorite foods do you see? Look at the MyPlate icon and identify the category each food belongs to by coloring or labeling the fruits in red, veggies in green, dairy products in blue, protein foods in purple, and grains in orange.

- ★ Which foods are your favorites? Put a star next to those.
- Which foods did you eat today? Draw a circle around those.
- ✕ Which foods should you limit? Mark those with an X.

? Did you know that dairy foods are an important part of a healthy and nutritious diet? That's because dairy foods have vitamins and minerals that help you stay healthy. Pair every meal with a glass of fat-free or low-fat milk to make sure you get enough dairy every day!



✎ Unscramble the scrambled word in each of the following sentences to learn more about how some of the vitamins in dairy foods help you stay healthy.

**Vitamin A:** Good for your **yees** \_\_\_\_\_ and skin.

**Vitamin B-2 (riboflavin):** Helps your **doby** \_\_\_\_\_ turn food into energy.

**Vitamin B-3 (niacin):** Helps give you **genery** \_\_\_\_\_.

**Vitamin B-12:** Makes red blood **clles** \_\_\_\_\_.

**Vitamin D:** Keeps your **nobes** \_\_\_\_\_ strong.

**ATTENTION PARENTS!** Focus on mission nutrition. Serve dairy with each and every meal! Check out [www.nationaldairycouncil.org/recipes](http://www.nationaldairycouncil.org/recipes) for information and tips.

## TAKE-HOME ACTIVITY

How much do your parents know about the vitamins that are found in dairy foods? Challenge them to unscramble the words above!



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# ASSIGNMENT 2: Minerals FOR ME

The human body is an amazing thing. Let's take a look at what's on the inside to find out just how amazing it is!

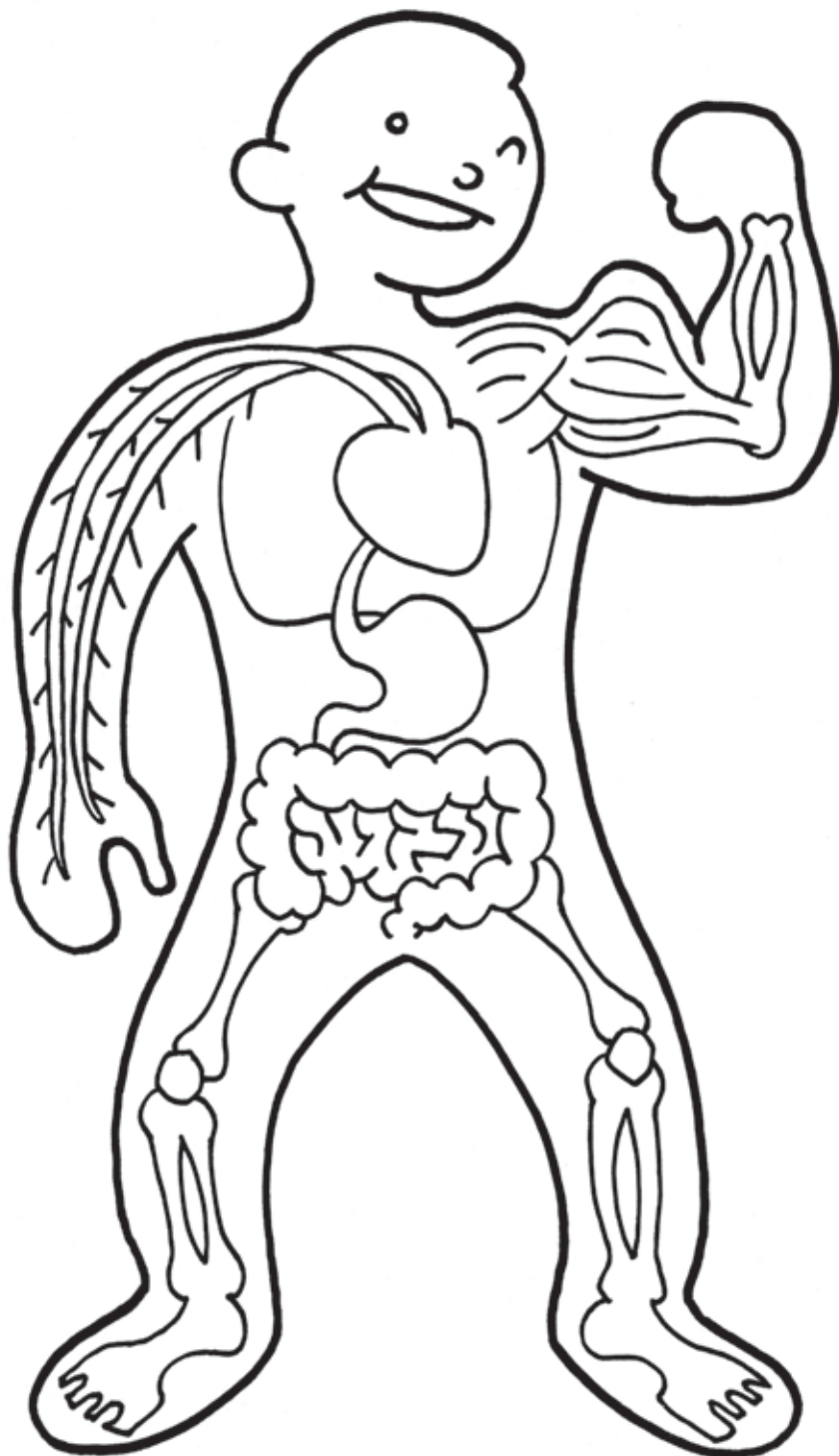
Your bones are called the **skeletal system**. They help protect important organs such as the brain and heart. And because your muscles—your **muscular system**—are attached to the bones, they also allow you to move. Speaking of muscles, did you know that you have more than 600 of them? You control some of your muscles, like when you decide to move your arms and legs. But other muscles, like your heart, work without you having to do a thing. What are nutrients? When you eat, your body's **digestive system** breaks the food down until all those vitamins and minerals it contains—the nutrients—can be absorbed into the bloodstream. Other nutrients, like carbohydrates, fats, and protein, can be used for fuel, which helps our **nervous system**.

