

Preview File Only

From Cow to Milk Carton

Click through the following PowerPoint to preview the content of the St. Louis District Dairy Council's SMART lesson.

To use the lesson you must have

Notebook 10 or newer. The Notebook software can be purchased and downloaded from the SMART Technologies website.

<http://www.smarttech.com/us/Support/Browse+Support/Download+Software>



St. Louis District Dairy Council presents

From Cow to Milk Carton

A SMART activity to complement the video
"From Your Local Farmer To You: Calves, Cows, & The Story of Dairy"



From Cow to Milk Carton

Lesson objectives

- 1) To understand that quality animal care on a dairy farm leads to the best quality milk in the grocery store.
- 2) To understand the health benefits of and daily requirements for dairy in the diet.

12



Lesson objectives

Teachers' notes

Lesson notes

The following SMART lesson emphasizes the State Learning Standards and National Common Core listed below.

Illinois State Goal 23.

Understand human body systems and factors that influence the growth and development.

23.B.2 Differentiate between positive and negative effects of health-related actions on body systems (e.g., drug use, exercise, diet).

23.C.2b Identify stages in growth and development (e.g., stages in the life cycle from infancy to old age).

Missouri Health/Physical Education

In Health/Physical Education, students in Missouri public schools will acquire a solid foundation which includes knowledge of

1. Structures of, functions of, and relationships among human body systems.
2. Principles and practices of physical and mental health (such as personal health habits, nutrition, stress management).

Missouri Goal 1

Students will demonstrate within and integrate across all content areas the ability to

1. Develop questions and ideas to initiate and refine research.
7. Evaluate the accuracy of information and the reliability of its sources.
8. Organize data, information and ideas into useful forms (including charts, graphs, outlines) for analysis or presentation.
10. Apply acquired information, ideas and skills to different contexts as students, workers, citizens and consumers.

Common Core

RI.3.1 Key Ideas and Details: Ask and answer questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers.

RI.3.2 Key Ideas and Details: Determine the main idea of a text; recount the key details and explain how they support the main idea.

RI.3.3 Key Ideas and Details: Describe the relationship between a series of historical events, scientific ideas or concepts, or steps in technical procedures in a text, using language to signal time, sequence, and cause-effect.

[Extend Page](#)

The story of milk starts on the farm with the dairy cow. Place the following pictures in the order they would occur on a dairy farm to review how milk travels from the cow to the table.

Edit

Check

Reset

Solve

?

1



2



3



4



5



6



7



8



9



10



FROM YOUR LOCAL FARMER
TO YOU

[Extend Page](#)



Farm Fodder

Pull

Cow	
Calf	
Sire	
Herd	
Udder	
Milking Parlor	
Hay	
Hutch	
Colostrum	
Veterinarian	

[Extend Page](#)

Dairy Nutrition



An important part of a
healthy diet!

[Extend Page](#)

Dairy Nutrition Facts



★ The first cow arrived in America around 1611. The cow arrived at the Jamestown colony by boat. Until the late 1850's, if you wanted milk for your family you had to own a milk cow.

★ Consuming dairy products is especially important for bone health during childhood and adolescence. Experts estimate that roughly 40 percent of lifetime bone mass is formed during adolescence.

★ Calcium is used for building strong bones and teeth. It is also important for maintaining bone mass. Dairy foods are the top source of calcium in the American diet.

★ The 2010 Dietary Guidelines recommend three servings of low fat or fat-free dairy products as part of a healthy diet.

★ Vitamin D is important for maintaining proper levels of calcium and phosphorus. Milk and other fortified dairy products are a good source of these nutrients.



Dairy Nutrition Facts



★ It takes 21 pounds of whole milk to make 1 pound of butter and 10 pounds of milk to make 1 pound of cheese.

★ The natural yellow color of butter comes from the beta-carotene that cows get from eating grass.

★ Some of the top ice cream producing states (according to the United States Department of Agriculture) are: California, Indiana, Texas, Pennsylvania, Illinois and Minnesota.

★ American dairy farmers take great care of their cows. With great care comes great production. Dairy cows produce an estimated 6 1/2 gallons of milk a day. That is enough milk for 33 school kids to drink three 8-ounce glasses of milk a day!

★ Boys and girls from the ages of 9-18 should consume 3 servings of low fat or fat free dairy each day.

Click on the wedge of cheese below to learn more about your requirements for consumption of dairy products.



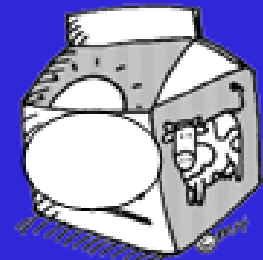
★ Milk and foods made from milk, like cheese and yogurt, make up the dairy food group.

★ Cows are referred to as the foster mothers of the human race because they produce most of the milk we consume.

