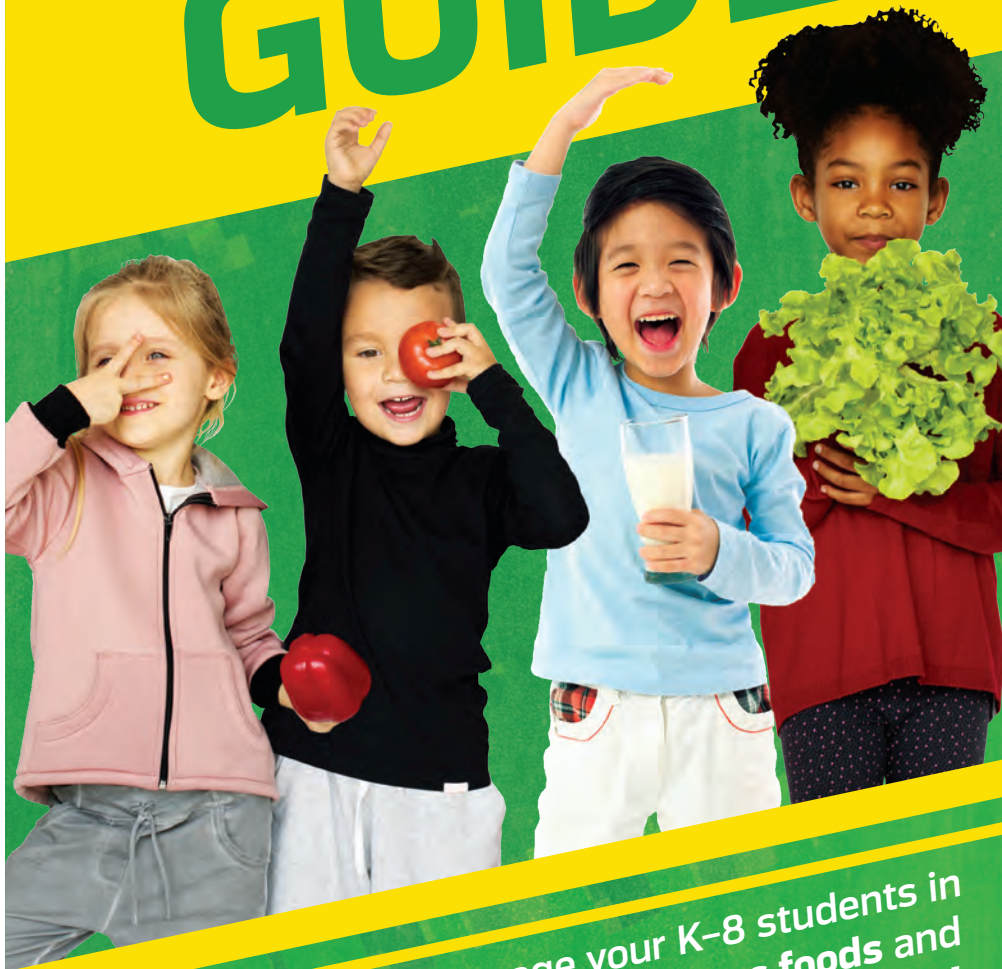




FARM^{TO} SCHOOL GUIDE



Here to help you engage your K-8 students in
learning about nutritious foods and
the farm-to-school connection!





FARM^{TO} SCHOOL GUIDE

TABLE OF CONTENTS

- 1 Fuel Up to Play 60 Overview
- 2 Farm Tour Information

PHYSICAL ACTIVITY PLAYS

- 3 Healthy Foods Relay Race
- 5 Calcium Line-Up
- 7 Helping with the Chores
- 7 Dairy Toss
- 8 Broken Bone Relay Race

HEALTHY EATING PLAYS

- 9 Dairy Taste Test
- 11 Building School-wide Health
- 13 Bring the Farm to School!
- 15 Our Teammates



Program Overview

Fuel Up to Play 60 is an in-school nutrition and physical activity program launched by National Dairy Council and National Football League, in collaboration with the USDA, to help encourage today's youth to lead healthier lives. FUTP60 helps you put your own ideas and plans into action to help everyone at your school eat healthy and get active, and offers ideas and lesson plans to help get you started.