It is important to eat healthy, balanced meals that include dairy—because that's how you get the minerals you need for strong bodies! Here are some of the important minerals that you get when you have that glass of milk with each meal. Show each body system or body part below in the color listed.



**Dairy products have:**

- **Calcium**, which builds strong bones. (skeletal system: blue)
- **Magnesium**, which helps keep your muscles strong. (muscular system: green)
- **Pantothenic Acid**, which helps nutrients convert to fuel to produce energy. (nervous system: red)
- **Phosphorus**, which helps turn the food you eat into energy. (digestive system: purple)
- **Zinc**, which boosts your senses of smell and taste so you can enjoy all that delicious food. (nose and mouth: orange)



## TAKE-HOME ACTIVITY

What are your family's favorite dairy foods? Talk with your parents about them, and then list them in the space below and share your choices with the class.

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## ATTENTION PARENTS!

Add minerals to your menus. Serve dairy with each and every meal! Check out [www.nationaldairycouncil.org/recipes](http://www.nationaldairycouncil.org/recipes) for information and tips.

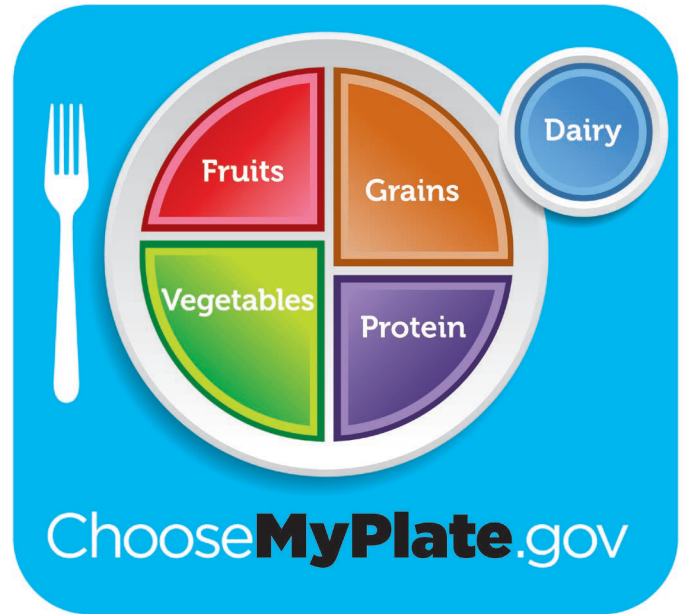


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# ASSIGNMENT 3: Operation Breakfast



