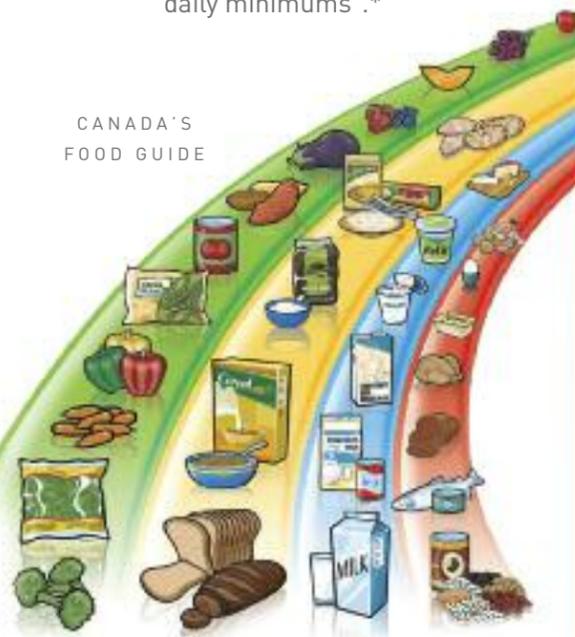


## Milk helps students thrive

Milk is packed with nutrients students need to thrive physically and perform their best at school. Providing school-age children with the 2-4 daily servings of Milk and Alternatives recommended by Canada's Food Guide helps them grow healthy bodies and minds.

Did you know that "more than one-third of children aged 4 to 9 do not have the recommended number of servings of milk and alternatives a day. By ages 10 to 16, about 61% of boys and 83% of girls do not meet their recommended daily minimums".\*

CANADA'S  
FOOD GUIDE



\*Canadian Eating Habits 2004, published by authority of the Minister Responsible for Statistics Canada, 2006.

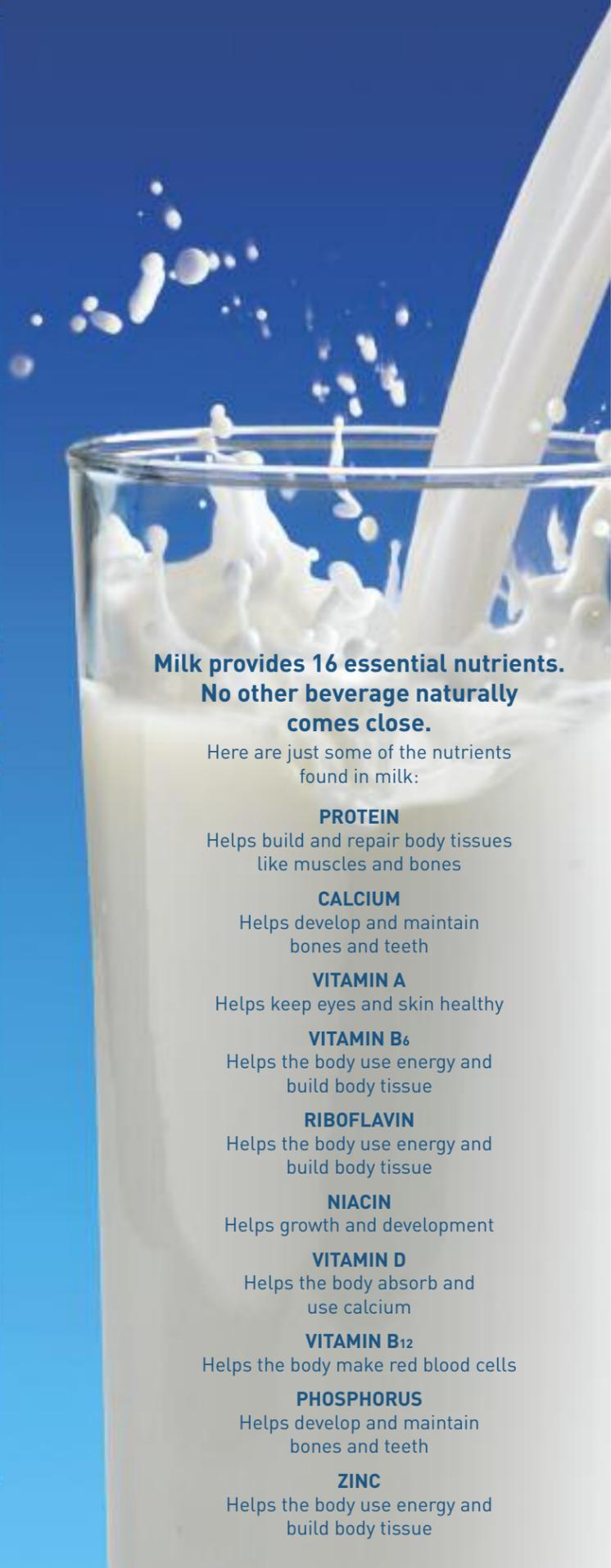
Check out the following websites for more information:

