

Dairy Council of California Summer Meals Resources + Activities

K-6

Fun Farm to School Video + Activities Teach About Cows, Milk and Healthy Eating

View the 16 minute video in its entirety, to choose shortened segments with vocabulary geared to k-3rd grades or grades 4-6. Access the videos/segments here <http://www.healthyeating.org/Schools/Mobile-Dairy-Classroom/Assembly-Video-Series.aspx>

Then, access one or all of these great handouts and activities:

- Use brown paper lunch sacks to create cow puppets! Use this handout http://www.healthyeating.org/Portals/0/Documents/Schools/MDC/Cow_parts.pdf to cut out the parts and paste on the folded side of a brown paper sack. Ask kids to tell each other stories using the puppet.
- Connect the dots and color in the cow! Use this handout http://www.healthyeating.org/Portals/0/Documents/Schools/MDC/dot_to_dot.pdf
- Cow Word Search for grades 1-3 http://www.healthyeating.org/Portals/0/Documents/Schools/MDC/Word_search.pdf
- Cow Mad Libs for grades 3-5 http://www.healthyeating.org/Portals/0/Documents/Schools/MDC/Dairy_Cow_MAD_LIBS.pdf

Market Mystery Narrated Story Book- learn about how all five food groups get to market in this nearly 19 minute narrated video geared to 1st and 2nd grade. <http://www.healthyeating.org/Schools/School-Foodservice/Farm-to-School.aspx#feature>

Healthy Breakfast Video: Helps elementary kids learn what makes a healthy breakfast <http://www.healthyeating.org/Videos/3-out-of-5-Breakfast-Lesson-Plan.aspx> Older Elementary kids might want to play the Power Up Your Breakfast game online here: <http://www.healthyeating.org/Healthy-Kids/Kids-Games-Activities/Power-Up-Your-Breakfast.aspx>

Computer Lab Access? Check out these online games.

My Plate Match Game introduces all five food groups. <http://www.healthyeating.org/Healthy-Kids/Kids-Games-Activities/My-Plate-Match-Game.aspx>

My Very Own Pizza allows young children to customize their perfect pie and learn more about this childhood favorite. <http://www.healthyeating.org/Healthy-Kids/Kids-Games-Activities/My-Very-Own-Pizza.aspx>

E Reader Access? USDA Team Nutrition has two new eBooks you can download on eReaders/Tablets about MyPlate <http://www.fns.usda.gov/tn/myplate-ebooks>

Low/No Tech? These books about food, health and nutrition can be checked out from the library and read to kids: <http://www.healthyeating.org/Schools/Tips-Trends/Health-Nutrition-Books.aspx>

Middle School +

Explore Healthy Snacks Video: upper elementary/middle school kids
<http://www.healthyeating.org/Videos/Healthy-Snacks.aspx>

Our “Garden Seed” page has a simple activity to start a container garden, The Food Group Song, ag/nutrition/farming book ideas and a link to the Dairy Farm game.
<http://www.healthyeating.org/Schools/Garden-Seeds.aspx>

Basic Eating and Activity Tracker for Middle School/Teens: <http://www.healthyeating.org/Healthy-Kids/Kids-Games-Activities/TeenBEAT.aspx>

Other Resources

This handout designed for traditional classrooms might provide summer feeding sites with good ideas to control the kid wiggles and increase physical activity
<http://www.healthyeating.org/Portals/0/Documents/Schools/Orders/In-ClassRoom-Activities.pdf>

An activity geared towards School Foodservice professionals could be adapted to Summer Feeding Programs with a little creativity:
<http://www.healthyeating.org/Portals/0/Documents/Schools/SFS/Tools%20Created%20by%20Schools/Matching.Catchy%20Names.pdf>