Starting the day with a balanced breakfast doesn't just help you feel better. You think better and learn better, too! The MyPlate icon can help you remember what to include on your breakfast plate. Remember: These are just guidelines, so it's okay if you don't want veggies for breakfast. Just make sure you have them with another meal. The one thing you don't want to skip, however, is that glass of milk!

Which of the breakfasts pictured below do you think follows the MyPlate guidelines?

**Breakfast 1**    Yes    No

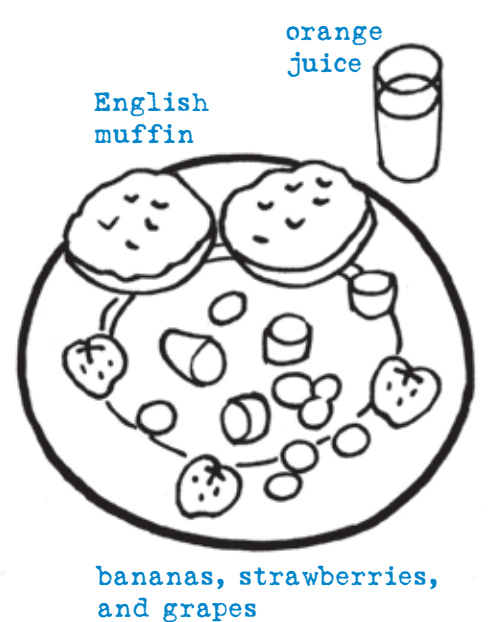
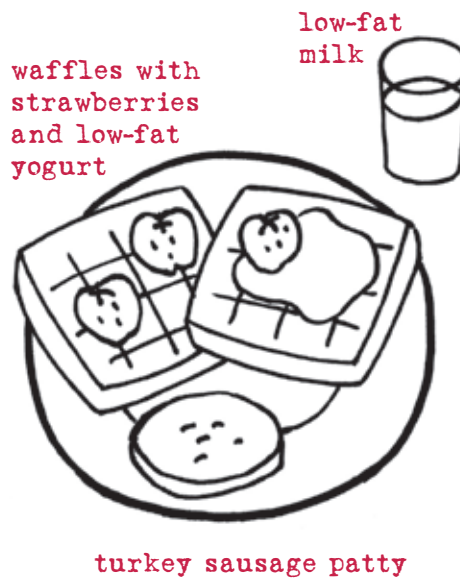
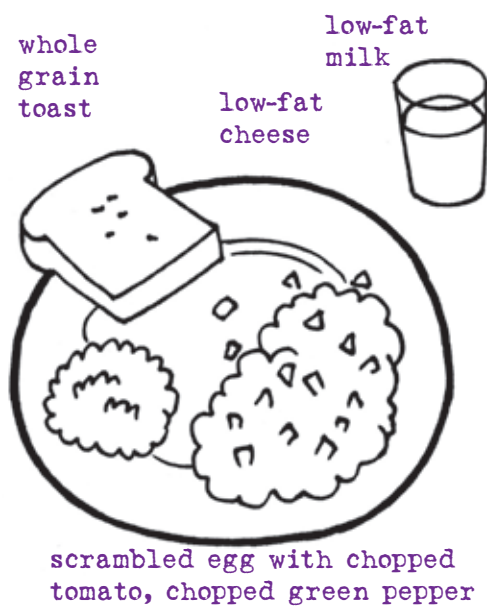
Why? \_\_\_\_\_

**Breakfast 2**    Yes    No

Why? \_\_\_\_\_

**Breakfast 3**    Yes    No

Why? \_\_\_\_\_



**What did you have for breakfast this morning?** Draw a picture of it on the back of this sheet. Next, think about how you could make that breakfast better. Draw a picture of your better breakfast below the picture of today's breakfast. You can try that one tomorrow!



