

Milk

LEARN IT

We all know the saying “Milk, it does a body good,” but do you ever wonder exactly what it does for your body? Milk actually provides NINE essential nutrients in one 8 oz serving: protein, calcium, riboflavin, phosphorous, vitamin D, vitamin B, potassium, vitamin A and niacin. Together these nutrients help build strong bones and teeth, promote good vision and healthy skin, and provides many other health benefits. Dairy milk far surpasses the nutrient content compared to milk alternatives like almond milk that only provides four nutrients.

CRAFT IT

The children will be able to practice their fine motor skills and have fun as they make their own dairy cow with a paper plate. You will need the following items: white paper plate, white and pink construction paper, black paint, and googly eyes.

Ask the children to paint black spots on their paper plate. Then they will glue on the googly eyes for the cow. Assist them in cutting out a large oval for the cow’s pink nose and two small ovals for the cow’s white ears. On the pink oval, use a black sharpie to add two small black circles for the cow’s nostrils and add a smile. They will glue the nose and ears on and now they have a dairy cow!



PLAY IT

Milk Jug Catch - Using your repurposed milk jug catcher and very soft balls, children can play catch by themselves or with a partner. How many balls can they catch in a row? If they’re working in partners, how far away from each other can they be and still catch the balls?

READ IT

These books are perfect to read during circle time!

No Milk! by Jennifer A. Ericsson
A boy tries to get a cow to produce milk in a variety of ways.

The Milk Makers by Gail Gibbons
Find out where milk comes from and the process it goes through to get to our homes.

EAT IT

Create your own Fruit Smoothie:

- 3 cups milk
- 3 cups frozen fruit – any kind

Combine fruit and milk in blender. Blend until smooth. Let the kids help you imagine the fruit combination possibilities!



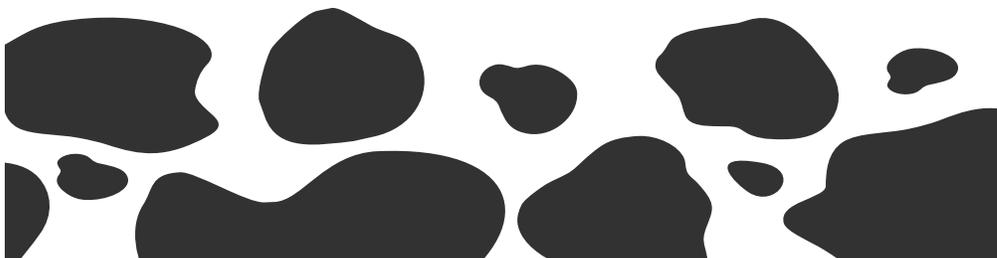
REPURPOSE IT

Crafts with a milk jug! For all milk jug crafts, rinse jug thoroughly and allow to dry. Adults need to cut the milk jugs for children as there will be sharp edges. Use masking tape to tape over any sharp edges.

Bird Feeder - Cut windows out of each side of the milk jug. Under each window, make a hole big enough for a small dowel rod to fit through. Work with the children to glue a dowel rod in each hole as a perch for the birds. The dowel rods should be long enough to go through the hole on one side and come out on the other side of the milk jug, passing through the center. Now they can decorate the jug with any craft supplies and their imaginations. Place bird seed in the bottom of the jug up to the windows. Using the milk jug handle and string, hang the bird feeders outside near a window so the children can enjoy watching the birds.

Planter - Cut the top off of the milk jug and make small holes in the bottom of the jug for drainage. Let the children decorate as desired. The children will add small rocks to help drainage and then plant their plant in potting soil. Try beans or grass for easy growing plants.

Catcher - Cut off 1-2” from the bottom of the milk jug. The children can decorate using tape, tissue paper, glue, markers, paint, etc. When they are ready to catch, they will turn the jug upside down and hold by the handle.



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COW MASK. Let children color the mask below. Once they are done, carefully cut it out and make holes at the X's. Use string to tie around each child's head.