Sign up for the program by visiting **FuelUpToPlay60.com**. On the website, you can take a pledge, get involved in challenges, learn from other students and educators, earn rewards and explore ways to get healthy and be active. Take what you learn and make healthy changes at school.

KEY MESSAGES

- You do not need to change overnight. Take small steps toward being healthy.
- Eat more from some food groups than others. This means choosing low-fat and fat-free dairy foods, making at least half your grains whole, varying your veggies, focusing on fruits and going lean with protein.
- Getting more of these foods will help you get more of the nutrients you need to build strong bones, muscles, teeth and a healthy body.
- Move more. Aim for at least 60 minutes of physical activity every day. Getting and staying physically active will help you now- and help you in the future.
- Eating great-tasting healthy foods that are high in nutrients, such as calcium, protein and vitamins, and getting active can help you and your friends feel your best and be at the top of your game.
- Through Fuel Up to Play 60, you can make your school a healthier place. Get involved and make a difference!



Bring Your Students to a Working Dairy Farm

There is no better way to help students understand where their food comes from than to take them to meet real farmers on working farms in their state.

If you are interested in taking a dairy farm tour, please contact **Josh Leitman** (Leitman@WinnersDrinkMilk.com) or **Allie Rieth** (Rieth@WinnersDrinkMilk.com). If a field trip to a farm doesn't work for your school's schedule, we have a virtual dairy farm tour option coming soon! Through the virtual farm tour, your students will be guided by one of our fantastic Indiana dairy farmers, and learn what they do on a day-to-day basis. A dairy farm tour is a great way to learn about where your dairy products come from, what your dairy farmers do everyday, and the importance of supporting all things dairy!



PHYSICAL ACTIVITY PLAY: Healthy Foods Relay

ACTIVITY SYNOPSIS

Through a relay race, students are encouraged to eat a variety of dairy foods and to exercise for stronger bones.

ACTIVITY OUTCOME

Students will be able to identify a variety of foods from the dairy group and to understand that dairy foods, along with exercise, help build strong bones.

MATERIALS NEEDED

- › Classroom supply of "My Plate" handouts
- › Two sets of the following Dairy Food Models
(Food packages or pictures may be used as well):
 - › American cheese
 - › Low-fat milk, 1%
 - › Cheddar cheese
 - › Milk, chocolate
 - › Mozzarella cheese
 - › Milk, whole
 - › Swiss cheese
 - › Yogurt, low-fat plain
 - › Yogurt, fruit-flavored
 - › Yogurt, frozen
 - › Pudding, made with low-fat milk
- › To each set of Dairy Group foods, add a variety of foods from the Protein, Fruit, Vegetable and Grain Groups. Each set should have 35-40 total foods.

TEACHING PLAN

1. Explain to the students that dairy foods are needed for strong bones because they contain calcium and other important nutrients. Have them point to their own bones. Ask the students why we need bones. (Bones hold their body up so they can move and play.)
2. Explain to the students that they need to have three servings from the dairy group each day. Ask them what foods belong in the dairy group. Distribute the "My Plate" handout and point out the dairy group foods on the page.
3. Explain that you need to eat a variety of dairy foods each day to get the nutrients, especially calcium, your body needs. This means you can have one serving of milk, one serving of yogurt and one serving of cheese. There are a variety of Dairy Group foods to eat and enjoy.

4. Explain that besides what we eat, getting exercise everyday builds our bones and makes them strong, too, just like our muscles. Ask the group if they have ever seen someone with big muscles like a football player or strong muscles like a ballet dancer. Accept any response. Show a picture or poster of both (optional). Stress that exercise builds and strengthens our bones, too. Ask the students about the exercises or activities they do. Point out that running and jumping on the playground are great exercises for bones.

5. Explain to the students that they are going to do a relay race in which they are going to get some exercise by choosing dairy foods for breakfast, lunch, dinner and snacks.