[www.teachnutrition.org](http://www.teachnutrition.org)  
[www.milkschool.ca](http://www.milkschool.ca)



ELEMENTARY SCHOOL  
MILK PROGRAM

Questions? Call toll-free 1-888-730-MILK (6455).



### Milk provides 16 essential nutrients. No other beverage naturally comes close.

Here are just some of the nutrients found in milk:

#### PROTEIN

Helps build and repair body tissues like muscles and bones

#### CALCIUM

Helps develop and maintain bones and teeth

#### VITAMIN A

Helps keep eyes and skin healthy

#### VITAMIN B<sub>6</sub>

Helps the body use energy and build body tissue

#### RIBOFLAVIN

Helps the body use energy and build body tissue

#### NIACIN

Helps growth and development

#### VITAMIN D

Helps the body absorb and use calcium

#### VITAMIN B<sub>12</sub>

Helps the body make red blood cells

#### PHOSPHORUS

Helps develop and maintain bones and teeth

#### ZINC

Helps the body use energy and build body tissue

## Teachers' Activity Guide for World School Milk Day 2010



World School Milk Day is an initiative of the Food and Agriculture Organization of the United Nations, and celebrated each September by over 40 countries around the globe.

This guide provides curriculum-based ideas and activities designed to help teachers incorporate World School Milk Day celebrations into the classroom. We thank you for taking the time to participate in this program!

Many of Ontario's elementary schools will be celebrating the day in 2010 with complimentary milk provided by the Ontario dairy industry.

For more information, visit these sites:

[www.milk.org/worldschoolmilk](http://www.milk.org/worldschoolmilk)

<http://www.fao.org/economic/est/commodity-markets-monitoring-and-outlook/dairy/school-milk/11th-world-school-milk-day-wsmd/en/>

Ontario World School Milk Day is made possible by the co-operation of schools and the entire dairy industry in Ontario, milk processors, milk distributors and dairy farmers.



# Curriculum-based activities to celebrate World School Milk Day in your classroom

This guide has been specially prepared with the input of an Ontario curriculum specialist so that you can plan an activity, big or small, to teach students in different grades about the nutritional importance of milk around the world. We also encourage you to create your own ideas, and to let us know about them by emailing us at [wsmd@milk.org](mailto:wsmd@milk.org)

When selecting the activities for your classroom, please keep in mind that countries like China, Korea, Thailand, India, Indonesia, Israel, Ethiopia, Philippines, Palestine, Pakistan and Jamaica all run school milk programs and have taken part in World School Milk Day celebrations.

## Healthy Living – Healthy Eating

### AROUND THE WORLD

**Junior/Intermediate** – Have students research and report to the class on one main food consumed in one of the countries listed above. Ask them to provide examples of how milk products are used in that country, and find the correct translation for milk (see chart below).

Arabic: haleeb  
Chinese: nai  
Croatian: musti  
Dutch: melk  
Finnish: maito  
French: lait  
German: milch  
Greek: gala  
Hebrew: halav  
Hindi: doodh  
Hungarian: tej  
Icelandic: mjólk  
Indonesian & Malaysian: susu  
Italian: latte  
Japanese: miruku  
Lithuanian: pienas  
Polish: mleko  
Portuguese: leite  
Romanian: lapte  
Spanish: leche  
Swahili: maziwa  
Swedish: mjölk  
Thai: nom  
Turkish: süt  
Ukrainian & Russian: moloko



As a result of increasing awareness of the importance of milk in children's diets, and with the support of the Food and Agriculture Organization of the United Nations, many of these countries have experienced a significant increase in milk consumption by school children, thus boosting intake of nutrients important for healthy bodies and minds.

