

HEALTHY FOODS



Healthy Eating. Highlight Healthy Foods

Targeted Grades: 3rd Grade up to 4th Grade

Lesson Plan: This can be utilized over multiple days as part of a dairy unit. Ask students what they drink for dinner. After discussing answers, play the Think Your Drink Game as a class. Next, talk about the value of dairy and its nutrients (utilize the Dairy's Unique Nutrient Package and 13 Essential Nutrients). Show the Milk from Cow to You videos to discuss the journey of Milk. Remind students that not all milks are dairy with the Not All Milks Are Created Equal resource. Finally, talk about others way to incorporate dairy into a diet (7 ways Yogurt Can Help Your Body and Yogurt on the Go along with What's for Dinner). Try out some of the recipes in the Yogurt resources, Got Snacks resource, or FUTP 60 Highlight Healthy Foods. Don't forget to encourage physical activity with the Fuel Up Activity Sheet.

American Dairy Association Indiana Resources

Dairy Nutrition

[Dairy's Unique Nutrient Package](#) - 10 minutes

[13 Essential Nutrients in Milk](#) - 10 minutes

[Not All Milks Are Created Equal](#) - 10 minutes

[Colts' Blue Milk Nutrition Video](#) - 39 seconds

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

Dairy Beyond Milk

[Yogurt: 7 Ways Yogurt Can Help Your Body](#) and [Yogurt On the Go](#) - 30 minutes

[Think Your Drink: Think Your Drink Handout](#) and [Think Your Drink Game](#) - 30 minutes

[What's For Dinner- My Plate](#) - 30 minutes

[Got Snacks?](#) - 30 minutes

[FUTP 60 Highlight Healthy Foods Play](#) - 15 minutes per trial

















[Fuel Up to Play 60 Activity Sheet](#) - 15 minutes

Learning Objectives









- Identify the nutrients in milk
- Explain the benefits of dairy products on personal health
- Analyze the nutrition of yogurt
- Describe the journey of milk from cow to consumption
- Investigate MyPlate's food group and nutritional guidelines
- Compare and contrast drink choices
- Research the nutritional qualities and benefits of a variety of dairy foods, including the role these foods play in an overall healthy diet
- Evaluate food and snacks to make informed healthy decisions

WinnersDrinkMilk.com/Schools/Fuel-up-to-Play-60



























INDIANA STANDARDS FOR GRADE 3 THROUGH GRADE 4

English Language Arts Standards for Grade 3 through Grade 4	Dairy's Nutrients	Milk	Milk from Cow to You	Yogurt	Think Your Drink	What's for Dinner	Snacks	Healthy Foods Play	Activity Sheet	
<p>3.RF.1 Apply foundational reading skills to build reading fluency and comprehension.</p>	<p>4.RF.1 Apply foundational reading skills to build reading fluency and comprehension.</p>									
<p>3.RN.1 Read and comprehend a variety of nonfiction within a range of complexity appropriate for grades 2-3. By the end of grade 3, students interact with texts proficiently and independently.</p>	<p>4.RL.1 Read and comprehend a variety of nonfiction within a range of complexity appropriate for grades 4-5. By the end of grade 4, students interact with texts proficiently and independently at the low end of the range and with scaffolding as needed at the high end.</p>									
<p>3.RV.1 Build and use accurately conversational, general academic, and content-specific words and phrases.</p>	<p>4.RV.1 Build and use accurately general academic and content-specific words and phrases.</p>									
<p>3.W.1 Write routinely over a variety of time frames and for a range of discipline-specific tasks, purposes, and audiences; apply reading standards to write in response to literature and nonfiction texts.</p>	<p>4.W.1 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>									

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English Language Arts Standards for Grade 3 through Grade 4		Dairy's Nutrients	Milk	Milk from Cow to You	Yogurt	Think Your Drink	What's for Dinner	Snacks	Healthy Foods Play	Activity Sheet
<p>3.SL.1 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>4.SL.1 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>3.ML.1 Recognize the role of the media in informing, persuading, entertaining, or transmitting culture.</p>	<p>4.ML.1 By demonstrating the skills listed in Media Literacy, students should be able to meet the Learning Outcome for Media Literacy.</p>									

INDIANA STANDARDS FOR GRADE 3 THROUGH GRADE 4

Science and Engineering Process Standards	Dairy's Nutrients	Milk	Milk from Cow to You	Yogurt	Think Your Drink	What's for Dinner	Snacks	Healthy Foods Play	Activity Sheet
SEPS.1 Posing questions (for science) and defining problems (for engineering).									
SEPS.2 Developing and using models and tools.									
SEPS.3 Constructing and performing investigations.									
SEPS.4 Analyzing and interpreting data.									
SEPS.5 Using mathematics and computational thinking.									
SEPS.6 Constructing explanations (for science) and designing solutions (for engineering).									
SEPS.7 Engaging in argument from evidence.									
SEPS.8 Obtaining, evaluating, and communicating information.									

INDIANA STANDARDS FOR GRADE 3 THROUGH GRADE 4

Health and Wellness Standards	Dairy's Nutrients	Milk	Milk from Cow to You	Yogurt	Think Your Drink	What's for Dinner	Snacks	Healthy Foods Play	Activity Sheet
Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.									
Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.									
Standard 3: Students will demonstrate the ability to access valid information, products and services to enhance health.									
Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.									
Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.									
Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.									
Standard 7: Students demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.									
Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.									