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G L E A N E R S

## 2021 Summer Nutrition Club



### Lesson 3: Discover Dairy

#### *Supplies:*

- Mission guide (1 per child)
- Writing utensils
- MyPlate
- Large cutouts of planets (2 sets)
- 16 buckets
- 4-8 plush or aluminum foil balls
- Recipe supplies
  - Instant pudding
  - Powdered milk
  - Optional: freeze dried fruit and sprinkles
- Ziploc bags
- Spoons
- Paper cups
- Gloves
- Hand Sanitizer
- Sanitizing wipes

#### *Preparation*

- Gather supplies
- Make comet toss game
  - Print and cut out planets, secure to buckets with tape
  - Place buckets in a straight line starting with Mercury and ending with Neptune
  - Roll small pieces of aluminum foil into balls
- Prepare “Astronaut Pudding” (see mission guide for recipe)



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- Fill Ziploc bags with instant pudding + powdered milk
- Fill cups with water
  - For older children, consider allowing them to measure their own ingredients

*Objectives*

By the end of the lesson children will:

1. Be able to recognize which dairy products are beneficial to their bodies
2. Be able to state one way that consuming dairy benefits their body
3. Be able to state that it is sometimes okay to indulge in sweet treats
4. Be able to answer a variety of questions about fruits, vegetables, grains, proteins, and dairy
5. Experience the recipe of the week

**I. Welcome (2 minute)**

- This is our last lesson for summer nutrition club!
- Who can tell me what we learned about last week?
  - grains and proteins!
- This summer we learned about MyPlate, fruits, vegetables, grains, and proteins! Today were going to learn about dairy!

**II. Blast- Off into Nutrition (5 minutes)**

- Just like on Earth, astronauts up in space need to eat all the food groups.
- However, because spaceships are small and there's no gravity in space, certain foods may be too hard to take up into space or eat.
  - Does everyone know what gravity is? Gravity helps us keep are feet planted to the ground, without it we'd float! In space, astronauts float around the ship, they even have to strap into their bed at night when sleeping! It's sort of like putting on a seat belt.
- Just because there is an obstacle to get and eat stuff in space doesn't mean astronauts go without a certain food. They have to eat their fruit, veggies, grains, proteins and dairy too!
- Today we're going to blast off into space and see what astronauts eat.
- Let's all count down to three to blast-off!
  - 3...2...1!

**III. Discover with Dairy (10 minutes)**

- All dairy foods contain vitamin D and calcium that help our bones and teeth.
- Can anyone name some examples of dairy foods that we may eat? (milk, yogurt, cheese)
- Where does dairy milk come from?
  - Cows, but goat milk may also be used to make cheese!
  - You may have seen or heard of almond milk and oat milk. These also contain vitamin D and calcium! They were invented to help people that may have tummy troubles after drinking or eating cow's milk. Even if cow's milk doesn't upset your tummy, you can try these alternatives.



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- Lots of sweet treats contain dairy like ice cream and chocolate. These foods are okay to sometimes have as they are super yummy, but to keep our bodies healthy we need to eat other dairy products they may not be as sweet.
  - The best options to eat when it comes to dairy are plain, low-fat milk, cheese and yogurt.
- Today we are going to fuel our rock ships/ by choosing different dairy products! Some offer more fuel as they contain more nutrients, but you still have room in your fuel tank to have some fun treats!
  - You must fill six total fuel cells. Can everyone show me on their fingers how many six is?
  - You must combine different dairy foods to total six, next to each food is the number of fuel cells it is worth.

