



LESSON 5

"Choosin' Keeps You Cruisin'"

State Standards:

	Third Grade	Fourth Grade	Fifth and Sixth Grade
Math	2.6.3		
Science-Technology		<i>Anchors: S4.A.3, S4.B.3</i>	
Health, Safety and Physical Education	10.1.3, 10.2.3		10.1.6, 10.2.6
Family & Consumer Sciences	11.3.3		11.3.6
Reading (<i>only when guided reading pamphlet is used</i>)	1.1.3, 1.2.3, 1.3.3, 1.6.3	<i>Assessment Anchors: R4.A.1.1, R4.A.1.2., R4.A.1.3, R4.A.1.4, R4.A.1.6, R4.A.2.1, R4.A.2.2, R4.A.2.3, R4.A.2.4, R4.A.2.5, R4.A.2.6, R4.B.3</i>	1.1.5, 1.2.5, 1.3.5, 1.6.5

**This unit also meets requirements for many Wellness programs and grants.*

Objectives:

- Students will state how good choices affect their diet, health and nutrition.
- Students will identify the Food Guide Pyramid and the Five Food Groups.
- Students will list the number of servings needed from each food group.
- Students will state how physical activity plays a role in maintaining a healthy life.
- Students will identify two health benefits of eating dairy products.

Approximate Lesson Length: 50 minutes

Materials Needed:

- A copy of the **"Choosin' Keeps You Cruisin'"** worksheets for each student
- A copy of the "Choosin' Keeps You Cruisin" guided reading pamphlets for each student
- **"Discover Dairy . . . and Nutrition"** video (available for download from www.discoverdairy.com) and projection device for showing it to the class
- Overhead of **"Nutrients in Milk"** listing included in this lesson plan (*see page 4*)
- Overhead projector
- Food Pyramid poster (available at http://teamnutrition.usda.gov/Resources/mpk_poster.pdf)
- Two calcium tablets
- Two clear glasses — one filled with milk and one filled with a dark cola
- Food supplies for guided reading pamphlet (string cheese, pretzel sticks, peanut butter, celery sticks, raisins)

Enrichment:

- Visit www.discoverdairy.com and play the interactive game associated with this lesson.
- Visit www.dairyspot.com
- Visit www.mypyramid.gov/kids/index.html

Motivator:

Introduce the “**Discover Dairy ... and Nutrition**” video by asking students what they ate for breakfast. Let them call out items, and then say that the video they are about to see will show them how those foods fit into the Food Pyramid.

Write the following questions on the chalkboard or overhead. Ask students to listen for answers while watching the video, and encourage them to write down the answers on a piece of paper as they hear them.

- How many servings do we need of each food group each day? (*Elementary school-aged children need three servings of milk and dairy products a day.*)
- What nutrients are found in milk and dairy products? (*calcium, magnesium, phosphorus, potassium, protein, riboflavin, Vitamin A, Vitamin B12 and Vitamin D*)
- Why is it important to make good choices when it comes to the foods we eat? (*Because a well-balanced diet that includes the recommended daily servings from each food group helps keep us healthy and strong.*)

Video:

Show the “**Discover Dairy . . . and Nutrition**” video and then summarize it with the class. Review the questions above.

Lesson:

Introduce the concepts of the Food Pyramid and balanced diet. Using the Food Pyramid poster as a visual in your discussion, begin to talk about choices. How do choices the students make each day affect their health and nutrition? For instance, when students want an after-school snack, what do they choose to eat? Instead of choosing chips, they could choose a drinkable yogurt with carrot sticks, or a slice of cheese with an apple.

- Your diet is an important part of keeping you healthy and active.
- By knowing about the Five Food Groups, you can help make sure you feed your body right.
- Each of the Five Food Groups — Grains, Vegetables, Fruit, Dairy and Meat & Beans — work together to help you balance your nutrition.
- Each group has a daily serving recommendation. Review what is listed on the poster.
- Whether you enjoy playing soccer or playing in the band, you need nutrients and minerals every day to help your body grow and develop. Dairy products play an important role in keeping your bones strong and healthy.
- Emphasize that eating the right foods is just one part of staying healthy. Another good choice is to make sure you get at least 60 minutes of physical activity every day.

Classroom Activity:

Create an overhead transparency of the diagram on page 5 and use it to review the nutrients found in milk and how they support the body.

