



Iowa's Dairy Story Dairy Nutrition Lesson

Objectives:

1. To emphasize the importance of 3 servings of dairy products a day.
2. Realize what the calcium in dairy products does for your bones.
3. Identify reasons for osteoporosis

Iowa Core Curriculum Met:

Science Standards

- Content Standard 2: Students can understand concepts and relationships in life science.

Literacy Standards

- Content Standard 1: Students can comprehend what they read in a variety of literary and informational texts.

Health Literacy

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

Materials:

Use posters in the student break room at the Dairy Center.

1. Anytime is Milk Time
2. Bones: The Inside Story
3. Calcium, How much does your body need each day?
4. Dairy Products Display Case
5. My Pyramid soon to be My Plate
6. Osteoporosis, Is it in your future?

Duration:

20-25 minutes