

DAIRY AND NUTRITION



Ashley Prue
Green Bay, WI
Brown County
Dairy Promotions

WI Fun Numbers

6000

Different styles and varieties of cheese are made in WI.

Colby cheese, Brick cheese, and Spreadable cheeses were invented in WI

#1

in Cheese Production

in Cranberries (OUR STATE FRUIT)

In Carrots for processing

In Green Beans for processing

#2

In Milk Production

Dairy provides \$26.5 Billion to our economy

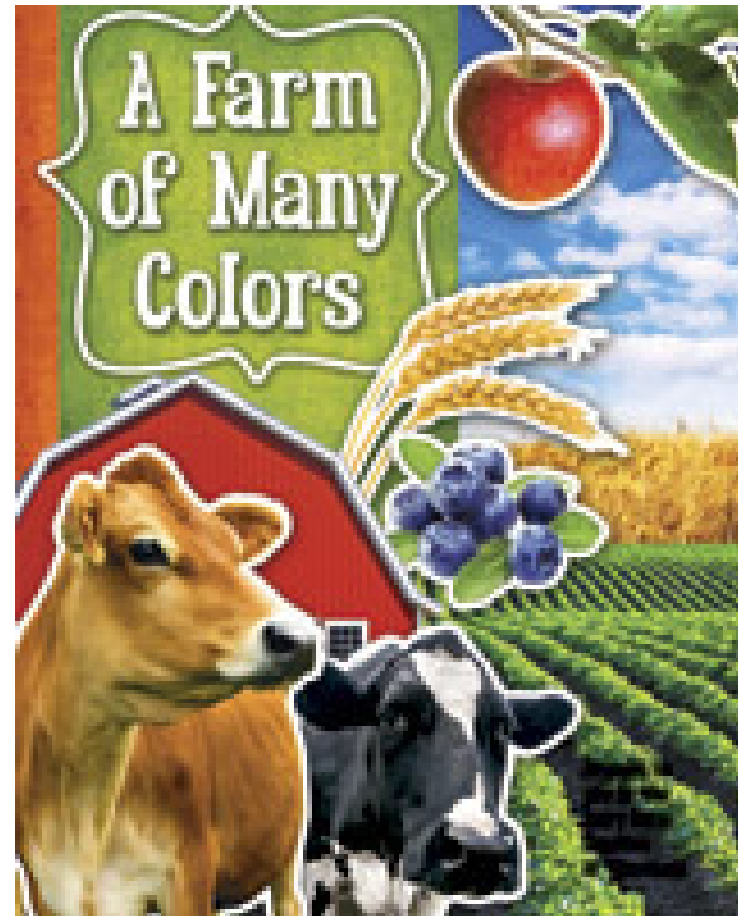
Agriculture provides **\$59 BILLION** to our economy

The Agriculture Effect

- Any grade level depending on the questions or statements you ask.
- Raise awareness that agriculture effects everybody differently
- How can you support agriculture in your community?
 - Thank a farmer
 - Tour a farm
 - Join an agricultural support group

Farm of Many Colors

- Kindergarten-1st Grade Program
- Seeing different colors, foods, and animals on a farm
- Fruits and vegetables



FARMERS LOVE THEIR COWS!!!



Lots of food to eat

**1.2 MILLION
COWS IN
WI!!**

That's more
than the
number of
kids that go to
school from
Kindergarten-
12th Grade.



Back Scratching Machine



Calf



Cows
get to
pretend
they go
to the
beach!