- **Calcium and Vitamin D** are both necessary for building strong bones. Your body has 206 bones. Together your bones form your skeleton. Your skeleton helps you stand up straight and tall. Without bones, your body would be like gelatin. Most school-aged children do not get enough calcium. If you don't get enough calcium, your bones don't get the calcium they need to stay strong. If kids get enough calcium when they are young, they will have a better chance of avoiding the bone-thinning disease osteoporosis when they are older.
- **Vitamin D** helps our bodies take in calcium. Our bodies need it to absorb the calcium. Vitamin D also helps our skin stay healthy.
- **Potassium** helps keep our fluids balanced and blood pressure normal.
- **Magnesium** helps give us dense bones and muscles.
- **Phosphorus** gives us strong bones and teeth.
- **Protein** helps build and repair everything in our bodies.
- **Riboflavin** helps our bodies change food into energy.
- **Vitamin A** found in milk helps with our eyes and our vision.
- **Vitamin B12** helps our bodies make red blood cells and carry oxygen to where it's needed.

Additional Classroom Activity:

Use this experiment to reinforce how the choices we make affect our body. This will help the students understand the effects of milk and soda on the calcium in their bones. Take the glass of soda and glass of milk and set them in front of the classroom. Take two calcium tablets and explain to the class that the tablets are made from calcium, just like our bones are. Drop a calcium tablet in both glasses. Let the two tablets sit in the glasses for at least a half hour.

After the half hour period, return to the experiment. The tablet in the soda glass will dissolve, while the tablet in the milk should stay the same. Have the students write down what happened to both and compare and contrast what the respective effects of soda and milk would be on their bones and teeth, which are made of calcium. Discuss as a class.

Guided Reading Pamphlet:

Hand out the reading pamphlets to review the lesson.

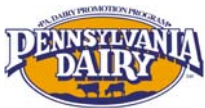
Evaluation:

- Revisit the concept of a balanced diet.
- Ask students to name the daily serving recommendation for the Dairy food group.
- Ask students how many vitamins and minerals are in a glass of milk.
- Ask students which nutrient helps prevent osteoporosis.
- Ask students to name three dairy products.

If desired, use Worksheets 5.1 and 5.2 that accompany this lesson to evaluate whether the students have comprehended the lesson and can meet the stated objectives.

Additional Activities:

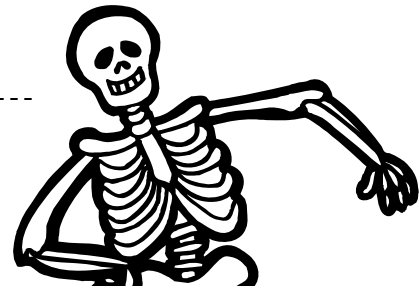
- Invite the local dairy princess into your classroom to give the lesson or ask your school nurse to lead your class through a discussion on making good choices..
- Encourage students to play the interactive game associated with this lesson, on www.discoverdairy.com.
- Have a discussion in your class about ways to get 60 minutes of physical activity every day. Have the students brainstorm ideas, such as riding bike, jogging, playing tag, etc., and list them on a chalkboard or piece of white paper. See how many activities you can list.
- Hold a dairy recipe contest. Students submit an original dairy recipe and the class votes on their top three favorites. Consider actually making the top recipes and conducting a taste test dairy party (students' parents could assist with this activity).
- Allow students to track their eating habits for a designated period of time (a week, for example). Compare their diets to the Food Pyramid guidelines.
- Allow students to analyze the cafeteria lunches for one week and discuss the foods served and what groups they fall into on the Food Pyramid.
- Challenge each student to try one new activity each day for a week and keep a journal on their experience that they could share with the class.



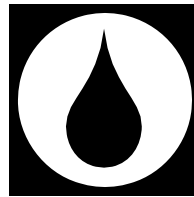


Nutrients Found in Milk

CALCIUM -----



VITAMIN D -----

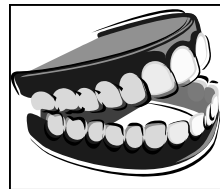


POTASSIUM -----

MAGNESIUM -----



PHOSPHORUS -----

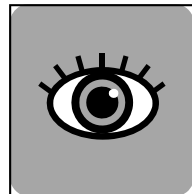


PROTEIN -----



RIBOFLAVIN -----

VITAMIN A -----



VITAMIN B¹² -----

