As an educator, you know that sustainability is a vital part of our world’s ecological balance, but your students might not fully understand how sustainability personally affects them. In many ways, it starts with the food they eat and drink.

The activities in this kit, created by the curriculum experts at Young Minds Inspired (YMI), will help your students make a personal connection to the concept of sustainability through their own eating habits and through the example of New England’s regional dairy farmers, for whom sustainable farming is a priority.

Designed to enhance your classroom’s health and science curriculum for students in grades 5 through 8, these activities support deeper-level thinking skills and stimulate discussion about proper nutrition and environmental sustainability.

We hope that you will share this program with other teachers in your school. The materials are copyrighted, but you may make as many copies as necessary to meet your students’ needs.

Please use the enclosed reply card or comment online at yniclassroom.com/feedback-nedfc to let us know your thoughts on this program. We look forward to hearing from you.

Sincerely,

Dr. Dominic Kinsley
Editor in Chief, Young Minds Inspired

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

Local funding provided in part by the Dairy Farm Families of Connecticut
Dairy Farming

Part 2:
Moo! Time to rise and shine! What would your day be like if you were a dairy cow instead of a student in school? Use this space to write a diary entry about your day. Include any conversations you might have had with your cow friends!

Local milk is available 365 days a year.

Local funding provided in part by the Dairy Farm Families of Connecticut
Part 1:
You’ve probably heard that kids your age need three servings of dairy every day. But did you know that there are many delicious ways to get the dairy nutrition you need each day? The chart below shows different types of dairy foods in the amounts that equal one serving of dairy nutrition for each. Using this chart, answer the questions below:

<table>
<thead>
<tr>
<th>MILK</th>
<th>1 cup (8 fluid ounces)</th>
</tr>
</thead>
<tbody>
<tr>
<td>YOGURT</td>
<td>1 cup yogurt (8 fluid ounces)</td>
</tr>
<tr>
<td>CHEESE</td>
<td>1½ ounces hard cheese (Cheddar, mozzarella, Swiss, Parmesan)</td>
</tr>
<tr>
<td></td>
<td>½ cup shredded cheese</td>
</tr>
</tbody>
</table>

For more dairy suggestions and servings, go to choosemyplate.gov/dairy.

1. Sarah drinks 4 oz. of milk with her breakfast. At lunch, she sprinkles ½ cup of shredded cheese on her chili. Which dairy foods can she eat at dinner to meet her recommended daily amount, and how much should she eat of those products?

SARAH’S DAIRY DAY
Breakfast: 4 oz. milk
Lunch: ½ cup shredded cheese

How many more servings of dairy does Sarah need for this day?

Which dairy foods and how much of each does Sarah need to get her three servings of dairy nutrition for the day?

2. Create a breakfast menu using at least two of the dairy foods in the chart. The breakfast menu must include ½ of the recommended three daily servings of dairy, as well as a fruit or veggie, protein, and grain.

BREAKFAST MENU
Dairy: ___________________________
Dairy: ___________________________
Fruit/Veggie: _______________________
Protein: _________________________
Grain: ___________________________

Part 2:
Use this graphic to calculate the % Daily Value (DV)* of each of these nutrients you would get if you drank 3 glasses of milk a day.

Calcium: _______ Protein: _______ Vitamin B12: ___
Pantothenic Acid: _______ Vitamin A: _______ Riboflavin: _____
Phosphorus: ____ Vitamin D: _______ Niacin: ________

MILK’S UNIQUE NUTRIENT PACKAGE
BENEFITS FOR STRONGER BONES AND BETTER BODIES

CALCIUM (25% DV)
Helps build and maintain strong bones and teeth.

PANTOTHENIC ACID (20% DV)
Helps your body use carbohydrates, fats, and protein for fuel.

PHOSPHORUS (20% DV)
Helps build and maintain strong bones and teeth, supports tissue growth.

PROTEIN (16% DV)
Helps build and repair muscle tissue.

VITAMIN A (15% DV)
Helps keep skin and eyes healthy, helps promote growth.

VITAMIN D (15% DV)
Helps build and maintain strong bones and teeth.

VITAMIN B12 (50% DV)
Helps with normal blood function, helps keep the nervous system healthy.

RIBOFLAVIN (35% DV)
Helps your body use carbohydrates, fats, and protein for fuel.

NIACIN (10% DV)
Used in energy metabolism in the body.

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Part 1:
Did you ever think about what happens when you toss out a partly full carton of milk or container of yogurt? Wasting food wastes a dairy farmer’s land, water, and hard work. That’s why dairy farmers’ commitment to sustainability includes reducing food waste and educating others on how to do the same.

Wasting food also wastes nutrition — it’s not nutrition if it’s not eaten! Look at the information on this nutrition label from a cafeteria-size milk container. Calculate the % Daily Value for protein, calcium, and Vitamin D that would be lost from this dairy serving if you only drank one third of the carton.

Part 2:
Now that you know how important it is not to waste nutrition, can you help dairy farmers spread the word? As a group, create a marketing campaign to encourage others to drink the milk they get at school and not toss it out. Follow the directions below to help shape your campaign plan. Then share your group’s campaign with the rest of your class.

1. Create a slogan for your campaign — something short and powerful:
   ___________________________________________________
   ___________________________________________________

2. Create a logo for your campaign. Draw your logo in this box.

3. Summarize key points you want to communicate:
   •   ___________________________________________________
   •   ___________________________________________________
   •   ___________________________________________________

4. On a separate sheet of paper, create a campaign kick-off poster. The poster should include your slogan and your logo, as well as the key points you summarized above. Ask your cafeteria staff to display your campaign.
New England is home to more than 1,700 dairy farms, most passed along from generation to generation. Kids first learn about dairy farming from their parents and grandparents. Later, they attend college to learn about caring for their animals, planting and harvesting crops, and running a successful business, all to produce nutritious, wholesome milk for you.

Farmers treat their cows well, feeding them wholesome food, much of which is raised right on the farm. The cows even have their own nutritionist to help them get a balanced diet.

From Farm to Plant:
A refrigerated tanker truck takes the milk from the farm to the processing plant to be inspected.

Dairy Favorites:
Milk is also made into other favorite dairy products such as yogurt and cheese.

Dairy Everywhere:
Milk is delivered to you at school or to your local store within 2-3 days of leaving the farm.

Last Stop...to You!
Most of us need 3 servings of dairy a day.

Save Earth’s Resources:
Drinking all your milk reduces food waste and helps preserve precious land resources.

Boost Your Nutrition:
Milk provides 9 essential nutrients that help keep you healthy.

Cow Comfort:
Happy cows make more milk. Cows are milked 2-3 times a day, using machines that do not harm them. Cows like to be milked!

From Cow to You:
How milk gets from farm to table.