

# Cheddar, Cheddar, Cheese!

Students learn about healthy dairy snacks in this twist on "Duck, Duck, Goose!"

## OVERVIEW

<b>Description:</b>	In this wacky version of "Duck, Duck, Goose!" students explore healthy dairy products.
<b>Objective:</b>	Students will identify a variety of healthy milk and milk products they can have for snack.

## ACTIVITY

1. Gather the students into a circle around you and ask them to sit.
2. Ask them how often they have milk, yogurt, or cheese and if they know where milk, yogurt, and cheese come from (cows, goats, sheep).
3. Tell them milk and milk products help them grow taller and stronger and that low-fat, skim (instead of high-fat) milk, yogurt, and cheese are healthiest for their bodies. They can tell what kind of milk is in a carton or jug by the color of the container or cap. (A red cap usually means whole milk; a blue cap usually means low-fat.)
4. Next, tell them low-fat yogurt with fruit or low-fat cheese and crackers are healthy snacks.
5. Explain that people who are allergic to milk can drink or eat other things to stay healthy like soy milk or veggies.
6. Tell the students they are going to play "Duck, Duck, Goose!" with a twist.
7. Explain that someone ("It") will walk around the outside of the circle lightly tapping her or his classmates' heads. However, instead of saying "Duck, Duck, Goose!" she or he is going to say a two-word dairy (or dairy substitute) product such as strawberry yogurt, skim milk, soy milk, or cheddar cheese. (There should be no repeats; everyone should think of a different set of words.) She or he will repeat the first word as she or he taps each classmate's head like this "Cheddar, Cheddar, Cheddar..." Eventually, she or he should say the second word "Cheese!" and that student should jump up and chase "It" around the circle.
8. "Its" goal is to run all the way around the outside of the circle and back to the second student's spot without getting tagged. Then, the second student becomes "It." If, however, "It" gets tagged, the second student can go back to her or his original seat and the first student remains "It."
9. If time permits, review some of the milk products mentioned.

### Activity Note

If possible, bring in low-fat yogurt, cottage cheese, and milk containers and show them to the students.

## BACKGROUND INFORMATION

Milk and milk products contain calcium, which helps bones and teeth stay strong. In general, kindergarteners should have about two cups of milk or milk products every day. For example, two cups can consist of two of the following:

- 1 cup of milk
- 8 oz. yogurt
- 2 oz. of cheese

However, if a student is allergic to milk and milk products there are other foods that contain calcium, including white or black beans, broccoli and other greens, almonds, some cereals, calcium-fortified orange juice, salmon, tofu, oats, and soy milk.

**Two-Word Healthy ("Go") Milk and Milk Products:**

- cheddar, mozzarella, goat, feta, gouda, or string cheese
- low-fat cheese
- skim milk
- strawberry, blueberry, raspberry, peach or lemon yogurt
- yogurt smoothie
- cereal and milk

**Related National Standards**

<u>NHES:</u>	1.2.1, 7.2.1
<u>NSPSELA:</u>	E3b
<u>NSPE:</u>	1, 5
<u>NS:</u>	NS.K-4.6