

GRADE LEVEL: Grades 3-4

ACTIVITY SYNOPSIS

Students create mobiles using Milk Group food containers and packages, and pictures of people being physically active to show that they need three servings of Milk Group foods and daily physical activity to help build strong bones. This is a good activity for after-school programs to complete over a couple of sessions.

ACTIVITY OUTCOMES

Students will be able to:

- State that they need three servings of Milk Group foods every day to help build strong bones
- Identify Milk Group foods as foods that help to build strong bones
- Identify calcium as the primary nutrient provided by Milk Group foods

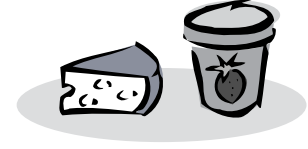
MATERIALS AND ADVANCE PREP

- Materials for sample mobile:
 - 3 magazine pictures of physical activity
 - 3 Milk Group food containers/packages
- A week ahead of time, ask students to bring to class at least:
 - 3 magazine pictures of people doing a physical activity
 - 3 milk, cheese, yogurt or pudding containers or packages; each container or package should be for a **different** food
- **Arianna's Nutrition Expedition™** poster* OR one **Arianna's Nutrition Expedition™** mini-poster per student
- If using the poster, hang in visible location before the lesson
- Prepare a sample mobile to show students
- Collect magazine pictures of physical activity and milk, cheese and yogurt containers so you have extras on hand
- Glue
- Hole-puncher(s)
- String (about 9 feet per student)
 - Cut 6 different lengths of string, between 15 and 24 inches each – one of each length per student
- Sturdy-stock paper for mounting physical activity pictures - 3 per student
- Punch a hole in the top of each piece of sturdy-stock paper
- Tape
- Coat hangers – 1 per student

*Order at www.NewEnglandDairyCouncil.org > **Catalog**. Or download and photocopy the PDF mini-poster handout from www.NewEnglandDairyCouncil.org.

TEACHING PLAN

1. Have students get out the containers/packages for milk, cheese or yogurt and the magazine pictures they brought to class.
2. Open by having students share the food packages that they brought into class.
 - Begin with milk. Have one student show their container and what kind of milk it is. Write the food name on the board. For example, 1% low-fat milk.
 - Ask for someone else to share a different type of milk. Continue until you have several types of milk listed.
 - Repeat for cheese and yogurt.



3. **ASK:**
 - *What do these foods have in common?* (They are all in the Milk Group.)

Point out the Milk Group foods depicted on **Arianna's Nutrition Expedition™** poster (or distribute the **Arianna's Nutrition Expedition™** mini-poster handout and have students find the Milk Group).

Refer to the list on the board and the variety of foods to choose from in the Milk Group.

4. **ASK:**
 - *How do Milk Group foods help to keep us healthy?* (They help build strong bones.)
 - *What nutrient in Milk Group foods helps build strong bones?* (Calcium)
 - *Why do we need strong bones?* (To hold up our bodies; to help us move and play.)
 - *How many servings of Milk Group foods do you need each day?* (Three)
5. Have students set their food containers aside and turn their attention to their magazine pictures. Have student hold up their pictures. Walk around the room and point out the different activities that you see. Ask for students to share a few of their favorite activities.
6. **ASK:**
 - *What do you think these pictures have to do with strong bones?* (Accept all reasonable responses. Physical activity helps to keep our bones strong.)
 - *How much physical activity do you need each day for good health?* (One hour. The hour can be over the entire day. It does not have to be all at once.)
7. Show students the mobile that you made. Ask them what they think the message of the mobile is. Explain to the students that they are going to create a mobile of food packages and pictures they brought to class. **ASK:**
 - *Why do you think I had you bring in three Milk Group containers for your mobile?* (Because we need three servings of Milk Group foods every day to build strong bones.)
 - *Why do you think I had you bring in pictures of people being active?* (Because we need physical activity every day to help build strong bones.)
8. Show students how to assemble their mobiles.
 - Tie a string to each of their three food containers/packages to represent the three servings of Milk Group foods they need each day. Use tape as needed to prevent the string from slipping on the containers or packages.
 - Glue each of their pictures to a different piece of heavy-stock paper.
 - Attach a string to each paper by threading it through the hole and tying it.
 - Tie their three Milk Group food containers and their three physical activity pictures to a coat hanger.
9. Have students assemble their mobiles, helping as needed. Hang in the classroom or in the cafeteria for a classroom-cafeteria connection.