



# Farm to Table



Local milk is available 365 days a year.

## Dear Educator,

Teaching students where their food comes from is a fundamental step in the development of healthy eating habits. The Florida Dairy Farmers (FDF) and the Dairy Council of Florida (DCOF) and the award-winning curriculum specialists at Young Minds Inspired (YMI) are pleased to provide you with these free standards-based teaching materials that will engage your students in exploring the connections between good nutrition and the role local farmers play in providing milk that helps support those nutritional goals.

We hope that you will share this program with other teachers in your school, and with your School Nutrition Director as well. Although the materials are copyrighted, you may make as many copies as needed for educational purposes. Please comment online at [ymiclassroom.com/feedback-fdf](http://ymiclassroom.com/feedback-fdf) to provide feedback.

We depend on your input to continue providing free educational programs that make a real difference in students' lives.

Sincerely,

Michele Cooper  
CEO

Florida Dairy Farmers and the  
Dairy Council of Florida

Dr. Dominic Kinsley  
Editor in Chief  
Young Minds Inspired



**YMI**  
For questions, contact us toll-free at 1-800-859-8005 or by email at [feedback@ymiclassroom.com](mailto:feedback@ymiclassroom.com).

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## Target Audience

Students in grades K-1 and their parents.

## Program Objectives

- Educate students about local agriculture and its importance to their community.
- Teach students about the many benefits of consuming locally produced dairy products.
- Raise awareness of the care that dairy farmers take in keeping their cows healthy so they produce high-quality milk.



## Program Components

- This one-page teacher's guide.
- Two reproducible student activity sheets.

## How to Use This Program

Download the teacher's guide and activity sheets and photocopy enough sheets for each student. Schedule the activities for your class and have students take their completed work home to share with parents.

Both the kindergarten and first grade activities will require one to two 30-minute class sessions in addition to the 10 minutes needed for screening the *SunnyBell and the Florida Dairy "Moo"sical* online video. The first grade activity will require scissors and glue as well as a blank sheet of paper for each student.

To review alignment with Common Core and national standards, visit [ymiclassroom.com/fdf](http://ymiclassroom.com/fdf).

Please visit [Floridamilk.com](http://Floridamilk.com) to

learn more about the DCOF.

## Kindergarten Activity

### Caring for the Best

In this activity, students learn how Florida dairy farmers care for their cows, and how that care helps farmers provide nutritious milk for families to enjoy at home.

Introduce the activity by having students view the video, *SunnyBell and the Florida Dairy "Moo"sical*, at [youtu.be/kbNndjFH0SXQ](http://youtu.be/kbNndjFH0SXQ). Ask students to predict what they might see on the video and what they might

learn about dairy farmers and dairy cows. Tell them to pay extra attention to any numbers they hear.

After viewing the video, conduct a class discussion for students to share what SunnyBell taught them

about where milk comes from and its nutritional benefits. Guide the discussion to help students recall the ways that Florida dairy farmers make life great for dairy cows, including keeping barns cool and providing comfortable bedding, nutritious food like hay and grains, and access to water.

**Part 1.** Distribute the activity sheets and ask students to draw a line from the word to the picture it describes.

**Part 2.** Help students recall what they learned from the video as they circle the correct answers to the questions. **Answers:** A-7; B-130.

## Grade 1 Activity

### Healthy Cows, Healthy You

In this activity, students learn how Florida dairy farmers care for their cows, and how that care helps farmers provide nutritious milk for families to enjoy at home.

Introduce the activity by having

students view the video, *SunnyBell and the Florida Dairy "Moo"sical*, at [youtu.be/kbNndjFH0SXQ](http://youtu.be/kbNndjFH0SXQ). Ask students to predict what they might see in the video and what they might learn about dairy farmers and dairy cows. Tell them to pay extra attention to any numbers they hear.

After viewing the video, conduct a class discussion for students to share what SunnyBell taught them about where milk comes from and its nutritional benefits. Guide the discussion to help students recall the ways that Florida dairy farmers make life great for dairy cows, including keeping barns cool and providing comfortable bedding, nutritious food like hay and grains, and access to water.

**Part 1.** Distribute the activity sheets. Ask students to fill in the crossword puzzle using words from the video that describe life for a dairy cow on a Florida dairy farm and the health benefits of drinking milk. **Answers:** **Across** – 1–barn; 3–protein; 4–dairy; 6–soft. **Down** – 2–hay; 3–pond; 5–fans.

**Part 2.** Ask students to match the questions to the correct answers by drawing a line from the number to the question. **Answers:** 1-7; 2-2; 3-130; 4-9; 5-8.



