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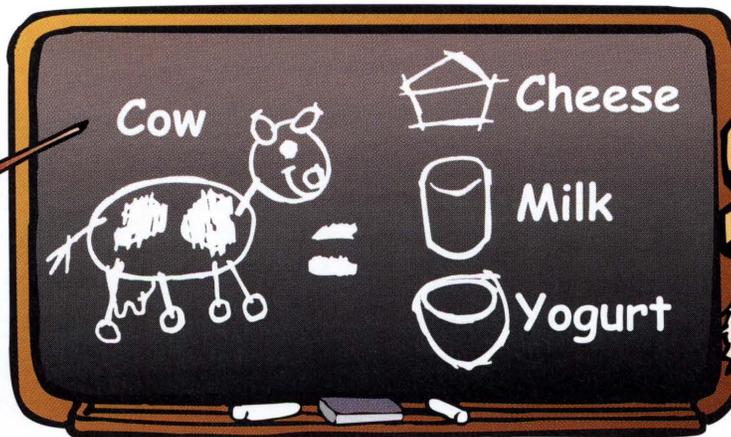
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# Overbuds Cook with Pyramid Chef

## Lesson 4: Eating a Variety of Dairy Foods and Raising Dairy Cows in Virginia

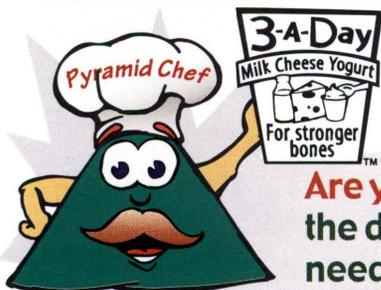
Kathleen M. Stadler, Kimberly C. Kline, David R. Winston, and Janet Grubbs\*

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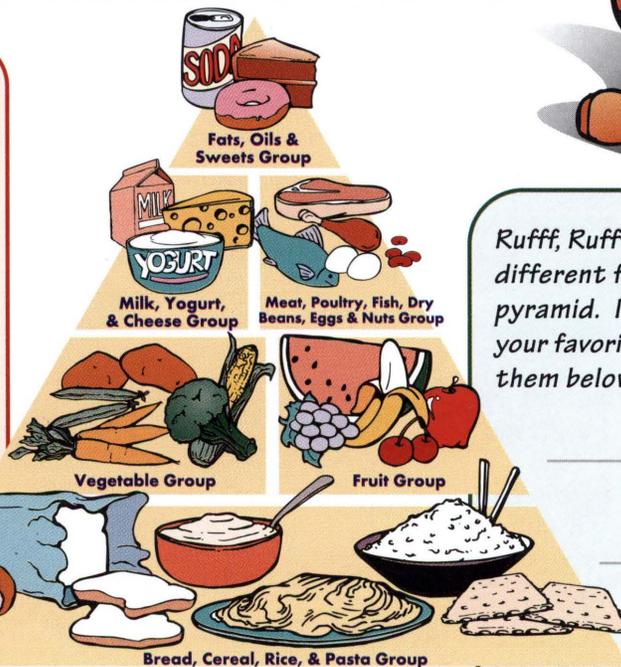


Hi! I'm Pyramid Chef and your teacher for today. My friends and I want to talk to you about the Milk, Yogurt, and Cheese Group. These foods come from dairy cows. This food group is also called the dairy group. The dairy group helps to build strong bones and teeth. Pyramid Pup, Mr. Protein, Ms. Calcium, and I will show you how to eat right. Let's start eating smart!

Find and circle the dairy group in the Food Guide Pyramid. The pyramid helps you eat a variety of foods for your body.



**Are you a 3-A-Day kid? Four- to eight-year-old kids need 3 servings from the dairy group each day. Older kids need 4 servings. Your mom and dad need 3 servings a day, too.**



Ruff, Ruff! I'm Pyramid Pup. I eat many different foods from all parts of the pyramid. I love dairy foods! What are your favorite dairy foods? Write or draw them below.

