



Dear Educator and Nutrition Professional,

As someone who interacts with children every day, you understand the link between good nutrition and learning. A daily diet that includes milk and dairy products can boost students' nutrition goals and make a real difference in their school success. The American Dairy Association Indiana (ADAI) has partnered with Young Minds Inspired (YMI) to provide you with fun, educational resources for middle school students and families of young children that will help raise awareness about the nutritional benefits of drinking milk and explore why "Winners Drink Milk®".

Please share this program with educators and families. Also, let us know your opinion of the materials at ymiclassroom.com/feedback-adai. We look forward to your comments.

Sincerely,
Sheri Shipp, RD
Youth Wellness Manager



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Questions? Contact YMI toll-free at 1-800-859-8005 or by e-mail at feedback@ymiclassroom.com.



Target Audience

Middle school students and parents/guardians of children ages 5-12

Concepts and Skills

Nutrition Dairy	Language development Critical thinking
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Program Components

Available at ymiclassroom.com/adai:

- This educator page
- A reproducible student activity sheet
- A reproducible family handout

How to Use This Program

1. Make copies of the **student activity sheet** for each child.
2. Use the **prompts** below to engage students in discussions about dairy's nutrition and role in our daily diet.
3. Have students complete the activity sheet in class or at home with their families.
4. Send home the **family handout** to inform caregivers about the importance of milk as a part of the family's meal plan. Share with your colleagues, too!
5. Distribute copies of the activity sheet and family handout at wellness fairs, school events, or in parent communications.

Class Discussion Prompts

Highlight the benefits of drinking milk by discussing these questions with students and sharing the answers before students complete the activity sheet.

- *What is dairy?* [A dairy food is made primarily of or from milk.]
- *What is milk used to make?* [Common milk products include butter, cheese, cream, yogurt, and ice cream.]
- *Why do you think milk is a nutritious drink choice?* [Milk is one of the most nutrient-dense foods available, providing 13 essential nutrients, including calcium, Vitamin A, protein, riboflavin, selenium, Vitamin D, niacin, Vitamin B12, Vitamin B5, zinc, potassium, iodine, and phosphorous.]
- *Why are essential nutrients important?* [Essential nutrients are substances that your body needs to grow, stay healthy, and work properly, but cannot make on its own, so you must get them from food and drinks. Just like a video-game character needs power-ups to function, your body needs these nutrients to do everything from healing cuts to giving you energy for sports practice.]
- *How many dairy servings do you think you should have each day?* [Aim for 3 servings of dairy a day such as 1 cup milk, 1 cup yogurt, 1.5 ounces hard cheese, or 2 cups cottage

cheese. While foods such as sour cream, ice cream, butter, and cream cheese are made with milk, they do not count toward the suggested 3 servings because they contain less calcium and are higher in fat.]

- *Why is milk a good beverage choice after physical activity or playing sports?* [Milk contains high quality protein for muscle repair, carbohydrates to replenish energy stores in the body, and natural electrolytes like potassium and sodium that help rehydrate. In fact, chocolate milk is known as nature's sports drink. It's best to drink chocolate milk within 30 minutes to an hour after physical activity.]
- *How do you think drinking more milk might affect your success at school?*
- *What do you think "Winners Drink Milk®" means?*
- *How can a person who is lactose intolerant consume dairy?* [People who are lactose intolerant can drink lactose-free milk and eat dairy foods that are lower in lactose such as natural cheeses like cheddar. Emphasize that people with a milk allergy should avoid dairy products.]

Activity: Milk Makes the Difference!

Review the answers below with students.

- **Dairy Fact or Fiction?** 1, 4, 5, and 6 are true. The other statements are false for the following reasons:
2. The USDA Dietary Guidelines for Americans recommend that children 9 years or older consume 3 cups of milk/dairy foods every day.
3. A diet that includes three servings of milk (or dairy foods) each day provides enough calcium and other nutrients that may help reduce the risk of osteoporosis, high blood pressure, and colon cancer.
7. Chocolate milk has been proven to rehydrate the body better than a commercial sports drink.
- The average American drinks **fifteen gallons of milk a year**.
- **Athletes Win with Milk!** 1. Chocolate, contains; 2. muscles, energy
- **Dairy by the Numbers!** 1. 700 farms; 2. 174,000 cows; 3. \$810 million; 4. 4 hours

Extension Activity: Have students work in pairs to research one of the 13 essential nutrients found in milk and list three ways that nutrient works in the body. Students can use their research to make posters titled "Winners Drink Milk!®" to display in the classroom or hallway.

Resources
winnersdrinkmilk.com
ymiclassroom.com/adai



MILK MAKES THE DIFFERENCE!

Reproducible



American Dairy Association Indiana Inc



One way to help your body perform at its best and stay focused at school is by including milk and other dairy products in your daily meals. Milk provides essential nutrients — which your body needs for energy, growth, repair, and immunity. Find out how dairy makes the difference by completing these fun puzzles.

DID YOU KNOW?

Most people don't get enough of the nutrients found in dairy? Just 3 servings a day can set you up for success!

Dairy Fact or Fiction? Read each sentence about milk. If it is true, circle the bold word. When you are done, write the circled words in order on the blank lines below to complete the fact.

