

Dear Educator,

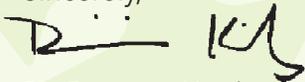
To mark the 30th anniversary of the iconic milk mustache, the *got milk?* photo booth traveled throughout California to photograph the faces of *real stars* — the everyday people who represent the pride, culture, and community of our state.

This cross-curricular program, created by *got milk?* and the curriculum specialists at Young Minds Inspired, brings students on a tour to explore California’s iconic places and celebrate real people, while inviting them to reflect on what makes them proud of themselves and those they admire.

Be sure to check out the Milk MOO-stache online photo booth and the Be a Real Star Sweepstakes for the chance to win great prizes for your school. See below for more information!

We hope that you enjoy this program and will **share** it with other teachers. Visit ymiclassroom.com/feedback-realstar to let us know your thoughts on this program. We look forward to receiving your comments.

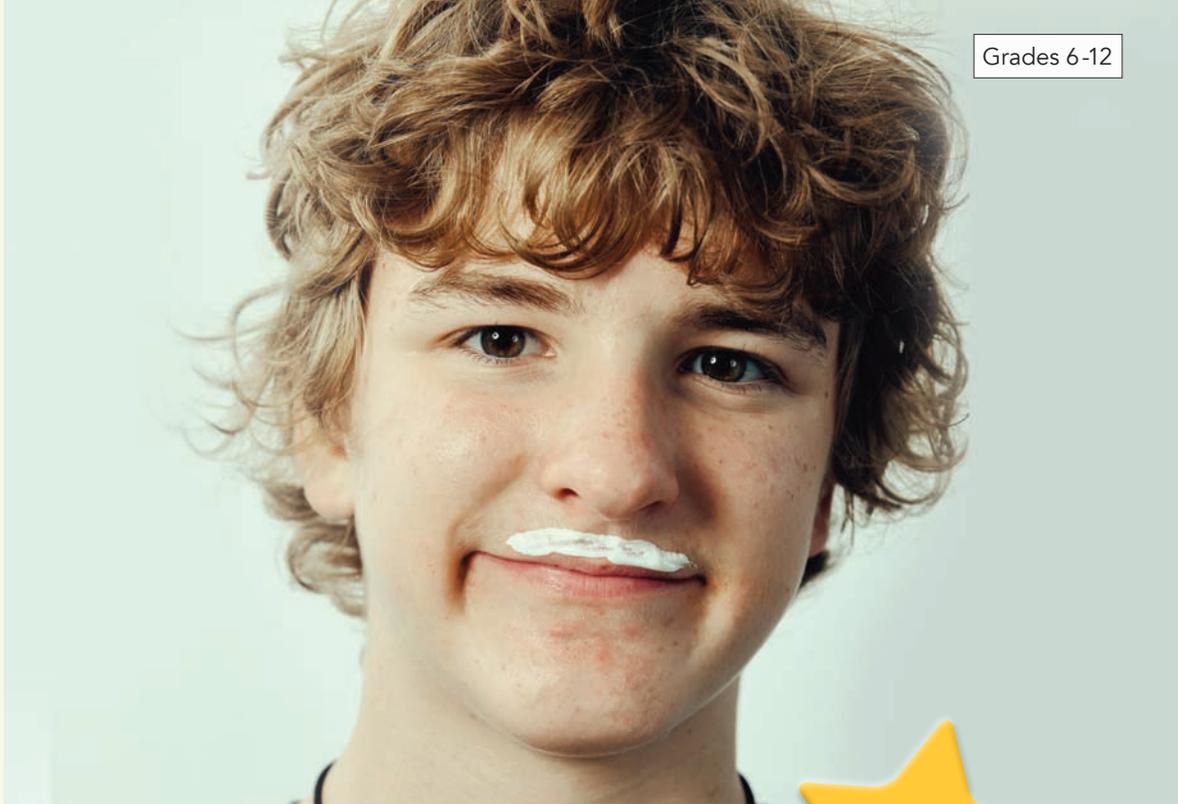
Sincerely,



Dr. Dominic Kinsley
Editor in Chief
Young Minds Inspired



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



BE A REAL STAR!



CHANCE TO WIN \$5,000 AND AN ICE CREAM PARTY FOR YOUR SCHOOL!

