

DAIRYLICIOUS

Goal:

Children will know foods from the dairy group and will help make a healthy recipe.

Activity/Recipe Materials:	Grocery List
MyPlate Image Pictures of dairy foods (milk, yogurt, cheese, cottage cheese) Spoons Bowls or clear cups for parfaits	Non-fat vanilla or plain yogurt Diced strawberries (or other diced fruit of choice) Crunchy cereal (i.e., granola)

Before Activity:

Review pages 14-16 (*Talking about Food, Cooking with Children, & Taste Testing*).

Activity Plan:

- Briefly review MyPlate, including how each food group helps bodies to grow. (Refer to MyPlate for MyBody on page 19. Remember to do the motions!)
- Introduce Dairy Group.
 - *“Today, we will be looking at the dairy group. How does the dairy group help us to grow? It helps us to grow big and tall!”* (Reach up high and stand on toes.)
- Have children help you place pictures of foods in the dairy group (examples: milk, cheese, yogurt, and cottage cheese).
 - *“I’m going to tell you something really special about dairy foods...they all come from milk! Milk is one of the best things we can drink because it helps bones to grow big and strong.”*
- Invite children to make a snack using a dairy food. Make recipe as described below.

Strawberry Parfait:

- Diced strawberries (or any other diced fruit)
- Plain or Vanilla Yogurt, non-fat or low-fat
- Crunchy Cereal

Directions: Place desired amount of yogurt in a small cup. Top with diced strawberries (or other fruit). Top with small amount of cereal. Taste with children, asking them to tell you how it tastes.

- Suggested questions: *What does it taste like? Is it cold or hot? Is it sweet or salty? Is it crunchy or mushy?*



Leading Cooking Activities

In some cooking activities, it may be helpful to make the recipe for yourself first to show children an example. After they watch you make the recipe (like the parfait in Dairylicious), allow them to do as much of the scooping and portioning on their own as possible. This is great practice for family style meals!