Internationally themed activities in this guide can be useful in "character education", teaching students respect and acceptance of different cultures as well as educating them on nutrition and milk's role in healthy eating around the world.

### CANADA

Have students refer to Canada's Food Guide <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/> when doing the following three activities:

- **Junior** – Have students record their typical food intake for a day and then classify it into the four food groups. Ask them to specify how many servings of each food group they had, and to compare that to how many they should have each day.
- **Primary** – Discuss the importance of eating a balanced meal from all four food groups. Have the students identify the nutritional benefits of milk, and then, using various measures, have them determine from the Food Guide what a correct serving of milk should be and how many servings are recommended.
- Have students find a wide range of recipes that are made with milk. Provide a variety of ethnic cookbooks or have the students bring in their own. Consider compiling a classroom cookbook.

### Visual Arts

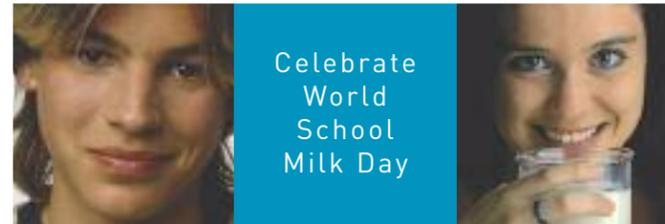
- Have students create posters that demonstrate the nutritional benefits of milk. These posters can then be used in your school to promote healthy eating.
- Create a wall mural using a picture of the world as a centre-point. Have students surround the earth with pictures of healthy foods including milk products and people from all ethnic groups.

### Careers

- Have students create a master chart of all the careers that are involved in the production and delivery of milk from the farm to the table i.e. farm, processing plant and grocery store.

### Social Studies/Geography

- **Primary** – Have students share stories with classmates about foods that are a part of their family traditions. Discuss traditional foods that families in other cultures might eat. Were milk products included in those foods and how may this have changed over generations?



- **Junior/Intermediate** – Have students find out about foods eaten by people from the societies they are currently studying. (Grade 3 – Early Settlers to Canada, Grade 4 – Medieval European Societies, Grade 5 – Early Civilization, Grade 6 – First Nations). Ask them to determine if milk was an important part of the diet for these people, and to compare the diets of these societies to the food we eat today.
- Tape some pictures of country flags on the blackboard. Then, using a jumbled list of the countries on a chart board, have students match flags with country names and identify country locations on a map or globe.

### Communities around the World

- **Junior/Intermediate** – Have students divide into groups to research World School Milk Day in other countries using the following website: <http://www.fao.org/economic/est/commodity-markets-monitoring-and-outlook/dairy/school-milk/11th-world-school-milk-day-wsmd/en>. Groups can then report their findings on how other countries have celebrated this event.



### Extension - Going Further

- **Plan a menu**
  - Divide the class into small groups. Have each group plan a lunch or dinner menu from a specific cultural group ensuring all food groups are included. Students can research the eating habits of the cultural group they have selected by consulting the Ethnic Food Glossary ([www.teachnutrition.org](http://www.teachnutrition.org)), collecting menus, consulting with resource people (including classmates) or studying cookbooks in the library.
  - Ask them to categorize into the food groups and check that the meal is balanced.
  - Expand the activity by asking students to investigate other aspects of the culture - eg. how the surroundings would be decorated and what dishes and utensils would be needed.
  - Have each group present their menu and other findings to the rest of the class.

September  
2010



- **My food + your food = our food**

- Divide the class into groups and have each group collect packages or pictures of familiar foods, including milk products from local grocery stores. If a picture or package cannot be found, the group can do their own drawing, or print the food name on a display card. Have the students classify the foods into the four food groups.
- Now have students create a similar collection of foods from other ethnic backgrounds and classify them into the four food groups. Where possible, use students from these backgrounds as resource people. Encourage students to learn how the foods are prepared and eaten, and how milk products are involved.
- Have each group present their two collections of packages, pictures or food names to the rest of the class and identify similarities and differences.