Teachers and parents at California schools can enter the **Be a Real Star Sweepstakes** by submitting photos of students in grades 2-12 (with you, too!) wearing milk moo-staches (real or paper) for the chance to win \$5,000 and everything needed for an ice cream party for your school. Two winning schools will be chosen: one school with students in Grades 2-5 and one school with students in Grades 6-12. Multiple entries permitted — just be sure each photo submitted is unique. For more details, official rules, and to enter, visit ymiclassroom.com/realstar-sweepstakes. **Deadline: April 7, 2026.**

Share the fun with your students using the handout at ymiclassroom.com/realstar. And try the Milk MOO-stache online photo booth to create your own photos! (Not required.)

TARGET AUDIENCE

Grades 6-12

PROGRAM COMPONENTS

Available at ymiclassroom.com/realstar:

- This teacher’s guide
- Six reproducible student activities
- A corresponding program for grades 2-5
- A reproducible family letter in English and Spanish
- Sweepstakes entry details and handout
- An online photo booth
- An education standards chart
- A feedback form

CONCEPTS AND SKILLS

- | | |
|---|---|
| <ul style="list-style-type: none"> • California history • Health & Nutrition • STEM careers • Writing | <ul style="list-style-type: none"> • Critical thinking • Sequential and spatial thinking • Self-expression • Speaking and listening |
|---|---|

HOW TO USE THE PROGRAM

Make photocopies of the activity sheets for each student. In addition, visit the link above for an online photo booth and a family letter to share with parents and caregivers.

ACTIVITY 1: MY STAR POWER

Tell students they are going to take an imaginary journey to celebrate the people and places that make California special and to learn more about the powerful nutrition of dairy milk. At the first stop on their imaginary road trip, they will explore what makes them special.

Distribute the activity sheet and review the directions with students. Set a 10-15 minute time limit for students to speak with two classmates and complete their star power profile.

For the rhyming assignment, remind students that the ABABBCC pattern means that lines 1 and 3 rhyme. Lines 2, 4, and 5 rhyme. And lines 6 and 7 rhyme. Have students share their poems when completed.

ACTIVITY 2: STELLAR PEOPLE

Explain that the next stop on the imaginary tour focuses on everyday heroes and other people in their lives whom students think are stars. Distribute the activity sheet and discuss how to select people to write about. For example, students might select a person who inspires them to do difficult things; someone who encourages them when they are sad, frustrated, or confused; someone who happily shares in their successes; someone who never lets them down; someone who doesn't realize that the little things they do mean a great deal, etc. Once complete, have students share their work with a gallery walk.

ACTIVITY 3: A NUTRITION STAR

Tell students that this tour stop explores what makes dairy milk a nutrition star. Distribute the activity sheet and have students complete Parts 1 and 2. Review the answers and share the background information below. Then, for Part 3, have students work in teams to identify and research questions and prepare a poster or digital presentation to share what they learn about milk's nutrition.

Answers: Part 1:

1. *True.* The calcium and vitamin D found in milk help bones grow bigger and stronger. Regularly drinking milk, especially when young, contributes to stronger bones throughout a person's life.
2. *True.* One 8-ounce serving of milk contains the full mix of essential amino acids to help build strong, lean muscles.
3. *False.* One glass of milk contains 13 essential nutrients, including calcium, protein, and vitamin D. You would have to eat a lot more food to match the amount of nutrients found in dairy milk, which would also cost more.
4. *False.* Dairy milk provides up to 8 times more high-quality protein per serving than plant-based dairy substitutes. Dairy substitutes can also contain added sugar, as well as other additives with no nutritional value.

5. *True.* Milk contains protein, calcium, vitamin A, vitamin D, magnesium, zinc, and selenium, all of which help promote healthy sleep. In addition to these nutrients, milk also contains vitamin B12, which helps support focus and brain health.

6. *True.*

Part 2: 1-D, 2-A, 3-E, 4-C, 5-B

ACTIVITY 4: REAL CALIFORNIA CAREERS

Ask students to brainstorm jobs that people in California might hold. Then ask them to consider dairy-related careers. Explain that at this stop on the journey, they will explore careers in California's dairy industry. Distribute the activity sheet and review the instructions with students. Have them work in small groups to complete their dairy careers research in Part 1. For Part 2, the teams brainstorm questions a job interviewer might ask an applicant for each career and then use them to roleplay and practice job interviewing skills.