Compare and Contrast



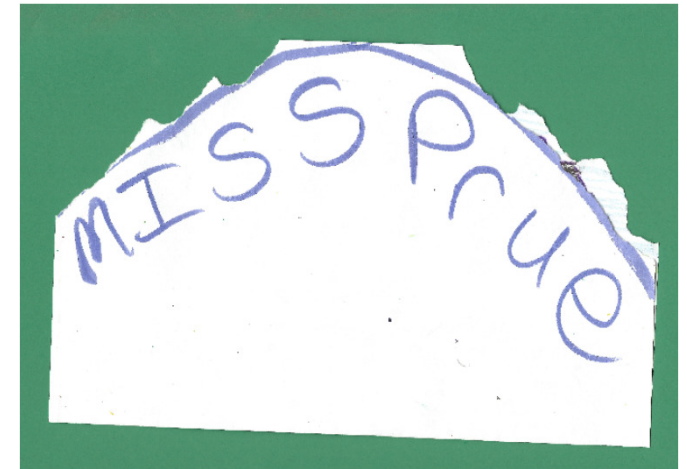
Aspirin



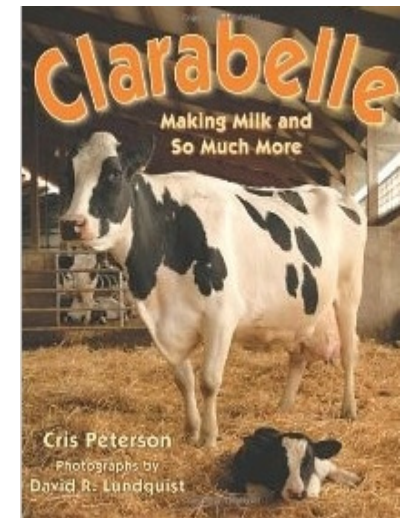
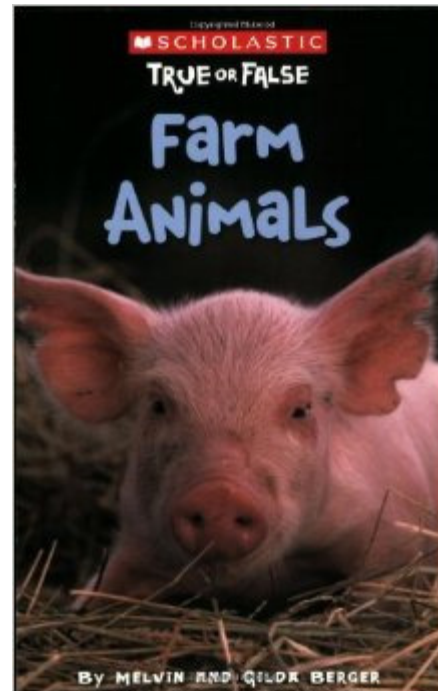
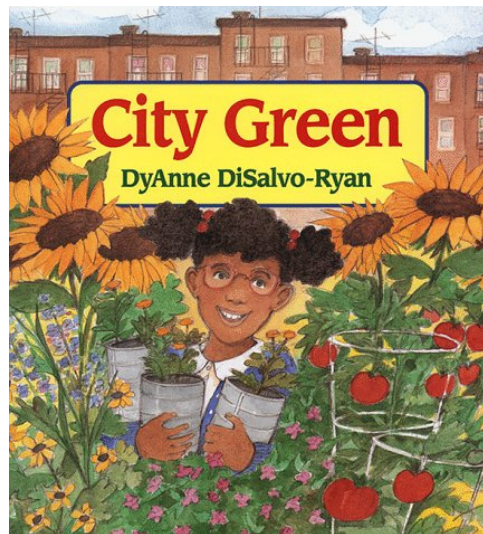
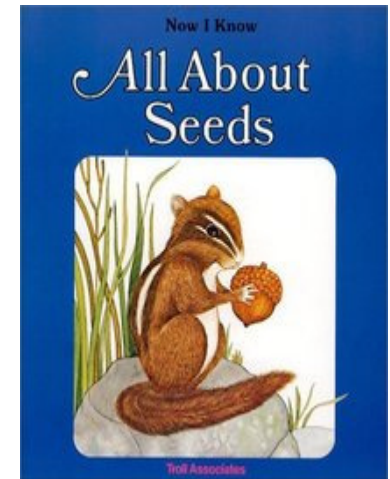
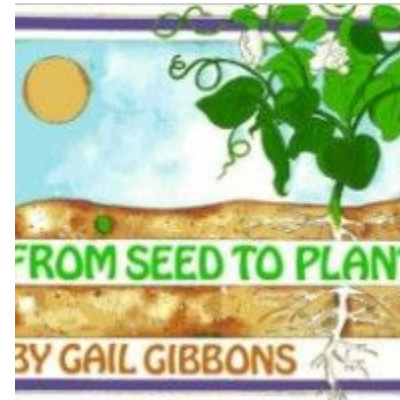
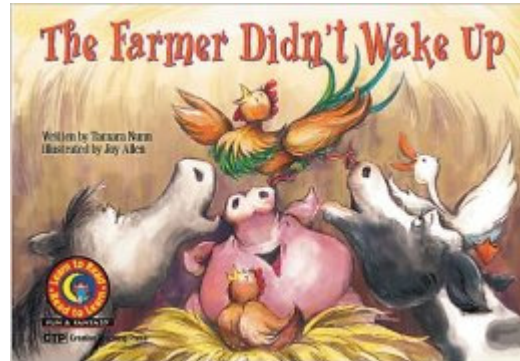
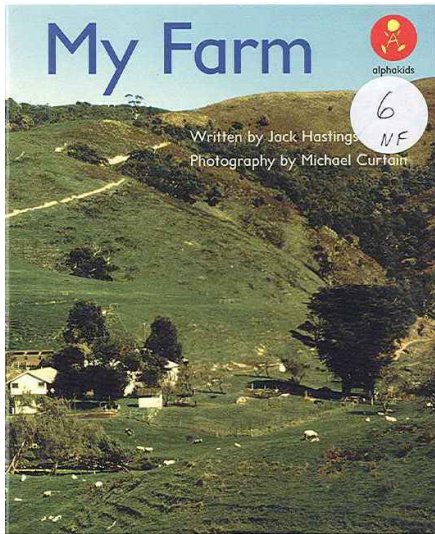
Name Garden/Farm

