

# FARM TO SCHOOL



## Healthy Eating. Farm to School – Know Your Foods

**Targeted Grades:** 5th Grade to 8th Grade

**Lesson Plan:** Utilize the Introduction to Unit resources to start discussion about Farm to School Concepts. **Milk from Cow to You Unit:** Show all three episodes of Milk from Cow to You. Ask students to write down the steps milk goes through from the cow to processing. **Farm to Everywhere Unit:** Farm to Cafeteria highlights more information about milk's journey from the farm. After showing video, utilize the Farm to School Guide to conduct activities in the classroom to enhance student's knowledge of local products. This can be utilized for several lessons. Finally, help students understand sustainability practices by showing the Sustainable Future Series.

### American Dairy Association Indiana Resources

**Introduction to Unit** - 1 hour

[Farm Tour Scavenger Hunt](#)

[Virtual Farm Tour to Estes Dairy with Indianapolis Colts Kicker Rodrigo Blankenship](#)

**Farm to Everywhere** - 1 to 2 hours or broken into smaller lessons over multiple days

[FUTP 60 Farm to School-Play](#)

[Farm to Cafeteria Video](#) - 3:38 minutes

### Milk from Cow to You

**Episode 1:** [Farm Life](#) - 2:59 minutes

**Episode 2:** [Milking](#) - 2:47 minutes

**Episode 3:** [Processing](#) - 3:25 minutes

[Handout](#) and [Poster](#) - 10 minutes

[Farm to School Guide](#)







[Sustainable Future Video Series](#) - 5 videos, 2-3 minutes each

## Learning Objectives











- Explore the technology utilized on a dairy farm
- Describe the journey of milk from cow to consumption
- Analyze the process of dairy from farm to fridge, table, school, and cafeteria
- Evaluate the nutrition value and uses of dairy
- Evaluate the sustainability practices utilized in dairy farming

[WinnersDrinkMilk.com/Schools/Fuel-up-to-Play-60](http://WinnersDrinkMilk.com/Schools/Fuel-up-to-Play-60)







# INDIANA STANDARDS FOR GRADE 5 THROUGH GRADE 8

English Language Arts Standards for Grade 5 through Grade 8				Intro to Unit	Milk from Cow to You	Farm to Calf-eteria	Farm to School Guide & Play	Sustainable Future Series
5.RF.1 Apply foundational reading skills to build reading fluency and comprehension.								
	6.RL.1 Read a variety of literature within a range of complexity appropriate for grades 6-8. By the end of grade 6, students interact with texts proficiently and independently at the low end of the range and with scaffolding as needed at the high end of the range.	7.RL.1 Read a variety of literature within a range of complexity appropriate for grades 6-8. By the end of grade 7, students interact with texts proficiently and independently at the low end of the range and with scaffolding as needed at the high end of the range.	8.RL.1 Read a variety of literature within a range of complexity appropriate for grades 6-8. By the end of grade 8, students interact with texts proficiently and independently.					
5.RN.1 Read and comprehend a variety of nonfiction within a range of complexity appropriate for grades 4-5. By the end of grade 5, students interact with texts proficiently and independently.	6.RN.1 Read a variety of literature within a range of complexity appropriate for grades 6-8. By the end of grade 6, students interact with texts proficiently and independently at the low end of the range and with scaffolding as needed at the high end of the range.	7.RN.1 Read a variety of literature within a range of complexity appropriate for grades 6-8. By the end of grade 7, students interact with texts proficiently and independently at the low end of the range and with scaffolding as needed at the high end of the range.	8.RN.1 Read a variety of nonfiction within a range of complexity appropriate for grades 6-8. By the end of grade 8, students interact with texts proficiently and independently.					





