RULES OF THE RACE

- › The class will be divided into teams of five and line up.
- › Food sets for each team are on the floor 25 feet away from the teams.
- › When the signal is given, the first person on each team runs to the food pile and chooses a dairy food for the given category. Then they do three jumping jacks, run back, and show the team the food that they chose. The second person repeats the sequence.

Student	Category (Option 1)	Category (Option2)
first	breakfast	on a cold day
second	lunch	on a hot day
third	dinner	at a fast food restaurant
fourth	snack	traveling in a car
fifth	breakfast	after sports

- › The goal is to choose a variety of foods from the dairy group.
- › The students continue until all the team players have run up and come back with a dairy food.

TEACHING PLAN *continued*

6. Have the students write or draw a new food from the dairy group that they would be willing to try. Ask for some volunteers to share their pictures.

7. Summarize that there is a wide variety of foods from the dairy group and these foods, along with exercise, build strong bones.



PHYSICAL ACTIVITY PLAY: Calcium Line Up

ACTIVITY SYNOPSIS

Students rank eight foods in order from highest to lowest calcium content using their general knowledge of the foods. Teachers use the opportunity to teach students how to find the percent Daily Value (% DV) on a food label and what Daily Value means.

ACTIVITY OUTCOME

Students will be able to:

- Explain that dairy group foods are the best sources for meeting daily calcium needs.
- Explain that all fluid milk has the same amount of calcium regardless of the fat level.

MATERIALS NEEDED

- Food Models, packages or pictures for:
 - fat-free milk
 - low-fat milk
 - flavored milk
 - Cheddar cheese
 - cream cheese
 - broccoli
 - whole wheat bread
 - ground beef
- If using food packages or pictures you will have to put the amount of calcium it contains in an inconspicuous location.
- Food Models may be downloaded free at NationalDairyCouncil.org.

TEACHING PLAN

1. Ask the group how they can find out how much calcium is in the food they eat. Point out that for most foods, the easiest place to find this information is on the Nutrition Facts label.
2. Tell the group that they are going to compare the amount of calcium in the foods selected.
3. Hand the foods out that are listed under "Materials Needed" to volunteers and ask them to come to the front of the room.
4. Tell the students to line up with their foods in order from the highest calcium content to the lowest calcium content.
5. Once students have lined up in the order they think the foods should be ranked, ask the group if there are any changes they'd like to make.

6. When the group is satisfied with the line-up, have the volunteers look at the back of the food models (or locate the hidden amount of calcium content of the food) one-by-one and move into the correct order from highest calcium content to lowest calcium content. ranked, ask the group if there are any changes they'd like to make.

As the group corrects the order, teach the following:

- Where to find the Daily Value (DV) for calcium on a food label.
- Explain that the label lists percent Daily Value for calcium in each serving. The goal is for all your servings to add up to 100% DV for the day. This is also a good opportunity to teach that a food that has 10% DV of calcium is considered a “good” source of calcium and a food with 20% DV of calcium is considered an “excellent” source of calcium.

The correct order of food models should be:

- | | |
|-------------------------|----------------------------|
| 1 fat-free milk | 5 cooked broccoli |
| 2 low-fat milk | 6 whole wheat bread |
| 3 flavored milk | 7 cream cheese |
| 4 Cheddar cheese | 8 ground beef |

7. Ask if there are any surprises. Most participants will be surprised with the following:

- A.** That all milk, no matter what the type of milk, has roughly the same amount of calcium.
- B.** That Dairy Group foods are the best sources of calcium.
- C.** That even vegetables known for having calcium have only small amounts. For example, it would take over three cups of broccoli or five cups of raw spinach to equal the calcium in a cup of low-fat milk.
- D.** That cream cheese is not like most other cheeses. It is similar to butter. All hard cheeses, like milk, are excellent sources of calcium.



PHYSICAL ACTIVITY PLAY: **Helping with the Chores**

Explain that there are a number of chores that need to be done throughout the day on a dairy farm. Share some of these chores with the students, pantomiming the actions of the different chores and exaggerating your movements. Encourage students to work along with you. Once the students are familiar with the chores and the corresponding actions, have the students work through the list of chores as you call out the names, one by one.

