

Content Area Lesson 2: Dairy Does a Body Good  
Activity 7: Orange Cow Fun

**Iowa Core Curriculum:**

21st Century Skills- Health Literacy

- Essential Concept and/or Skill: Obtain, interpret, understand and use basic health concepts to enhance personal, family, and community health.

**Supplies Needed:**

Orange Cow Drink Recipe

Frozen orange juice

Milk

Water

Sugar

Vanilla

Ice cubes

**Activity Length:** 20 minutes

**Activity Direction:**

1. Use the orange cow drink recipe to make this great dairy treat.
2. This is a great lesson for students to understand different options for dairy drinks.

**Discussion:**

1. What are some other dairy products that we don't think about eating all the time?
2. What are some additions you could make to this drink to make it more creative? (yogurt, ice cream instead of ice)