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English Language Arts Standards for Grade 5 through Grade 8				Intro to Unit	Milk from Cow to You	Farm to Calf-eteria	Farm to School Guide & Play	Sustainable Future Series
<p><b>5.RV.1</b> Build and use accurately general academic and content-specific words and phrases.</p>	<p><b>6.RV.1</b> Acquire and use accurately grade-level appropriate general academic and content-specific words and phrases; gather vocabulary knowledge when considering a word or phrase important to comprehension or expression.</p>	<p><b>7.RV.1</b> Acquire and use accurately grade appropriate general academic and content-specific words and phrases; gather vocabulary knowledge when considering a word or phrase important to comprehension or expression.</p>	<p><b>8.RV.1</b> Acquire and use accurately grade appropriate general academic and content-specific words and phrases; gather vocabulary knowledge when considering a word or phrase important to comprehension or expression.</p>					
<p><b>5.W.1</b> Write routinely over a variety of time frames and for a range of discipline-specific tasks, purposes, and audiences; apply reading standards to support reflection and response to literature and nonfiction texts.</p>	<p><b>6.W.1</b> Write routinely over a variety of time frames for a range of tasks, purposes, and audiences; apply reading standards to support analysis, reflection, and research by drawing evidence from literature and nonfiction texts.</p>	<p><b>7.W.1</b> Write routinely over a variety of time frames for a range of tasks, purposes, and audiences; apply reading standards to support analysis, reflection, and research by drawing evidence from literature and nonfiction texts.</p>	<p><b>8.W.1</b> Write routinely over a variety of time frames for a range of tasks, purposes, and audiences; apply reading standards to support analysis, reflection, and research by drawing evidence from literature and nonfiction texts.</p>					

# INDIANA STANDARDS FOR GRADE 5 THROUGH GRADE 8

English Language Arts Standards for Grade 5 through Grade 8				Intro to Unit	Milk from Cow to You	Farm to Calf-eteria	Farm to School Guide & Play	Sustainable Future Series
<p><b>5.SL.1</b> Listen actively and adjust the use of spoken language (e.g., conventions, style, vocabulary) to communicate effectively with a variety of audiences and for different purposes.</p>	<p><b>6.SL.1</b> Listen actively and adjust the use of spoken language (e.g., conventions, style, vocabulary) to communicate effectively with a variety of audiences and for different purposes.</p>	<p><b>7.SL.1</b> Listen actively and adjust the use of spoken language (e.g., conventions, style, vocabulary) to communicate effectively with a variety of audiences and for different purposes.</p>	<p><b>8.SL.1</b> Listen actively and adjust the use of spoken language (e.g., conventions, style, vocabulary) to communicate effectively with a variety of audiences and for different purposes.</p>					
<p><b>5.ML.1</b> Identify how information found in electronic, print, and mass media is used to inform, persuade, entertain, and transmit culture.</p>	<p><b>6.ML.1</b> Critically analyze information found in electronic, print, and mass media used to inform, persuade, entertain, and transmit culture.</p>	<p><b>7.ML.1</b> Critically analyze information found in electronic, print, and mass media used to inform, persuade, entertain, and transmit culture.</p>	<p><b>8.ML.1</b> Critically analyze information found in electronic, print, and mass media used to inform, persuade, entertain, and transmit culture.</p>					

# INDIANA STANDARDS FOR GRADE 5 THROUGH GRADE 8

Science and Engineering Process Standards	Intro to Unit	Milk from Cow to You	Farm to Calf-eteria	Farm to School Guide & Play	Sustainable Future Series
<b>SEPS.1</b> Posing questions (for science) and defining problems (for engineering).					
<b>SEPS.2</b> Developing and using models and tools.					
<b>SEPS.3</b> Constructing and performing investigations.					
<b>SEPS.4</b> Analyzing and interpreting data.					
<b>SEPS.5</b> Using mathematics and computational thinking.					
<b>SEPS.6</b> Constructing explanations (for science) and designing solutions (for engineering).					
<b>SEPS.7</b> Engaging in argument from evidence.					
<b>SEPS.8</b> Obtaining, evaluating, and communicating information.					



# INDIANA STANDARDS FOR GRADE 5 THROUGH GRADE 8

Health and Wellness Standards	Intro to Unit	Milk from Cow to You	Farm to Calf-eteria	Farm to School Guide & Play	Sustainable Future Series
<p><b>Standard 1:</b> Students will comprehend concepts related to health promotion and disease prevention to enhance health.</p>					
<p><b>Standard 2:</b> Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.</p>					
<p><b>Standard 3:</b> Students will demonstrate the ability to access valid information, products and services to enhance health.</p>					
<p><b>Standard 4:</b> Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</p>					
<p><b>Standard 5:</b> Students will demonstrate the ability to use decision-making skills to enhance health.</p>					
<p><b>Standard 6:</b> Students will demonstrate the ability to use goal-setting skills to enhance health.</p>					
<p><b>Standard 7:</b> Students demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.</p>					
<p><b>Standard 8:</b> Students will demonstrate the ability to advocate for personal, family and community health.</p>					