\_\_\_\_\_

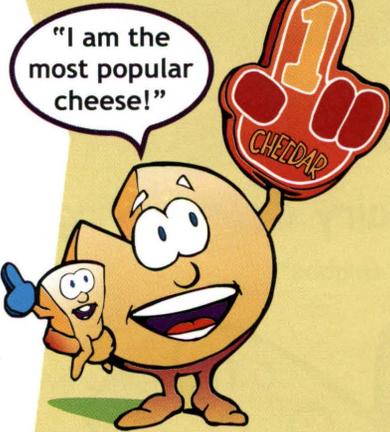
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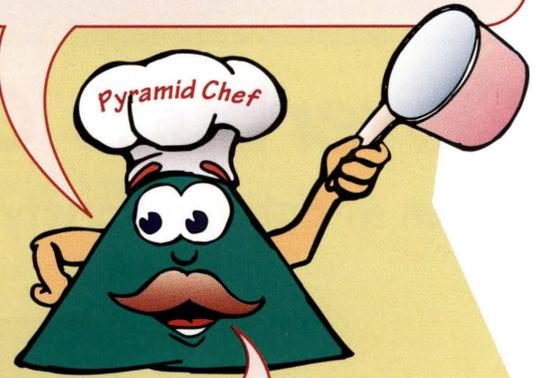
# What is a Serving?

A serving is an amount of food. Food labels on dairy foods list these amounts as a serving size. Foods have different amounts of calcium.



1 serving equals:

- 1 cup milk (8 oz.)
- 1 cup chocolate milk (8 oz.)
- 1 oz. hard cheeses
- 1 slice of processed cheese (3/4 oz.)
  - \* Cheddar, Swiss
  - \* 1 stick of string cheese
- 1/2 cup cottage cheese (4 oz.)
- 1 cup yogurt (8 oz.)
- 1/2 cup pudding (4 oz.)
- 1/2 cup ice cream or frozen yogurt (4 oz.)

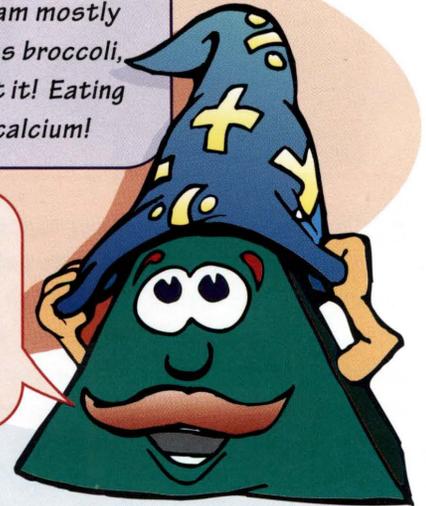


Do you know the main nutrient in dairy foods? It is calcium! Ms. Calcium, why do kids need you?



Hi, kids! I'm Ms. Calcium. I am a mineral. My job is to build strong bones and teeth. I also help your muscles work properly. I am mostly found in dairy foods. I am also found in other foods, such as broccoli, almonds, and juices with added calcium. Make no bones about it! Eating 3 servings of dairy foods gives you calcium. Give it up for calcium!

Time to put on your math hat! Not all foods have the same amount of calcium. Calcium is measured in milligrams (mg). Foods from dairy cows have more (>) milligrams of calcium than foods from plants.



1. Circle the three plant foods.

**Almonds**

1/4 cup = 120 mg

**Baked Potato**

1 = 20 mg

**2% Milk**

1 cup = 284 mg

**Pudding with 2% milk**

1/2 cup = 153 mg

**Yogurt**

1 cup = 415 mg

**Broccoli**

1/2 cup = 82 mg

**String Cheese**

1 stick (1 oz.) = 207 mg

**Ice Cream**

1/2 cup = 72 mg

2. Add up the milligrams (mg) for the 3 plant foods that you chose.

\_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_ Total mg of Calcium

3. Is the total \_\_\_\_\_ from question #2 than (>), less than (<), or equal to (=) to **284** mg of 2% Milk? Circle one: (<), (>), or (=)

4. Is the total \_\_\_\_\_ from question #2 (>), (<), or (=) to \_\_\_\_\_ mg of String Cheese? Find the number of mg in the above foods. Circle one.

