



Equipment Needed:

- Printer
- Copier
- *Optional if using a video:*
 - Computer
 - Wi-Fi Access
 - Projector
 - Speakers

Pre-Class Prep:

- Make copies of the handout activity sheets from the From Cow to You Curriculum.
- Access and load [The Story of Milk](#) YouTube video.

Cross-Pollination Ideas:

In the Cafeteria:

- Hang From Cow to You, [Honoring the Harvest](#), or your state's [Moo I.Q. Poster](#).
- Ask to have a dairy-forward recipe featured on your school's menu.

In the Community:

- Promote or recap activities to parents, teachers, and the school community through online blog and social media posts, or through the local media.
- Use the campaign ideas generated from Honoring the Harvest (activity sheet 3) to write a letter to a local legislator, wellness, or other health-related school committees, and/or to New England Dairy.

Possible Adaptations:

- If you cannot access W-Fi, place the curriculum poster at the front of the classroom and use it as a guide for discussion.
- If you cannot access a printer or copier, post or project the poster and fact sheet to use as a discussion guide.

Implementation

[From Cow to You: How Milk Gets from Farm to Table](#) is designed to be used in the classroom and may also be used in after-school and community program settings.

Goals and Objectives of Activities:

The curriculum allows students to explore the role of dairy in their diet according to USDA's MyPlate guidelines, learn about local dairy farming practices and their impact on the community, as well as understand the importance of sustainability.

These resources can be modified and used to supplement the following topic areas:

- USDA MyPlate and Dairy from ChooseMyPlate.Gov
 - Review [ChooseMyPlate](#) and the [ChooseMyPlate dairy page](#) and emphasizing dairy is a part of the USDA Dietary guidelines.
 - Have students complete the [Dairy All Day](#) activity sheet.
- Dairy Farming: Behind the Scenes
 - Have students watch "[From Farm to You: The Story of Milk](#)" (7:17).
 - Complete the [Dairy Farming](#) activity sheet.
- Sustainability in Local Agriculture
 - Discuss the importance of food waste and sustainable practices at dairy farms throughout New England.
 - Complete the [Sustainability and Food Waste](#) activity sheet.

Age Modification

Grades K-4

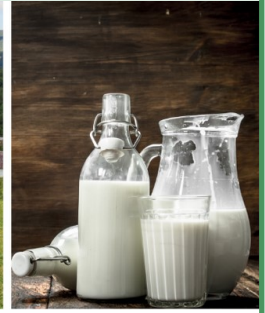
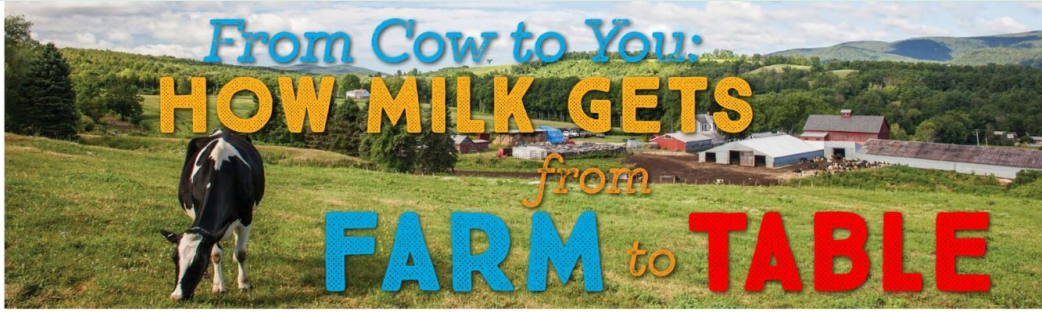
- Use the [Cow to You poster](#) as a reference and explain where milk comes from. Use [Activity Sheet 1](#) as a guide and discuss the importance of cow care.

Grades 9-12

- *MyPlate Activity* - Take this activity one step further by planning three meals with at least one dairy item and/or have students come up with healthy meals or snacks with dairy ingredients.
- *Dairy Farming: Behind the Scenes* - Expand discussion about the care of dairy cows using the following questions: What do you think about farmers prioritizing their cows comfort? How do you think the cows comfort will impact the milk they produce?
- *Sustainability in Local Agriculture* - Discuss specific sustainable practices that are made on dairy farms throughout New England (potential resource: [Manure Management](#)).
- *Follow these resources with* - [Virtual Farm Tour Curriculum](#) to expand on sustainability in dairy farming.

Extended Thinking & Activities

Resources accessible via NewEnglandDairy.com



All Grades

[Milk is a Local Food](#)

- Use this as a simple, easy-to-read infographic to explain how dairy goes from farm-to-market.
- Can be used with *Dairy Farming: Behind the Scenes* lesson.

[Health Benefits of Cheese](#)

- Milk isn't the only dairy product! This infographic outlines cheese and its health benefits.
- Can be used with *USDA MyPlate and Dairy* lesson.

Grades K-4:

[MyPlate Kids](#)

- This is an activity for younger students with coloring and drawing involved.
- Can be used with *USDA MyPlate and Dairy* lesson.

Grades 5-12:

[Become a Food Waste Warrior](#)

- Colorful infographic that explains what food waste is and how to avoid it.
- Can be used with *Sustainability in Local Agriculture* lesson.

[Milk: A Nutrient Powerhouse](#)

- Explains milk's health benefits and relates those benefits to other foods.
- Can be used with *USDA MyPlate and Dairy* lesson.

[A Pile of Energy](#)

- Explains how cow manure can be used and recycled on a dairy farm in multiple ways.
- Can be used with *Sustainability in Local Agriculture* or *Dairy Farming: Behind the Scenes* lessons.

[Manure Management](#)

- Contains videos that explain how manure is managed on farms and how it can be reused in multiple capacities across the farm.
- Can be used with *Sustainability in Local Agriculture* or *Dairy Farming: Behind the Scenes* lessons.

[Eat the MyPlate Way](#)

- Infographic about how to eat the "MyPlate Way" across all the food groups included on the USDA's MyPlate visual.

Grades 9-12:

[Dairy as Driver of Sustainable Development Goals](#)

- Using the United Nations' Sustainable Development Goals, this poster outlines how dairy fits within these goals.
- Can be used with *Sustainability in Local Agriculture* lesson.

[How One Cow- How Dairy Contributes to a Sustainable Food System](#)

- This infographic goes into detail about how a cow contributes to a sustainable food system.