ACTIVITY 5: ICONIC MOMENTS FOR CALIFORNIA

At this stop on the journey, students travel through time to learn more reasons to celebrate the iconic culture and diverse communities of California! Distribute the activity sheet and have students work in teams to complete Parts 1 and 2. Plan time for student teams to research, create, and present their own California timelines.

Answers: 1848-G, 1850-I, 1873-A, 1890-E, 1923-D, 1955-K, 1959-C, 1962-B, 1984-F, 1993-L, 2007-J, 2022-H, 2025-M

ACTIVITY 6: ICONIC CALIFORNIA SETTINGS

Final stop on the Real Star journey: California landmarks and locations. Distribute the activity sheet and have students work in teams to complete the matching activity. Then have them write about and illustrate their favorite California location. Display students' work and plan a gallery walk for them to share it.

Answers:

- *Books:* 1. Salinas Valley; 2. San Nicolas Island/Channel Islands; 3. Alcatraz; 4. San Francisco
- *Films:* 1. Prairie Creek Redwoods State Park; 2. Final scene - Sonoma Coast State Park; 3. Los Angeles; 4. Los Angeles; 5. Tatooine scenes - Death Valley National Park
- *Television Shows:* 1. Los Angeles; 2. San Francisco; 3. Pasadena

THERE'S MORE TO EXPLORE ONLINE!

Visit ymiclassroom.com/realstar for a family letter and the Milk MOO-stache online photo booth — where students can create fun photos with their very own milk mustaches!

RESOURCES

gotmilk.com
ymiclassroom.com/realstar





MY STAR POWER

Thirty years ago, *got milk?* made history with a milk mustache. Celebrities were photographed sporting fun milk mustaches showcasing the star nutrition power of fresh California dairy milk.

got milk? celebrated this anniversary with a road trip through the state with a special photo booth, inviting real Californians, who embody the spirit of our state, to star in their own milk mustache moments.

PART 1

Here's your chance to be a real star. Circle three of the Star Power Adjectives below that best describe you. Then ask two classmates for two new adjectives to describe you and write them with two more adjectives of your own under Star Power Extras.

STAR POWER ADJECTIVES



STAR POWER EXTRAS

My friends' words: _____

My words: _____

PART 2

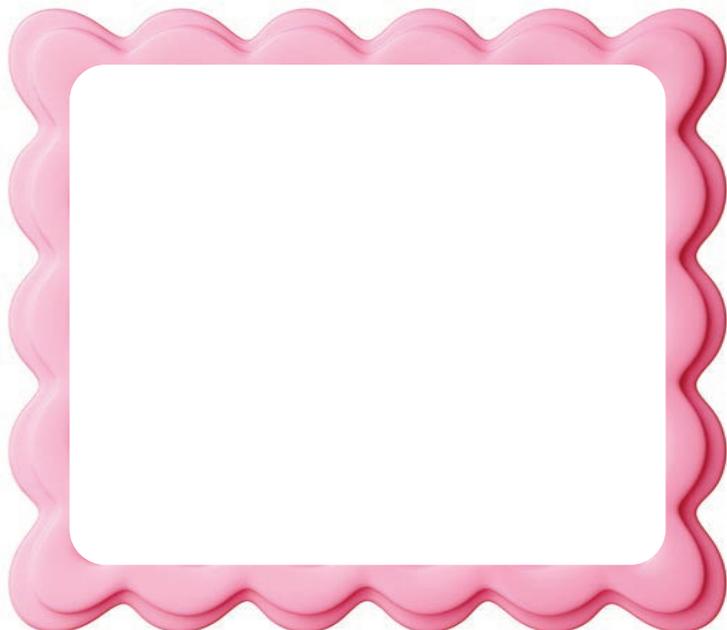
Now it's time to do some star power rhyming. On the back of this sheet, write a septet about yourself. This is a series of 7 lines with a rhyming pattern of ABABBCC. Here's the challenge:

- Include at least 4 of your star power adjectives.
- Use only one adjective per line.
- Extra challenge: Use all 7 star power adjectives in your rhyme!