## TAKE-HOME ACTIVITY

With your parents, plan a breakfast menu that you would like to try. Write your menu in the space below and be prepared to share it with your class. Don't forget the milk!

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**ATTENTION PARENTS!**

Start every day in a healthy way. Check out [www.nationaldairyCouncil.org/recipes](http://www.nationaldairyCouncil.org/recipes) for information and tips.



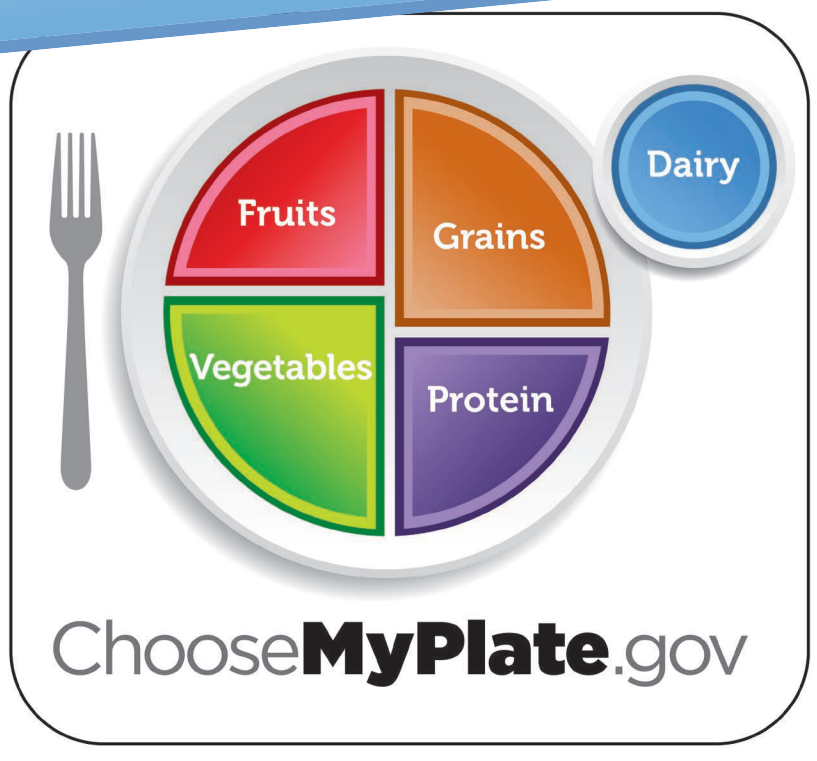
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## Prescription for a Healthier You

Eat healthy meals and get at least 60 minutes of exercise each and every day. A healthy meal starts with more fruits and vegetables, smaller portions of protein and grains, and dairy foods that are extra important for your growing bones. Include low-fat or fat-free dairy foods with all your meals and snacks.

**MISSION NUTRITION:**  
**Dairy Every Day**



### Complete these Nutrition Missions!

**MISSION 1:**  
Have 3 cups of milk or dairy every day.



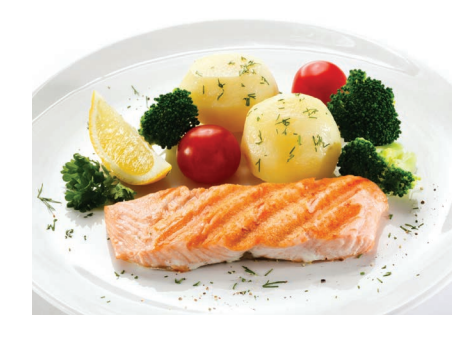
**MISSION 2:**  
Switch to fat-free or low-fat milk.

**MISSION 3:**  
Make fruits and vegetables half your plate.



**MISSION 4:**  
Add some whole grains--oatmeal or whole grain bread, for example.

**MISSION 5:**  
Go lean with protein--try ground turkey or fish.



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