EXAMPLES TO INCLUDE

- driving a tractor
- pitching hay
- lifting a bale of hay
- chopping wood
- walking to the barn

PHYSICAL ACTIVITY PLAY: **Dairy Toss**

MATERIALS NEEDED

- 1 ball of yarn for each team.

TEACHING PLAN

Divide the class into two teams. Have students on each team form two rows about 10 feet apart, facing one another.

1. Ask each student to think of a favorite dairy food. Tell the students to run in place once they have an answer.
2. When the students are ready, give the first person on the team a ball of yarn. Have that student call out the name of a favorite dairy food before tossing the ball of yarn to the person across from him/her. The student who catches the yarn should call out a favorite dairy food after catching the yarn and before tossing the yarn to the second student in the opposing line. Repeat the process, moving down the line of students until everyone has named a favorite dairy food.
3. Next, give students a series of commands.
 - Jump three times if your favorite dairy food is milk.
 - Turn around three times if your favorite milk is chocolate milk.
 - Stomp your feet three times if your favorite dairy food is yogurt.
 - Touch your toes three times if your favorite dairy food is cheese.
 - Jump up and down and wave your arms above your head if you think dairy foods like milk, cheese and yogurt are good for you.

PHYSICAL ACTIVITY PLAY: Broken Bone Relay

MATERIALS NEEDED

- 8 chairs or cones to mark each station in the relay
- “Bones,” about 12-inches in length, cut from white paper, one per student
- Food packages or pictures of milk, cheese and yogurt to place at the designated stations, one set for “relay course”
- Masking tape, cut in strips to mend the bone

TEACHING PLAN

Set up a “relay course” with a starting line and 4 “stations”—a bone station, cheese station, milk station and yogurt station—for two teams. Set stations 7 to 10 feet apart or as space allows.

1. Divide into two teams.
2. When the game leader says, “start,” the first player in each line RUNS to **bone station** and breaks (tears) a “bone.” The player pretends to have a broken leg.
3. The player HOPS to **cheese station**, pretends to eat the cheese and says, “Oh yum! Calcium!” HOPS to the **yogurt station**, pretends to eat the yogurt and says, “Oh yum! Calcium!” HOPS to the **milk station**, pretends to drink milk and says, “Oh yum! Calcium!”
4. After going through all the stations, the player LIMPS back to the bone station and tapes the broken bone together.
5. The player then RUNS back to starting line and does three jumping jacks before tagging the next teammate to start the relay.

The first team in which all players fix their broken bones with three servings of dairy wins.

AFTER THE ACTIVITY

1. Explain that the body has 206 bones that form the skeleton.
2. Explain that strong bones allow you to sit and stand straight. They hold the body up so that we can move, work and play. Have students pretend that their bones are soft. How would they sit? How would they stand?
3. Tell students that dairy foods—milk, yogurt and cheese—are a great source of calcium. Calcium is an important material that helps build strong bones and teeth.
4. It is important to get at least three cups of milk every day. We can also eat yogurt or cheese in place of milk.

HEALTHY EATING PLAY: Dairy Taste Test

ACTIVITY SYNOPSIS

Students will taste dairy foods and vote on what they like. They will learn about how dairy is an important part of the nutritious diet they need to grow into a healthy adult.

MATERIALS NEEDED

- Glass of milk or milk container
- Pictures of different dairy foods
- Dairy food(s) to sample
- Green and red paper squares
- Bag or box to collect squares
- Small cups or tasting spoons
- Napkins
- Sanitizing wipes

TEACHING PLAN

1. Show students a container or glass of milk. Ask:
 - Where does milk come from?
 - What foods are made from milk? As students name different dairy products, display the items for the students to see.
2. Explain that milk, cheese and yogurt have many important nutrients that keep the body healthy. One of these nutrients is calcium. Calcium helps build strong bones and teeth. Another is vitamin D, which helps your bones use calcium.
3. Point out that kids age 9 and older need at least three cups of milk every day, and kids 8 and under need at least two cups of milk every day. We can also eat yogurt or cheese in place of drinking milk.
4. Explain that we also need 60 minutes of play every day for strong bones.
5. Ask students about their favorite dairy products. For example:
 - What is your favorite flavor of milk?
 - What is your favorite food to eat with yogurt?
 - What is your favorite kind of cheese?When students respond, have them also name one activity they like to do that requires strong bones.
6. Remind students:
 - Calcium and physical activity work as a team to help keep bones strong and healthy.
 - To eat three servings of dairy every day for strong bones and teeth.