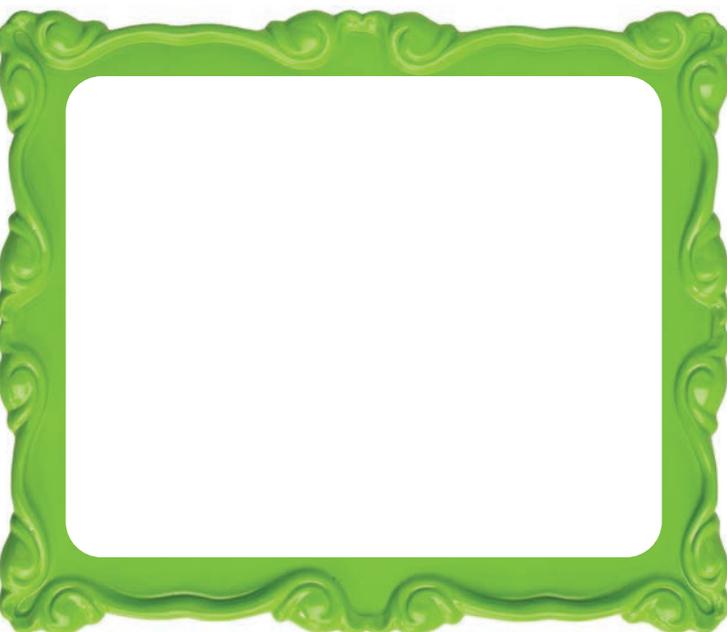
STELLAR PEOPLE



Everyday heroes are the stars who help us or help make our communities shine. In the frames below, write a brief description of three people in your life who you admire or who are special to you. *How do they inspire you? How do they support you?* Include a fun caption in the space provided to describe what their milk mustache photos would say.



Caption: _____



Caption: _____



Caption: _____

A NUTRITION STAR



PART 1

California dairy milk is an iconic state favorite and the nutritional star of the milk mustache campaign. Test your knowledge of the star power of milk with this quiz. Write *True* or *False* on the line.

1. One 8-ounce glass of milk provides important nutrients like protein, calcium, and vitamin D which help build and support healthy bones and teeth. _____
2. Milk is considered a "complete" protein because it contains a full mix of essential amino acids needed for building lean muscle. _____
3. The nutrition found in milk can easily be replaced by eating other foods. _____
4. Nutrients found in dairy milk are the same as nutrients from plant-based dairy substitutes such as almond, soy, or oat milk. _____
5. Some nutrients in dairy milk help support your brain health and even help you get to sleep. _____
6. California is the largest milk producer in the United States. _____

PART 2

Now find the right number to match each of these statements about California milk. Write the letter on the correct line.

REAL CALIFORNIA DAIRY MILK BY THE NUMBERS*

Number...	...About California Milk!
A. More than 1,100	_____ 1. Total pounds of milk produced annually
B. 57.7 billion	_____ 2. Number of family dairy farms
C. 180,000	_____ 3. Number of cows housed on dairy farms
D. 41.9 billion	_____ 4. Number of people employed in the California dairy industry
E. 1.72 million	_____ 5. Value in dollars from dairy-related economic activity

PART 3

Time for some research. Work with a partner to identify three questions you have about dairy milk nutrition and the California dairy industry. List your questions on the back of this sheet. Use the resources below to find the answers. Prepare a presentation to share with your classmates that includes:

- At least one paragraph to answer each question
- At least 2 images for each paragraph
- A dairy-themed presentation slogan

DAIRY RESEARCH RESOURCES

- Gonna Need Milk: gonnaneedmilk.com
- Real California Milk: realcaliforniamilk.com/about-us
- TIME: High-Tech Herd: How Dairy Farms Are Using Technology to Improve Cow Health and Comfort: tinyurl.com/mzba5kmn



REAL CALIFORNIA CAREERS



PART 1

The California dairy industry offers many exciting career opportunities. Use the resources below to fill in the table with additional responsibilities and personal traits necessary for each dairy career.

Career	Education/Qualifications	Responsibilities	Important Personal Traits
Dairy Farmer	Degree in Agricultural Business or Animal Science	1. Care for health and well-being of dairy cows, including monitoring their nutritional needs and comfortable living conditions. 2. 3.	1. 2.
Dairy Veterinarian	Degree in science-related field (biology, animal husbandry) and Doctor of Veterinary Science	1. Conduct routine health checks of dairy cows. 2. 3.	1. 2.
Dairy Milk Truck Driver	High school degree or equivalent	1. Work with dairy farmers and milkers. 2. 3.	1. 2.
Dairy Food Scientist	Degree in science-related field (biology, agriculture, chemistry)	1. Conduct research to create new dairy food products or improve existing ones. 2. 3.	1. 2.

