

D-A-I-R-Y (Instead of B-I-N-G-O)

Objectives:

- Students will become more familiar with milk and milk products, often called dairy foods.
- Students will be able to name at least three different food rich in calcium

Materials Needed:

- D-A-I-R-Y bingo cards, 1 per student
- Pens

Introduction:

The national food guidance system and MyPyramid encourage children ages nine and older to consume three cups of low-fat or fat-free milk or an equivalent amount of low-fat yogurt and low-fat cheese. These foods are commonly referred to as dairy food, but the food group name is Milk on MyPyramid.

Activity:

1. Begin the lesson by having students brainstorm a list of dairy foods that contain calcium. This will allow a variety of choices and will be used in the Apply activity at the end. A list of at least 20 foods will need to be listed for a 4 x 5 D-A-I-R-Y card. (American cheese, cheddar cheese, cottage cheese, mozzarella cheese, muenster cheese, chocolate milk, strawberry-flavored milk, low-fat ice cream, pudding, white milk, frozen yogurt, drinkable yogurt, squeezable yogurt, string cheese, Swiss cheese, Parmesan cheese, Monterey Jack cheese, fruit smoothies, yogurt parfait, cheese pizza)
2. Have students use words from the board and write each word in its own square, wherever they choose, on their D-A-I-R-Y bingo card until the card is full.
3. Write each food from the board on a small piece of paper. Fold and place in a basket.
4. Explain the rules of the game to students. Just like bingo, students must fill their cards in a row diagonally, vertically or horizontally. The middle space should be labeled as a “free” spot.

5. Draw the dairy foods on the list from the basket and call out the food. Students with that food can mark off their square with an X.
6. After each student gets D-A-I-R-Y bingo (time permitting), have each student read the calcium-rich products.

Apply:

1. Using the foods on each student’s D-A-I-R-Y bingo card, ask them to list which foods are calcium-rich, healthy anytime “Power Panther” choices and which choices are okay to have in moderation, those that “Slurp” might choose.
 - a. Power Panther choices (calcium-rich): white milk, chocolate milk, strawberry milk, yogurt, fruit smoothies, yogurt parfait, low-fat cheese
 - b. Slurp choices (lower in calcium content): low-fat ice cream, pudding, frozen yogurt
2. Ask students to highlight the calcium-rich foods on the D-A-I-R-Y bingo cards that they have already had today or will have later today. Ask students if they have already reached their three a day of milk or milk products goal. Explain that older students (age nine and over) need at least three cups of milk or milk products every day, while younger students, age eight and younger, need at least two cups of milk or milk equivalent (milk products) everyday. If they have not, ask them how they plan to get their 3-A-Day™ of Dairy to maintain a balanced calcium-rich diet.



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Activity Extension:

Math:

Option #1 - Divide students into groups of four. Have each group pick four milk products and survey the class on which product is their favorite. Then in each group, have students compile a pictograph or bar graph and share their results. Hang graphs in the hall for all to see.

Option #2 – Make a class graph together on students' favorite milk products.

Social Studies: Have students research recipes for foods with cheese from different countries. Make a cheese recipe collection.

Art: Share the recipes with students' families by making a class "Foods with Cheese" recipe book.



Go low-fat or fat-free when you choose milk, yogurt, and other milk products.

Get 3 cups every day!

(for kids aged 2 to 8, it's 2 cups)

Ask your BASICS Nutrition Educator about incentive items or stickers to accompany this lesson.

D-A-I-R-Y (Instead of B-I-N-G-O)

D A I R Y

	PUDDING			YOGURT PARFAIT
STRAWBERRY FLAVORED MILK		AMERICAN CHEESE		SQUEEZABLE YOGURT
MUENSTER CHEESE		FREE	DRINKABLE YOGURT	
	STRING CHEESE			COTTAGE CHEESE
CHEESE PIZZA		FRUIT SMOOTHIES	CHEDDAR CHEESE	

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	AMERICAN CHEESE		SQUEEZABLE YOGURT	CHEESE PIZZA
FRUIT SMOOTHIES		PUDDING		
	CHEDDAR CHEESE	FREE		MUENSTER CHEESE
	COTTAGE CHEESE		DRINKABLE YOGURT	
STRAWBERRY FLAVORED MILK		STRING CHEESE		YOGURT PARFAIT

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D A I R Y

DRINKABLE YOGURT			STRING CHEESE	
CHEESE PIZZA		COTTAGE CHEESE		YOGURT PARFAIT
	SQUEEZABLE YOGURT	FREE	FRUIT SMOOTHIES	
MUENSTER CHEESE		PUDDING		CHEDDAR CHEESE
	AMERICAN CHEESE		STRAWBERRY FLAVORED MILK	