5. Is the total \_\_\_\_\_ from question #2 (>), (<), or (=) to \_\_\_\_\_ mg of Yogurt? Circle one.

6. Is the total \_\_\_\_\_ from question #2 (>), (<), or (=) to \_\_\_\_\_ mg of Ice Cream? Circle one.

7. Which foods have more calcium per serving? Plant Foods or Dairy Foods? Circle one.

**Remember! Not all dairy foods have the same amounts of calcium.**



How much milk did you drink? The amount or size of the serving is important. You can eat or drink more or less of a serving size. Got Chocolate Milk? How much calcium is in it? Add or divide to get the answers below.

2 Glasses = \_\_\_\_\_ ounces = \_\_\_\_\_ mg

1 Glass = 8 ounces = 280 mg

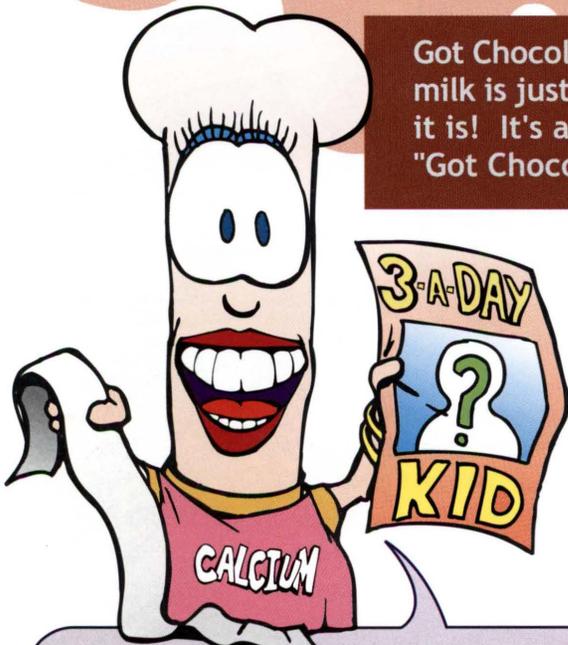
1/2 Glass = \_\_\_\_\_ ounces = \_\_\_\_\_ mg

1/4 Glass = 2 ounces = 70 mg



**CHOCOLATE  
got milk?**

Got Chocolate Milk? Did you know that flavored milk is just as good for you as white milk? Well, it is! It's a great way to get your calcium...so "Got Chocolate Milk?"



Are you a 3-A-Day kid? Let's count up the number of servings of calcium for a day. Add up the servings from the Milk, Yogurt, and Cheese group. See page 2 for serving sizes.

**Breakfast:** Pancakes, banana, and milk.

1 cup milk = \_\_\_\_\_ serving(s)

**Lunch:** Grilled cheese sandwich, carrot sticks, milk, and pudding.

1 slice (3/4 oz.) processed cheese = \_\_\_\_\_ serving(s)

1/2 cup milk = \_\_\_\_\_ serving(s)

1/2 cup pudding = \_\_\_\_\_ serving(s)

**Snack:** Yogurt and graham crackers.

1/2 cup yogurt = \_\_\_\_\_ serving(s)

**Dinner:** Chicken, peas and carrots, mashed potatoes, milk, and frozen yogurt.

1/2 cup milk = \_\_\_\_\_ serving(s)

1/2 cup frozen yogurt = \_\_\_\_\_ serving(s)

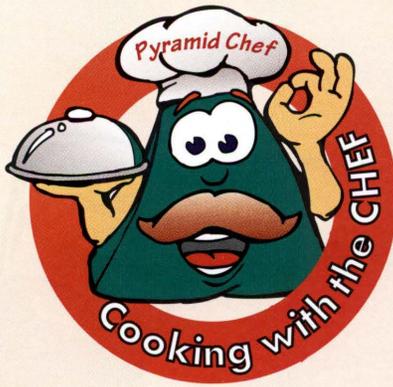
\_\_\_\_\_ Total Servings

Did he eat at least 3 servings? Yes or No (circle one)

Circle the four complete protein foods.



Hi! I'm Mr. Protein. I help to build and repair your body. I am made up of 22 building blocks called amino acids. All 22 building blocks are needed to make protein in your body. Protein is found in animal and plant foods. Only animal foods have all 22 amino acids. This is called a complete protein. Plant foods do not have all 22 amino acids. Plant proteins are incomplete proteins. You must eat at least two plant foods at a meal to get all 22 building blocks to make me.