PART 2

Based on your research, what questions would a dairy employer ask applicants for each of these jobs? With your group, come up with at least two interview questions for each career and write them on the back of this sheet. Then practice your interview skills as you take turns being the interviewer and applicant for each job.

RESEARCH RESOURCES

- Ag Careers: agcareers.com
- U.S. Bureau of Labor Statistics: <https://www.bls.gov>
- Career Explorer: careerexplorer.com
- Dairy Veterinarian Jobs: thevetrecruiter.com/veterinary-jobs/veterinarian-jobs/dairy-veterinarian-jobs
- What is a Milk Truck Driver: ziprecruiter.com/career/Milk-Truck-Driver/What-Is-How-to-Become

ICONIC MOMENTS FOR CALIFORNIA

PART 1

Get ready to travel through time as you learn more about the real history and iconic culture of California! Match each event to its year. Record the letter on the timeline.

- A. Levi Strauss and Jacob Davis apply for a patent to make denim work clothes for gold miners, today known as "blue jeans."
- B. Val-Surf in North Hollywood, CA, opens as the world's first skateboard shop.
- C. Barbie, the classic doll, was created by the Mattel Corporation, located in El Segundo.
- D. The Hollywoodland sign was constructed as part of a real estate development company; eventually becomes the world-famous Hollywood sign.
- E. John Muir's campaign for the creation of the first national park at Yosemite succeeds.
- F. Los Angeles becomes the only American city to host the Summer Olympics twice.
- G. Gold is discovered in California.
- H. Alex Padilla is elected as the first Latino to represent California in the U.S. Senate.
- I. California becomes a state.
- J. Steve Jobs, the CEO of Apple, introduces the first iPhone.
- K. Disneyland opens in Anaheim, CA.
- L. California becomes the largest producer of milk in the U.S.
- M. The LA Dodgers win the World Series for the 9th time.

1848 _____

1850 _____

1873 _____

1890 _____

1923 _____

1955 _____

1959 _____

1962 _____

1984 _____

1993 _____

2007 _____

2022 _____

2025 _____

PART 2

Create your own California history timeline! Work with a small group to explore and create your own digital timeline of California-based important historical or cultural moments.

For example, your timeline might focus on events that occurred during the same year as one of the above events. Make your presentation colorful and fun and include online resources used.



ICONIC CALIFORNIA SETTINGS

From mountains to deserts, from forests to the coastline, California's unique landscapes are the setting for many books, films, and TV shows.

PART 1

Match each creative work below to the California location that served as its setting. Some locations will be used more than once.

LOCATIONS

Alcatraz Death Valley National Park Los Angeles Pasadena Prairie Creek Redwoods State Park
Salinas Valley San Francisco San Nicolas Island/Channel Islands Sonoma Coast State Park

BOOKS

1. *Of Mice and Men*, John Steinbeck _____
2. *Island of the Blue Dolphins*, Scott O'Dell _____
3. *Al Capone Does My Shirts*, Gennifer Choldenko _____
4. *The Joy Luck Club*, Amy Tan _____

FILMS

1. *Jurassic Park: The Lost World*, 1997 _____
2. *The Goonies*, 1985 _____
3. *La La Land*, 2016 _____
4. *Barbie*, 2023 _____
5. *Star Wars Episode IV: A New Hope*, 1977 _____

TELEVISION SHOWS

1. *Fresh Prince of Bel-Air* _____
2. *Full House* and *Fuller House* _____
3. *The Big Bang Theory* _____

PART 2

What's your favorite California location? On the back of this sheet, describe it and draw it to showcase your California pride.



BE A REAL STAR SWEEPSTAKES



CALLING ALL EDUCATORS AND PARENTS!

Enter your students' or child's milk moo-stache photos for the chance to win **\$5,000 and an Ice Cream Party for your school!**

Who can enter:

Teachers, parents, and guardians of students in Grades 2-12.

How to enter:

- 1. Snap a picture!** Take a photo of your student(s) or child wearing a milk moo-stache (real or paper). Photos can feature an individual child, group of kids, or kids and grown-ups all wearing milk moo-staches. (You can also use the online photo booth at ymiclassroom.com/realstar to create your photos!)* Pro Tip: Creating your own milk mustache? Try using sour cream with a splash of milk and apply with a cotton swab.
- 2. Go to ymiclassroom.com/realstar-sweepstakes.** Upload up to 10 different photos. Each photo counts as one entry.
- 3. Complete the entry form.** Provide your name and email address, along with the school's name, address, phone number, and grades.
- 4. Click submit.**
- 5. Enter as many times as you want!** You must make every milk moo-stache photo unique. Duplicate photos not accepted.