TASTE AND VOTE!

A taste test is an ideal way to let kids experience foods they see every day but never try or to try new, nutritious foods. Taste tests also can help reinforce the healthy eating messages you are promoting as part of your curriculum.

1. Let your students vote “yes” or “no” on the item(s) you are offering. Provide green (yes) and red (no) paper squares your students can place in a bag or box to indicate their decision on the sample foods. Or, provide a green square and have your visitors vote on their favorite food. After the taste test, tally the votes and share the results. Make sure teachers taste test, too.

2. Here are a few examples of foods to offer. All students need is a taste. Select one or more depending on space, budget and time.

MILK

- Flavored vs. unflavored; chocolate milk vs. unflavored (vote for favorite)
- Flavored vs. flavored: chocolate milk vs. strawberry or vanilla (vote for the favorite)

CHEESE (string cheese or cheese cubes)

- Sample one type of cheese (vote yes or no)
- Sample two or three types of cheese (vote for the favorite)

YOGURT

- Sample one flavor of yogurt; vanilla is a good choice (vote yes or no)
- Sample two or three flavors of yogurt (vote for the favorite)

3. Reinforce messages about making better food choices. Take advantage of the taste tests to explain why dairy foods are nutritious choices.

4. Make sure anyone involved with preparing and serving food at your Taste and Vote! activity meets food safety standards.

- Wash hands and surfaces often.
- Don't cross-contaminate.
- Follow proper hand washing
- Keep perishable foods cold.
- procedures.

Here are links to two user-friendly websites with more information on Food Safety Standards:

- FightBac.org (Partnership for Food Safety Education)
- EatRight.org/HomeFoodSafety (Academy of Nutrition and Dietetics)



HEALTHY EATING PLAYS: Building School-wide Health

ACTIVITY SYNOPSIS

Where do nutritious dairy foods come from? What about fruits, vegetables and whole grains students see at home or at the store? Make nutritious foods fun for your class, and encourage them to extend their knowledge about healthy eating to the whole school!

ACTIVITY OBJECTIVES

- Help students learn more about healthy eating and the nutrients that fresh dairy and other farmed foods provide by organizing awareness events highlighting the origin of these foods and why they are healthy choices. Host events highlighting fresh foods, including low-fat and fat-free milk, yogurt and cheese, plus fruits, vegetables and whole grains.
- Teach about the work farmers do to produce healthy, nutrient-rich foods. Understanding more about how food comes from the farm to the school cafeteria can help students better appreciate the variety of foods they might choose, and where those foods come from.

ACTION PLANS

- 1.** Create a “Farm to School Snack Table” in the cafeteria and offer samples of the various foods produced by farmers, including low-fat and fat-free dairy and seasonal fruits and vegetables. As students sample each food, talk about the nutrients they are providing their bodies and how the farmer’s work makes these health benefits possible.
- 2.** Build awareness about the benefits of nutrient-rich dairy and other farmed foods by creating “point of purchase” promotions during breakfast and lunch. Work with the school nutrition staff to create displays of low-fat and fat-free dairy and seasonal fruits and vegetables close to the check-out line.
- 3.** Consider working with the school administration to create an incentive program to encourage increased consumption of fresh foods.
- 4.** Work with school nutrition personnel and student volunteers to hold taste tests of fresh dairy and seasonal foods, and survey students to see which options could be successful new school menu items.