## Dairy Pyramid Contest

Face it! You like to eat snacks. Can you make a "face" snack? Use a tortilla as the bottom of the snack. Make a creative face by using these or other foods. Follow the rules. All faces must have all 5-food groups. Vote on the winners. More points are given for creativity and using more servings of dairy foods. Eat up! Everyone is a winner!

### Rules:

- #1: Contains 1 food from each of the 5 food groups.
- #2: Creative
- #3: Number of dairy foods.

### Score Card

0	1		
0	1	2	3
0	1	2	3

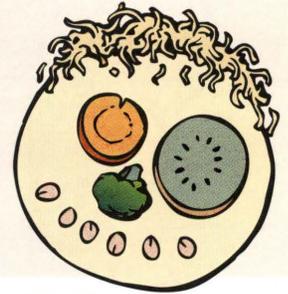
### Ingredients:

- Tortillas
- Yogurt, Shredded Cheese, & String Cheese
- Broccoli & Carrots
- Kiwi & Strawberries
- Peanuts, Soy Nuts, & Mashed Beans

### Directions:

- Adults must:  
Chop and shred the vegetables
- Kids can:  
Wash and scrub vegetables under cold running water.  
Use plastic knives to cut string cheese or foods.

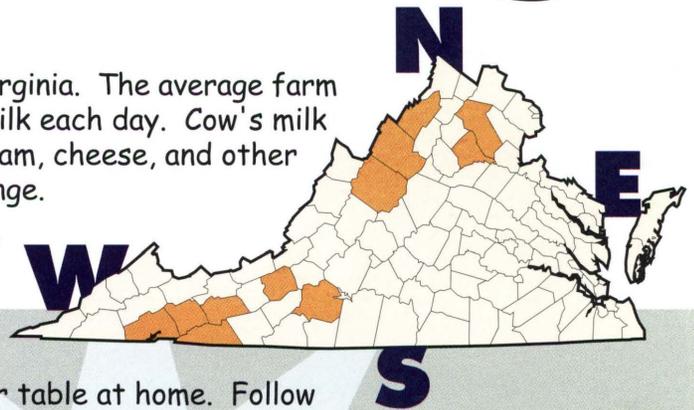
Total Points =



## Dairy Cows in Virginia

In early 2002, there were 930 grade "A" dairy farms in Virginia. The average farm has almost 140 cows. Each cow gives about 7 gallons of milk each day. Cow's milk is mostly used for drinking. Some is used to make ice cream, cheese, and other dairy foods. The top 12 dairy counties are colored in orange.

Circle the area on the map where you live. Is your county one of the top 12 dairy counties in the state?



## Milk - From Farm to Table

Milk goes through many steps to get from the cow to your table at home. Follow the steps from "moo" to you! Circle the three steps that take place on the farm.

1. Cow
2. Milking system
3. Bulk tank (refrigerated farm storage)
4. Refrigerated tanker
5. Processing plant
6. Refrigerated truck
7. Grocery store
8. Home

## Cow College

Circle one:

1. What animal produces most of the milk used in our country?

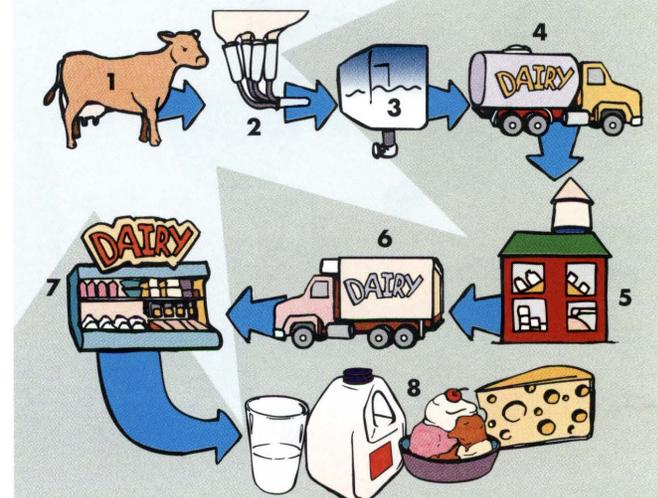


2. How many gallons of milk does a cow give each day?

2    4    7

3. What is the most popular cheese?

American    Cheddar    Swiss



Answers: 1. Cow; 2. 7; 3. Cheddar