## Program Site

- Young Minds Inspired, [ymiclassroom.com/fdf](http://ymiclassroom.com/fdf)

## Dairy

- Florida Dairy Farmers and the Dairy Council of Florida, [FloridaMilk.com](http://FloridaMilk.com)
- Dairy Good, [DairyGood.org](http://DairyGood.org)

## Local Agriculture

- The Florida organization for Agriculture in the Classroom, [faitc.org](http://faitc.org)

# Caring for the Best



In *SunnyBell and the Florida Dairy "Moo"sical*, you learned how Florida dairy farmers give cows things that keep them healthy and happy. This helps cows give you fresh milk that makes *you* healthy and happy!

**Part 1.** Draw a line from the things that farmers give cows to keep them healthy to the picture that shows it.

- A Cool Barn
- A Soft Bed
- Healthy Food



**Part 2.** Now help Sunnybell tell everyone about yummy Florida milk! Circle the right answer for each question.

**A.** How many gallons of milk does a cow produce each day?

- 1      7      20

**B.** How many family dairy farms are there in Florida?

- 3      10      130



# Healthy Cows, Healthy You

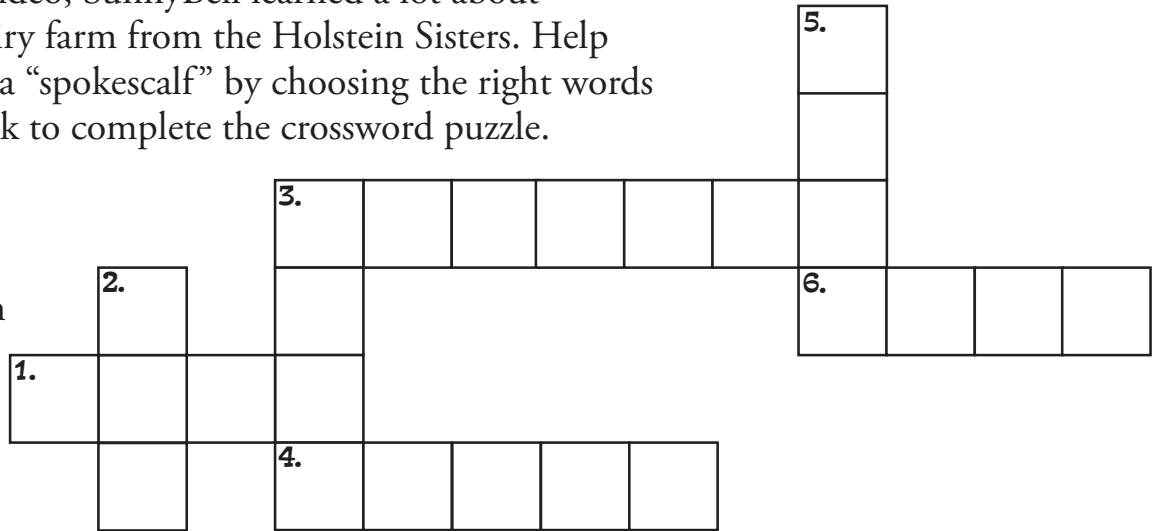


In *SunnyBell and the Florida Dairy “Moo”sical*, you learned how Florida dairy farmers provide cows with the type of care that keeps them healthy and happy. Happy cows give nutritious milk for you to enjoy in school and at home with your family.

**Part 1.** In the video, SunnyBell learned a lot about life on a Florida dairy farm from the Holstein Sisters. Help SunnyBell become a “spokescalf” by choosing the right words from this word bank to complete the crossword puzzle.

### Word Bank

- hay
- barn
- pond
- fans
- dairy
- protein
- soft



### CLUES

#### Across

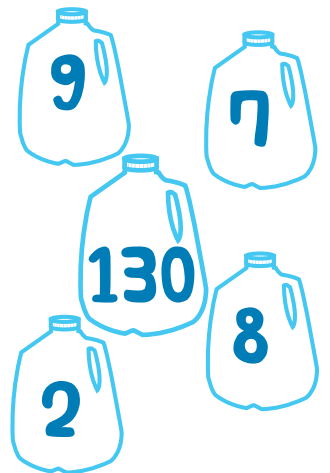
1. A \_\_\_\_\_ gives cows shelter from the weather.
3. The \_\_\_\_\_ from milk provides energy for muscles.
4. Milk is produced at a \_\_\_\_\_ farm.
6. Cows sleep on \_\_\_\_\_ sand at night.

#### Down

2. \_\_\_\_\_ is an important part of a cow’s diet.
3. One way for cows to cool off is to take a dip in the \_\_\_\_\_.
5. When it gets too hot, \_\_\_\_\_ also help the cows cool off.

**Part 2.** Now match the correct numbers with the question by drawing a line from the number to the question.

1. How many gallons of milk does a cow produce on average each day?
2. How many years does it take for a heifer to become a cow?
3. How many family-run dairy farms are there in Florida?
4. How many essential nutrients are there in milk?
5. How many cups of spinach would you need to eat to get the same amount of calcium that is in one glass of milk?



Now you’re ready to help SunnyBell tell everyone about how good — and good for you — Florida milk is!



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