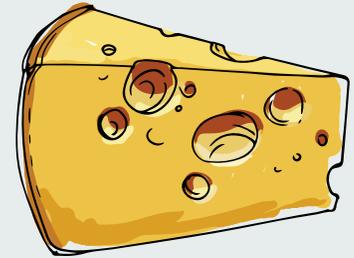


Dairy

Did you know?

June is National Dairy Month! One of the most popular forms of dairy is cow's milk. There are several different breeds of dairy cow: Holstein, Jersey, Guernsey, Brown Swiss, Ayrshire and Milking Shorthorn. The average dairy cow produces over 100 glasses of milk per day, about 8 gallons, which are delivered from the farm to your grocery store in as little as 48 hours.



CLASSROOM RECIPE

Blueberry Banana Smoothie

Ingredients

| | |
|------------------------------------|--|
| 1 cup fresh or frozen blueberries | ½ ripe or overripe banana, frozen, peeled and sliced |
| ½ cup water, coconut water or milk | ½ teaspoon vanilla extract |
| 1 cup plain yogurt | 2 ice cubes |

Directions

- Put all the ingredients in the blender.
- Put the top on tightly. Turn on the blender to medium speed and blend until the mixture is smooth, 30–60 seconds.
- Divide the smoothie equally between the glasses or jars and serve right away.

NUTRITION INFORMATION

HOW MUCH DO I NEED?

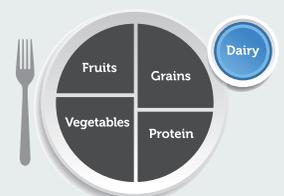
1 cup of milk, yogurt or soy milk is considered 1 cup from the dairy group. The amount of dairy each person needs depends on age, sex and physical activity level.

Recommended Daily Amounts of Dairy

| | 5 – 8 yrs | 9 – 13 yrs | 13 – 18 yrs |
|---------------|-----------|------------|-------------|
| Male | 2½ cups | 3 cups | 3 cups |
| Female | 2½ cups | 3 cups | 3 cups |

Featured Resource

At choosemyplate.gov, kids and adults can take a short quiz to learn more about their current daily nutrition habits and find resources for adjusting those habits to prioritize nutritious food based on federal dietary guidelines.



LOW-FAT MILK

Nutrition Facts

| | |
|-------------------------------|----------------------|
| Serving size | 1 cup |
| Amount Per Serving | |
| Calories | 100 |
| | % Daily Value |
| Total Fat 2.5g | 3% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Polysaturated Fat 0g | |
| Monosaturated Fat 0g | |
| Cholesterol 15mg | 5% |
| Sodium 130mg | 6% |
| Total Carbohydrate 12g | 4% |
| Dietary Fiber 0g | 0% |
| Total Sugars 12g | |
| Includes 0g Added Sugars | 0% |
| Protein 8g | 16% |
| Vitamin D 3mcg | 15% |
| Calcium 325mg | 25% |
| Iron 0mg | 0% |
| Potassium 376mg | 8% |

*The Daily Value (DV) tells you how much a nutrient a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Explore Pennsylvania's Dairy

What You Need

Variety of cheeses (1 each per every 4 students)
Cutting boards and knives

Dry erase board and markers
Graph paper and colored pencils

Steps

1. Label five columns on board: smell, sound, look, texture and taste.
2. Label rows according to cheese varieties.
3. Guide students to observe, smell, feel and taste cheese.
4. Note students' observations on the board.
5. Discuss similarities and differences among varieties.
6. Graph each student's favorite variety on the board to determine the overall class favorite.

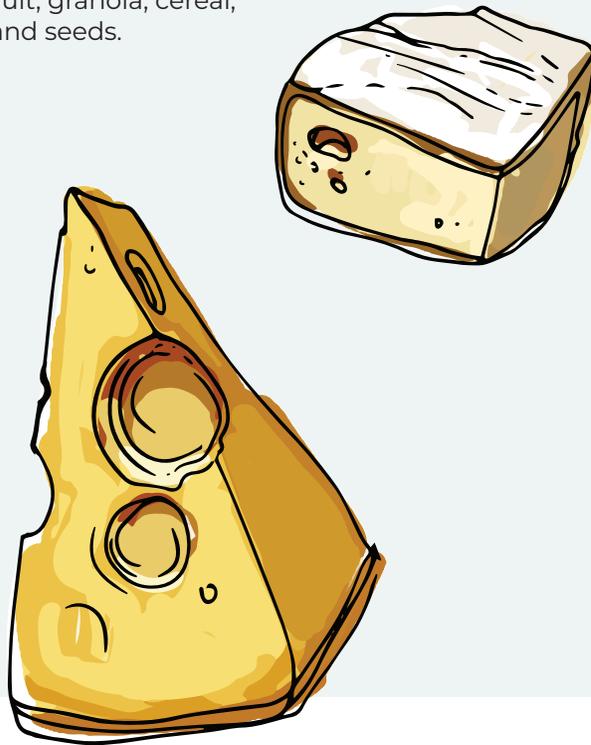
CLASSROOM ACTIVITY CORNER

Magic Milk

- Pour some cow's milk into a small bowl. Pour a small amount of dish soap onto a small plate.
- Grab some food coloring (the more colors the better) and squeeze dots onto the surface of the milk.
- Next, dip the cotton swab in the dish soap. Place the swab on the dots of food coloring and watch the colors jump across the bowl as the dish soap tries to attach itself to the milkfat!

CAFETERIA CONNECTION

Celebrate local dairy by setting up a make-your-own yogurt parfait bar. Provide students with different flavors of yogurt to make their parfaits. Toppings could include a variety of fruit, granola, cereal, crushed graham crackers and seeds.



READING NOOK

Expand your lesson with these selected books about milk and cows!



Kitten's First Full Moon

BY KEVIN HENCKES
AGES 4-8



From Grass to Milk

BY STACY TAUS-BOLSTAD
AGES 4-8



Kiss the Cow

BY PHYLLIS ROOT
AGES 4-8

Just the Facts

- Pennsylvania ranks 7th in the U.S. in total milk production, with 500,000 cows producing more than 10.2 billion pounds of milk annually.
- Dairy is high in calcium and vitamin D to maintain strong bones and teeth, and is rich in potassium, which can promote healthy blood pressure.

paharvestofthemonth.org

Sources:
Adapted from the CalFresh Healthy Living program
<https://extension.psu.edu/animals-and-livestock/dairy>
<https://www.myplate.gov/eat-healthy/what-is-myplate>
<https://www.paharvestofthemonth.org/index.php/downloads>
<https://thedairyalliance.com/blog/3-fun-milk-science-experiments>
<https://www.chopchopfamily.org/recipe/blueberry-banana-smoothie>



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