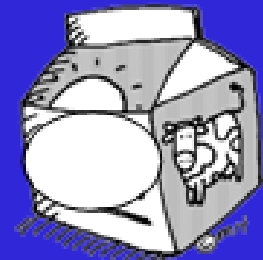
Dairy Nutrition True or False

Try answering the following questions after reviewing the Dairy Nutrition Facts pages. To check your answer drag the answer blank to the circle in the middle of the carton of milk. Use the red pen to correct all false sentences and make them correct. Good Luck!

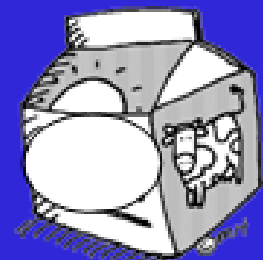
Boys should consume 4 cups of dairy every day. _____



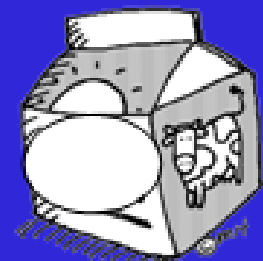
It takes 21 pounds of whole milk to make just 1 pound of butter and 10 pounds of milk to make 1 pound of cheese. _____



Consuming dairy products helps you grow healthy teeth and bones. _____

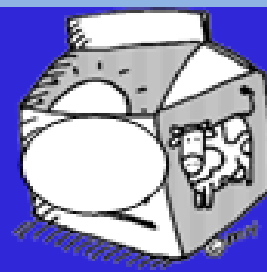


Milk contains Vitamin C which helps your body absorb calcium. _____

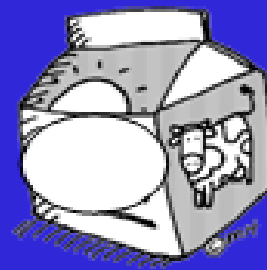


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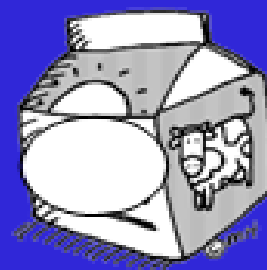
**Butter is not naturally yellow,
color is added to the butter.**



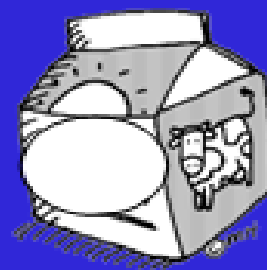
**Girls between the ages of 9-18
should consume 3 cups of
dairy every day.** _____



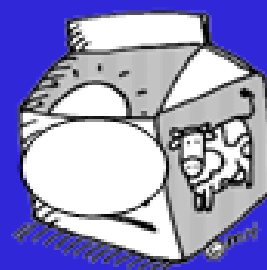
**Some of the largest ice
cream producing states are:
California, Indiana, Texas,
Pennsylvania, Illinois and
Mississippi.** _____



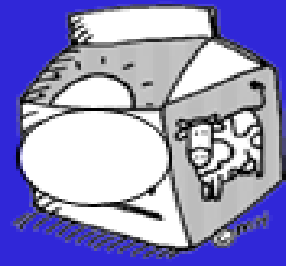
**All foods made from milk are
included in the Dairy food
group.** _____



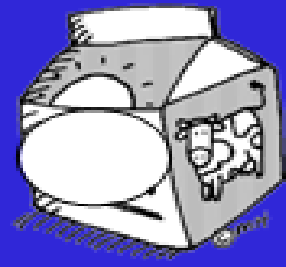
**Milk is a good source of
Vitamin D which helps your
body absorb calcium.** _____



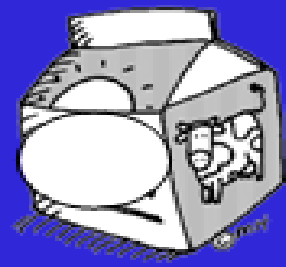
Dairy cows produce enough milk in one day for 33 school age students to have three 8-ounce glasses of milk. _____



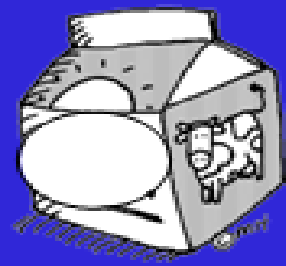
The first dairy cow arrived in the United States in the early 1900's. _____



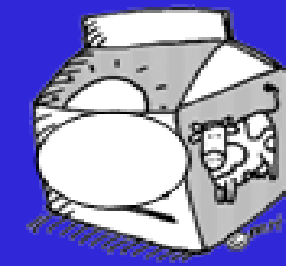
A very important time to consume dairy foods is when you're young and your bones are growing. _____



Consuming milk helps you get calcium in your diet which helps build strong bones. _____



Cows supply only a small amount of the milk and calcium that humans consume. _____





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The information provided in this lesson was researched and obtained from the following sources:

- St. Louis District Dairy Council
<http://stldairycouncil.org>
- University of Illinois Extension
<http://web.extension.illinois.edu/state/nutrition.html>
- The United States Department of Agriculture's
<http://Chickensmylate.gov>
- The United States Department of Agriculture's Research Center
<http://www.ars.usda.gov/main/main.htm>