#### **IV. Comet Toss (15 minutes)**

- Go over order of planets
  - Mercury – My
  - Venus – Very
  - Earth – Educated
  - Mars – Mother
  - Jupiter- Just
  - Saturn – Served
  - Uranus – Us
  - Neptune – Nachos
- Now we're going to see what you've learned!
- We're going to split up into 2 teams (divide children evenly) and then ask food questions! Some of the questions may be about what we learned today, but others may be about what we learned in the other lessons! You can see all the questions in your mission guide, feel free to answer them as we play!
  - Have children line up. Ask questions one by one. When they answer the question, they toss their "comet." They want to make their comet in a planet's bucket. The further away the planet is, the more points they're awarded. After they throw, they will retrieve their "comet" and hand it to the person behind them.
- See comet question sheet for questions.

#### **V. Astronaut Pudding (10 minutes)**

- Today we learned about dairy and how it helps our bodies here on Earth and in Space! Fresh cow milk that you and I may get from a grocery store cannot be taken into space. So, instead astronauts have to use powdered milk! By adding a little bit of water to powdered milk, you get something that tastes and has the same vitamins and minerals as regular milk!
- Today were going to be trying some astronaut pudding!
- You're each going to get a bag of pudding and very carefully add your water. If we were on a real spaceship, we would have to get our water from a reclamation system. The system works by recycling water.



GLEANERS

- Hand out premade bags of pudding mix and powdered milk. Have children add water to mix and shake.
- Optional: Add freeze dried fruit and sprinkles
- We're all going to be brave and neat astronauts today. Remember, if we were in space, any mess you make would float around and potentially damage equipment. So be sure to nicely place your pudding in the trash can when you're done.
- Pudding is a sweet treat that contains dairy, so that means it's okay to sometimes have!

**VI. Astronaut Meal Challenge/ Goodbye (2 minutes)**

- Thank you all for being such good astronauts today!
- Questions:
  - Can everyone who tried the recipe today raise their hand nice and high?
  - Can one person raise their hand and tell me something new they learned today?
    - Does anyone now want to be an astronaut?
- I have a little take home challenge for you all. On page 6 you will see an astronaut meal activity. For this meal there are a few rules, the items must not require refrigeration, they must be able to be eaten in zero gravity, so no crumbs, and the meal must contain an item from all 5 food groups.
  - Can anyone remind me what the five food groups are?
    - Fruit, vegetable, grain, proteins, and dairy.
- Give this challenge your best shot, there are no wrong answers. Get creative. Ask yourself what can be freeze dried and what you would enjoy to eat in space!
- Thank you all for joining me for Summer Nutrition Club! I hope you all enjoyed it!

## Comet Toss Questions

1. What is the best choice to make when eating dairy... Plain low-fat yogurt or ice-cream?
  - a. Plain low-fat yogurt
2. What vitamin does dairy contain?
  - a. Vitamin D
3. TRUE OR FALSE: It's OKAY to sometimes have sweet treats!
  - a. True
4. What does dairy help keep strong?
  - a. Bones
5. Name one fruit you like to eat.
  - a. Bananas, strawberries, apples, etc.
6. Name one vegetable you like to eat.
  - a. Broccoli, green beans, lettuce, etc.
7. TRUE OR FALSE: Fruits and vegetables contain vitamins and minerals to protect our bodies from getting sick.
  - a. True
8. TRUE OR FALSE: It's important to "eat the rainbow" and choose fruits and vegetables of all different colors!
  - a. True
9. Should you make sure half or none of your grains are whole?
  - a. Half
10. TRUE OR FALSE: Grains give me energy!
  - a. True
11. FILL IN THE BLANK: Protein helps build our hair, skin, and... What last thing does it help grow?
  - a. Nails
12. TRUE OR FALSE: Proteins can come from plant and animal sources
  - a. True
13. What can we use at meal time to help us make healthy choices?
  - a. MyPlate
14. How many food groups are there? HINT: You can find them all on MyPlate
  - a. Five
15. TRUE OR FALSE: At Summer Nutrition Club we learned about fruits, vegetables, grains, and proteins.
  - a. True



**MERCURY**

**10 POINTS**



**VENUS**

**20 POINTS**



**EARTH**

**30 POINTS**



**MARS**

**40 POINTS**

