



Healthy Meals!

Part 1: It's dinner time! Make a menu with your team. Look at the MyPlate diagram. Each team member should choose a different food group to create a dinner menu.

Which food group did you choose?

Pick a food from that group:

Share your food with your group. Then, write each team member's food choice on the list. Be sure you have all the groups!

Our Meal

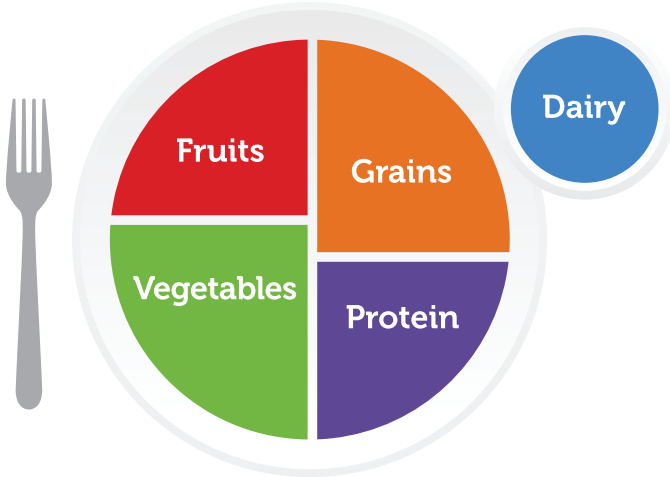
Fruit: _____

Vegetable: _____

Protein: _____

Grain: _____

Dairy: _____



MyPlate.gov

You just created a community meal by working together. How could families enjoy more meals together? Maybe by making a plan to eat together three times a week? By turning off all electronics? Or by cooking together? Write your ideas here.

Part 2: To make a meal, you need groceries or ingredients. You might go grocery shopping with your family to get the foods you need. But have you thought about how the food gets to the store? How does milk get from the dairy farm to your dinner table or school cafeteria? Look at the steps below and number them in order to learn more.



_____ The milk is put into a refrigerated truck and is taken to a processing plant.



_____ Milk containers are taken to a store.



_____ Cows visit the milking parlor.



_____ You and your family can enjoy local milk every day!



_____ The milk is pasteurized and homogenized at a processing plant. Milk can then be packaged into cartons for drinking. Or it can be used to make other dairy products like yogurt and cheese.



Dairy Farming Fact!

Dairy farmers support their communities by making nutritious milk and other dairy products. It takes about 24 to 48 hours for milk to go from the farm to the store shelves, local restaurants, or schools.



AMERICAN DAIRY ASSOCIATION NORTH EAST



Local milk is available 365 days a year.

