

Lesson 1: Animal Health: Making Cows Smile

Lesson Introduction

Dairy farming is a way of life for over 40,000 farm families in the United States. Dairy farmers have a very important job to do. In this lesson, students will learn how dairy farmers work with others to make sure that their cows' diet is balanced and nutritious to keep the cows healthy and happy. The lesson will also highlight the career of being a nutritionist.

Lesson Objectives

- Students will read a nutrition label correctly.
- Students will create a nutritious snack balanced with specific requirements.
- Students will list the responsibilities and education of a nutritionist.

Time: 45 – 60 minutes

Standards: See the [Discover Dairy website](#) for complete listing by grade level.

Vocabulary

- Calorie, cud, dairy cow, diet, nutrient, nutrition, and total mixed ration

Materials Needed

- Computer
- Lesson PowerPoint
- Multimedia Projector and Screen
- Internet Access
- Foods for lab (baby carrots, orange juice, spinach, and string cheese) and measuring cups
- Calculator
- Pencils

Activities

- Animal Care Video Discussion Guide (fill in the blank with or without word bank)
- Nutrition Lab
- [Kahoot! Game](#)

Procedure

Introduction (10 minutes)

- Go over the essential vocabulary terms and their meanings for this lesson.
- **Activating Strategy:** Let's discover how the health and care of dairy cows are important to the farmer by watching the video, [Discover Dairy and Animal Care](#).

Nutrition Lab (30-40 minutes)

- Do the Introduction.
- Have the food (baby carrots, orange juice, spinach, and string cheese), bowls and cups, measuring cups, and calculators ready for students.
- Pass out the Nutrition Lab Directions, Nutrition Labels for Lab Resource, and Nutrition Lab Sheet.
- Allow students class time to complete the Nutrition Lab with a partner or in a group.
- Walk around, offering help and answering questions as needed.
- Closure: We discussed what dairy farmers do every day to take care of their cows. Tell the class one way that dairy farmers are responsible for the care of their cows.

Career Spotlight: Nutritionist (5 minutes)

- Do the Introduction
- Facilitate the Career Spotlight on Nutritionist using the video and discussion of responsibilities and education.
- Closure: Dairy farmers depend on nutritionists to help them take care of their cows.
 - Tell us one way that nutritionists help dairy cows.
 - Are you interested in being a nutritionist when you grow up?

Summative Activity (5 minutes)

- Do the Introduction.
- Facilitate the [Lesson 1 Kahoot!](#) Review with students.
- **Lesson Closure:** Today you learned about what dairy farmers do every day to take care of their cows and that they work with many people to take good care of their animals, so we have milk to keep us healthy. Tell us one person farmers work with and what that person does to help the farmer and his or her cows.

Career Spotlight

Nutritionist

Summative Assessment

Students will complete the Nutrition Lab with a mastery level of 80% or higher.

