

**3RD GRADE**  
**LESSON: Dairy**  
**SC STANDARD: 3.MDA.2**

## DAIRY

### OBJECTIVES:

- Understand what constitutes as a dairy product
- Recognize where dairy products come from and how they are made
- Understand health benefits of dairy and why it is an important part of MyPlate

### LET'S GET STARTED:

- Identify what is considered dairy
- Explain where dairy products come from and how they are processed to become different products
- Discuss the nutritional importance of dairy in MyPlate and offer alternatives

### ACTIVITY:

- This activity will help the students Estimate and measure liquid volumes (capacity) in customary units (i.e., c., pt., qt., gal.) and metric units (i.e., mL, L) to the nearest whole unit.

### WRAPPING UP:

- Remind students of the health benefits of dairy and the recommended daily intake according to MyPlate
- Distribute Boss' Backpack Bulletin with the goal of the week

### SC STANDARDS:

- 3.MDA.2 Estimate and measure liquid volumes (capacity) in customary units (i.e., c., pt., qt., gal.) and metric units (i.e., mL, L) to the nearest whole unit.

### MATERIALS:

- Volume Worksheet
- Boss' Backpack Bulletin Handout

## LET'S GET STARTED!

- Ask students if they can give examples of dairy products. Explain how dairy products come from milk and can be processed into different products.

### DIALOGUE BOX

- Does anyone know what dairy is? Can anyone name some dairy products?
  - Dairy is milk and anything that is made from milk. Milk can come from animals other than just cows, like goats or sheep.
  - Milk, cheese, yogurt, ice cream, butter, sour cream, and cream cheese are examples of dairy products.
- We can milk cows (or other animals) to get milk. The milk can then be refined into the milk we find at the store and drink, or it can be processed into products like cheese, butter, yogurt, or other dairy products.
- Explain that dairy is an important part of the everyday diet. If the "Introduction to MyPlate" lesson has already been taught, remind students about the dairy section of the plate. If it has not been taught, briefly discuss that dairy is a food group that should be included in what they eat every day. Discuss health benefits of dairy.

### DIALOGUE BOX

- Remember that dairy is a food group of MyPlate that you are supposed to eat every day! MyPlate suggests that you should eat some dairy at every meal in order to be healthy.
- You should try to consume 3 servings of dairy each day. An easy way to reach your goal is to drink a glass of milk with each meal.
- Dairy is an important part of your diet because it provides lots of benefits that help keep you healthy.
- Dairy has lots of vitamins and minerals that help build strong bones and teeth. It is important to consume dairy because it helps you grow! It can also help reduce the risk of certain diseases, like diabetes and heart disease.

## BOSS' FUN FACT

Dairy is an important part of the American diet. A single cow can produce 7 gallons of milk each day! Ice cream made with coconut milk



- Discuss alternatives to dairy products that are available.

## DIALOGUE BOX

- Dairy products are made from milk, and they can be very healthy for you. Low fat milk, cheese, and yogurts are good examples of dairy products that are GO foods.
- Some people, though, cannot eat or drink dairy because it upsets their stomach.
- There are plenty of other options available to make sure you get the vitamins you need. Products such as soymilk, almond milk, and other nondairy options that have vitamins and minerals added to them to make sure people that don't eat and drink dairy are still getting the important nutrients!
- Milk, yogurts, cheeses, and even ice creams often have non-dairy alternatives so everyone can enjoy them!

## ACTIVITY

- This activity will help the students Estimate and measure liquid volumes (capacity) in customary units (i.e., c., pt., qt., gal.) and metric units (i.e., mL, L) to the nearest whole unit.

## DIALOGUE BOX

- We have learned that dairy can come in many forms.
- Dairy can be found in liquid form and solid form.

- In this exercise, I want you to think of dairy in the form of a liquid.
- What would that make the dairy?
- What type of liquid is dairy?
- Milk, right!
- On the sheet of paper I hand out, I want you to estimate how much milk is in each container.
- Let me know if you have any questions.

## WRAPPING UP

- Ask students if there are any questions about the lesson
- Remind students that drinking milk and eating low fat dairy is an important part of MyPlate.
- Distribute a MyPlate guide and Boss' Backpack Bulletin with the weekly goal.

## DIALOGUE BOX

- Does anyone have any questions about what we covered?
- Remember, dairy is a part of MyPlate, which means you should eat or drink it every day. Try to get 3 servings of dairy daily!
- This week your goal is to eat or drink dairy with every meal!

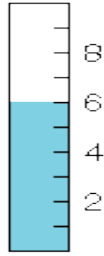
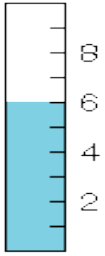


# MILK VOLUME WORKSHEET

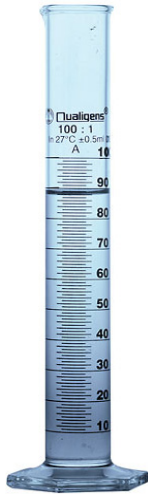
1. Emily, Olivia, and Ashley each have three liters of milk. How many liters of milk do they have in all?

2. Alan has 15 liters of milk, and John has 24 liters of milk. How many liters of milk do they have in all?

3. What is the volume of the milk in this 10 mL container?



4. What is the volume of the milk in this 100 mL container



Name: \_\_\_\_\_ Date: \_\_\_\_\_

# BOSS' BACKPACK BULLETIN

Your goal this week is to eat and drink enough dairy! You need 2-3 servings of dairy every day to keep your body healthy!



## Monday

---

---

---

---

## Tuesday

---

---

---

---

## Wednesday

---

---

---

---

## Thursday

---

---

---

---

## Friday

---

---

---

---

**2-3 SERVINGS  
OF DAIRY  
EVERY DAY**



Reduces risk of heart disease and diabetes



Builds strong bones and teeth



Provides vitamins and minerals to grow big and strong