1. Winners drink milk because just one eight-ounce glass of milk includes 13 essential nutrients. **fifteen**
2. To get enough calcium, kids 9 years or older should consume 1 cup of milk and/or dairy foods every day. **ten**
3. A diet that includes three servings of milk or dairy foods a day does not help to prevent certain diseases. **quarts**
4. It is difficult to get enough calcium without consuming milk or other dairy foods. **gallons**
5. People who are lactose intolerant can consume dairy in various ways, such as lactose-free milk and dairy foods lower in lactose like natural cheese. **milk**
6. Drinking chocolate milk is a great way to refuel your body after a workout. **year**
7. It is better to rehydrate your body after a workout with a sports drink than with chocolate milk. **month**

The average American drinks _____ of _____ a _____.
(People with milk allergies should avoid dairy products.)

DID YOU KNOW?

After the 1936 Indianapolis 500®, driver Louis Meyer requested buttermilk to quench his thirst, which led to the Winners Drink Milk® tradition. Each year, an Indiana dairy farmer gives the iconic glass bottle of milk to the winner in Victory Circle.



Dairy by the Numbers! Put your math skills to the test to uncover some fun facts about Indiana's dairy farms. Write your answers on the blanks.



1. Number of dairy farms in Indiana:
 $25 \times 4 \times 7 =$ _____
2. Number of dairy cows in Indiana:
 $174 \times 1,000 =$ _____
3. Dollars added to the Hoosier economy because of dairy farming:
 $405 \times 2 \times 1,000,000 =$ _____
4. The average 12-year-old needs 9-12 hours of sleep a night. Cows sleep about this many hours a day:
 $1.75 + 1.25 + 0.25 + 0.75 =$ _____

Athletes Win with Milk! Not only does milk help boost learning in school, it also helps athletes improve their performance and recovery. Each sentence below contains two spelling errors. Write the correct spellings on the lines.

1. Choclate milk contians extra carbohydrates an athlete's body needs to refuel.

2. Milk is a good source of protein, which helps to build and repair mucsles and is a good source of enregy.

Answers: Fifteen, gallons, milk, year, chocolate, contains, muscles, energy; 700 farms, 174,000 cows, \$810 million, 4.4 hours



Dear Parent or Caregiver,

You may have learned that milk is a good source of calcium, which supports our bones. But did you know that making milk and dairy products part of daily meals can help your child learn, grow, and stay focused? Packed with 13 essential nutrients — such as calcium, protein, riboflavin, and phosphorus — milk is critical for building strong bodies and minds. These nutrients provide the fuel your child needs for healing and energy that is not otherwise provided by their body. Milk also helps support the immune system and is a good source for rehydrating the body with naturally occurring electrolytes.

We encourage you to talk with your child about why milk should be a main ingredient for success in school and healthy living. As a family, **talk about** food choices and steps you might take to make improvements. For example:

- Why is it important for us to consume healthy foods/drinks like milk?
- How can we make choices together about what we eat?
- How can we enjoy milk throughout the day?

People who are lactose intolerant can consume dairy in various ways, such as lactose-free milk and dairy foods lower in lactose like natural cheese.

NOTE: People with a milk allergy should not drink milk or eat dairy products.

Winners Drink Milk!® This phrase originated after the 1936 Indianapolis 500® when driver Louis Meyer requested buttermilk to quench his thirst. That led to the Winners Drink Milk® tradition. Each year, an Indiana dairy farmer gives the iconic glass bottle of milk to the winner in Victory Circle.

Show your Indiana pride with these **fun family activities** that focus on the importance of making milk and dairy products a daily menu choice:

- Challenge each family member to find a recipe that includes milk and/or dairy products to add to your meal plan for the week.
- Have each family member guess how many products in your fridge include milk as an ingredient. Then do a count together to see who made the best guess.
- At the grocery store, find three items your family has never tried that include milk and try them out. Were there any “keepers”?

Decadent Mac N' Cheese

You'll have dinner covered with this **yummy recipe**.

Ingredients

- 8 oz elbow macaroni
- 2 cups whipping cream
- ½ cup (1 stick) butter
- 4 oz cream cheese
- 1 cup sour cream
- 8 oz small-curd cottage cheese
- 16 oz sharp Cheddar cheese, shredded (4 cups), divided
- 16 oz queso Chihuahua (or Monterey Jack), shredded (4 cups), divided
- 1 tsp salt
- ½ tsp pepper
- 1½ cups crushed buttery crackers



Directions

- Preheat oven to 350 degrees.
- In a stockpot, cook macaroni in 1 gallon boiling salted water for 5 minutes; drain and rinse under cold water.
- In a medium saucepan, over medium heat, combine whipping cream, butter, and cream cheese.
- Cook, stirring constantly, until smooth.
- Remove from heat.
- In a large bowl, stir together macaroni, cream mixture, sour cream, cottage cheese, 3¾ cups Cheddar cheese, 3¾ cups queso Chihuahua, salt and pepper.
- In a food processor, pulse crackers and remaining Cheddar and Chihuahua cheeses until crumbly. (Or, finely crush crackers and combine with cheeses.)
- Pour macaroni mixture into a greased 13×9-inch baking dish; top with crumb mixture.
- Bake 30 to 45 minutes or until bubbly. Serve hot.

See winnersdrinkmilk.com for additional dairy information and recipes.