

FAST-PACED ACTIVITIES

Three activities designed to provide an interactive way for students to understand where food comes from and to inspire them to make healthy choices. Each activity is quick and easy to complete and provides a foundational knowledge that will begin the path to understanding food's journey from Farm to School. Each activity should take approximately 15 minutes.

MILK MOOVEMENT

Students will split into two teams with each given a bag of picture tiles that represent the journey that milk takes from farm to school. Students will be asked to group tiles by image and then arrange them in chronological order, from milking a cow to a student drinking milk in their school.

Purpose: Establish a connection between food and the farmer that produces it while introducing the journey food takes to get to their school

Pre-assessment Questions:

- Where does your food come from?
- What is the role of a farmer?
- How does food go from the farm to your plates?

Discussion Questions:

- In the Farm to School journey, which process do you know the least about?
- How can we learn more and educate others?

Facilitator Tip:

- Use a timer during the activity, and challenge your students to complete the activity under a time limit.

Answer Key:



Milking Process

Farmers work long hours to provide excellent care to their cows, milking cows multiple times a day.



Transporting

Milk is transported from the farm to the dairy plant in insulated trucks.



Processing

Milk is pasteurized before it can be bottled or made into other dairy foods.



Packaging

Milk is bottled at the dairy plant.



Delivery

Milk is delivered to your local grocery store or school within 48-72 hours. It travels by truck.

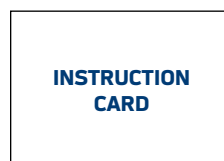


Enjoying!

Schools offer flavored milk, low fat milk, and lactose reduced milk.

What's Included:

- Instruction Card
- Two sets of 24 Picture Tiles (48 Total Pieces)



x1



x24



x24

Milk MOOvement – Instruction Card

Overview: Students will split into two teams, and will each be given a stack of picture tiles that represent different stages of the dairy farm to school process. Students will be asked to group pieces by image and then arrange them in chronological order of how dairy begins on the farm to when it arrives in the school cafeteria.

Directions:

- Shuffle the students into two teams.
- Each team will receive a SHUFFLED stack of 24 picture tiles.
- When the facilitator says start, teams will begin to race, sorting and organizing their picture tiles.
- Each team will assemble the five images, placing them in chronological order.
- The first team to get their tiles assembled and in the correct chronological order, wins.
- Debrief and review the farm to school process as a whole group.

What's Included:

- This Instruction Card
- Two Sets of 24 Picture Tiles (48 Total Tiles)



x1



x24



x24



MILK MOOVEMENT
INSTRUCTION CARD