Deadline:

April 7, 2026 (11:59 pm ET)

Prizes:

Two schools – one with students in Grades 2-5 and one with students in Grades 6-12 – will each win:

- A \$5,000 donation to the school.
- Everything needed for an Ice Cream Party at the school for up to 300 students and faculty members. Supplies will include ice cream, toppings (whipped cream, cherries, hot fudge, sprinkles, etc.), and utensils (scoops, cups or bowls, spoons, napkins), along with decorations and instamatic cameras to capture the moment.

Spread the Word!

Share this handout with your administration, colleagues, and families and encourage them to enter their own milk moo-stache photos to try to win these fun prizes for your school!

For Official Rules, go to ymiclassroom.com/realstar-sweepstakes.

*Follow your school's rules about submitting photos of students.

NO PURCHASE NECESSARY. Void where prohibited. The Be a Real Star Sweepstakes ("Sweepstakes") is open to California public, private, and parochial schools with students in any grade from Grade 2 through 12. Only a parent, legal guardian, or teacher may submit entries on behalf of students and schools ("Entrant"). Entrants must be permanent, legal United States ("U.S.") residents who are physically residing in California, who are twenty-one (21) years of age or older as of the start of the Sweepstakes Period. To enter the Sweepstakes, entrant must submit a photo of one or more students in Grades 2-5 or Grades 6-12, who may pose with a parent, caregiver, and/or teacher, and who are each wearing a milk mustache. Two Winning Schools (one with students in Grades 2-5 and one with students in Grades 6-12) will each receive a \$5,000 donation and everything needed for a School Ice Cream Party. (Total ERV of prize per school: \$10,000.) Entry Period: 12:01 a.m. ET on February 16, 2026, to April 7, 2026 at 11:59 p.m. ET. See complete Official Rules at ymiclassroom.com/realstar-sweepstakes.



BE A REAL STAR!



Dear Parents and Caregivers,

Thirty years ago, *got milk?* made history with a milk mustache. You might remember the photos of celebrities sharing their milk mustache pride and the power and nutrition of fresh milk.

To commemorate the anniversary, *got milk?* has partnered with the curriculum specialists at Young Minds Inspired to provide free educational materials to schools that celebrate real Californians, like your child, as well as our state's history, icons, culture, and dairy industry.

Here are some fun ways you can bring the California learning home!

1. California Competition. Host your own California family trivia game by sharing facts about the state and your own community.

2. California Snack Attack! Visit your local certified California Farmers Market with the family to shop for fresh, nutritious California fruits, vegetables, and other local products. Visit gotmilk.com/recipes for meal and snack ideas featuring fresh California milk!

3. Golden State of Mind Movie Night. Watch classic movies that star California as a setting. You might try *Clueless* (PG-13), *Troop Beverly Hills* (PG), *Stand and Deliver* (PG), and *Who Framed Roger Rabbit?* (PG), to name a few.

4. Hit the Road! Besides the many incredible state and national parks, don't forget about free California attractions like the State Capitol in Sacramento, the Cable Car Museum in San Francisco, or the Big Morongo Wildlife Preserve in the San Bernardino Mountains. VisitCalifornia.com offers a list of more family-friendly free places to visit.

5. Join the Milk Mustache celebration! Visit ymiclassroom.com/realstar for a free and easy-to-use digital Milk MOO-stache online photo booth with a fun selection of milk mustaches and frames. Create and download your own iconic family milk moustache photos to celebrate the legendary power of real California milk as a keepsake!

CHANCE TO WIN \$5,000 AND AN ICE CREAM PARTY FOR YOUR CHILD'S SCHOOL!

Teachers and parents at California schools can enter the **Be a Real Star Sweepstakes** by submitting photos of students in grades 2-12 (with you, too!) wearing milk moo-staches (real or paper) for the chance to win \$5,000 and everything needed for an ice cream party for your school. Two winning schools will be chosen: one school with students in Grades 2-5 and one school with students in Grades 6-12. Multiple entries permitted — just be sure each photo submitted is unique. For more details, official rules, and to enter, visit ymiclassroom.com/realstar-sweepstakes.

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