5. Help your students host an evening event to inform families about the benefits of serving fresh dairy and seasonal fruits and vegetables at home.
6. Have students create "Know Your Foods" posters showing the path foods take from the farm to your lunchroom. Have them highlight the fresh new dairy and other farmed foods they have tried, and include the health benefits they provide. Post them in the cafeteria and around the school to encourage other students to eat more nutritious foods.
7. Secure donations from local businesses to use in incentive programs or apply for Fuel Up to Play 60 funding.



HEALTHY EATING PLAYS: Bring the Farm to School!

ACTIVITY OVERVIEW

Do students know how many dairy farms there are in the United States? How many are there in your state or region?

Every state has farms and farmland, and the farmers who work that land provide nutritious low-fat and fat-free dairy foods and fruits, vegetables and whole grains that keep students healthy and strong. And did you know America's dairy farmers launched Fuel Up to Play 60 with the NFL and the USDA to help make healthy changes in your school?

ACTIVITY SYNOPSIS

Work with students to learn about the farms and farmers in your area or region. Help students learn more about healthy eating and the nutrients that fresh foods provide by organizing awareness events highlighting where these foods come from, why they are healthy choices and how the farming industry helps take care of the land.

ACTION PLANS

1. Host an assembly and invite a dairy farmer to talk about the work they do to produce nutrient-rich foods your students are learning to choose. Include your school nutrition professionals to talk with students about the nutritious benefits of the farmed foods. Consider visiting a farm to learn about how farms support efforts to promote healthy eating in your community. If you would like to invite a dairy farmer to your school, please reach out to the American Dairy Association Indiana. Please email **Josh Leitman** (Leitman@WinnersDrinkMilk.com) or **Allie Rieth** (Rieth@WinnersDrinkMilk.com) with your request.
2. Host a "Farm to School" snack table during the assembly, and then regularly in the cafeteria, to offer taste tests of the various foods produced by farmers, including fresh dairy foods such as low-fat or fat-free milk, cheese and yogurt, and seasonal fruits and vegetables that might be unfamiliar to students.
3. Ask volunteer parents to visit local farms and take pictures to create a photo frame slide show that can be shown in the cafeteria service line. Include pictures of fresh dairy foods and seasonal fruits and vegetables along with photos of the farm and people working to produce food.



4. Have students create “Farms Deliver” posters and/or videos highlighting the role that farmers play in helping your school and community stay healthy. Have students include special messages highlighting the new foods they have discovered through the taste tests and farmer visits. Have them share the posters with their families, media, local restaurants, and on the school district website.

5. Consider sending the posters or videos to dairy farmers in your state or region and include “thank you” messages about providing funding for Fuel Up to Play 60, for providing healthy foods and for their commitment to environmental stewardship.



Our Teammates

AMERICAN DAIRY ASSOCIATION INDIANA

American Dairy Association Indiana, Inc. (ADAI) is a not-for-profit promotion, communication, and nutrition education organization funded by and serving Indiana dairy farm families. We provide service to consumers, health professionals, teachers, food service professionals, and the media.

WinnersDrinkMilk.com

NATIONAL DAIRY COUNCIL

National Dairy Council (NDC) is committed to providing science-based education about the nutrition and health benefits that dairy foods provide, while also connecting people to the hard-working dairy farmers who bring nutritious milk, cheese and yogurt to tables across America. With 100 years of experience and a staff of registered dietitian nutritionists, nutrition researchers and communication experts, NDC works to provide practical information about how eating three daily servings of low-fat and fat-free dairy foods like milk, cheese and yogurt can offer great taste, nutritional value and health benefits.

NationalDairyCouncil.com

DAIRY GOOD

We are working together to help secure a bright future, providing healthy products, healthy communities and a healthy planet to future generations.

DairyGood.org

STATE FARM TO SCHOOL

An internet search for your state name and “farm to school” will bring up internet links to your local program information.

USDA FARM TO SCHOOL

Provides online resources to assist schools in starting or expanding their Farm to School activities, assists in communication between farmers and schools, shares information about Farm to School activities across the Nation, and keeps you informed of the legislative and regulatory changes that influence Farm to School activities.

FNS.USDA.gov/FarmToSchool/Farm-School

Find additional tools and resources in the online Playbook at FuelUptoPlay60.com





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