- Kindergarten-6th Grade
- Draw and color different items, fruits, vegetables, equipment, and/or animals they see on a farm.
- Kindergarten-2nd grade
 - You will need to write their names on both sides and draw a line
- 3rd Grade and Higher
 - Write their name, rip around their name, and draw pictures
- 4th-6th Grade
 - Use a ruler and measure the perimeter of their garden/farm.
 - Practice scaling 1in. = 2 miles 3cm = 1 mile
 - Count squares to find the area of your farm
 - Use play-dough and craft sticks to build a fence around
 - Practice estimating rounding to the nearest centimeter or inch
 - Where in Wisconsin would you have your farm? Thinking about Location

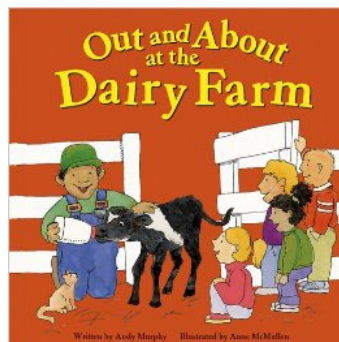
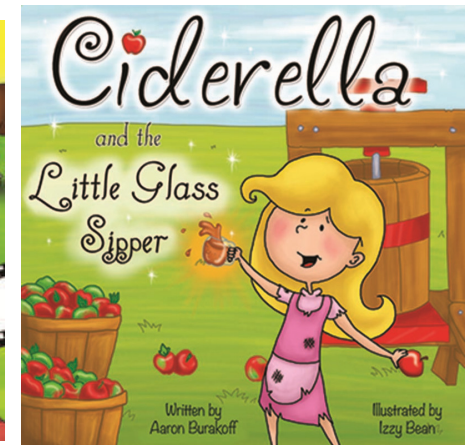
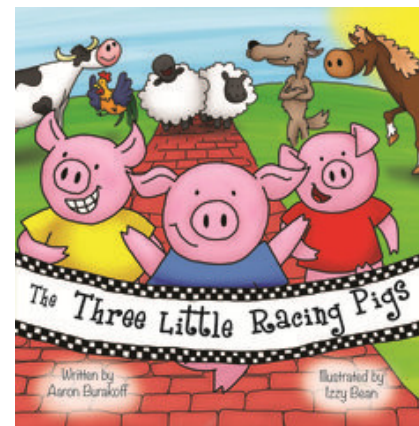
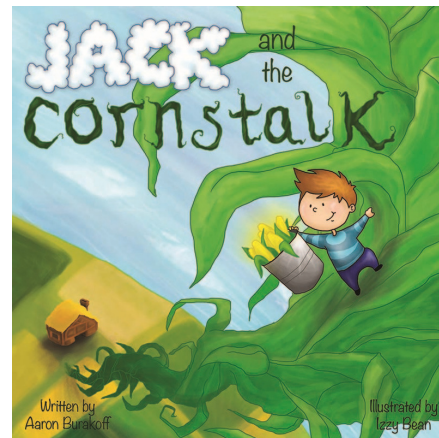
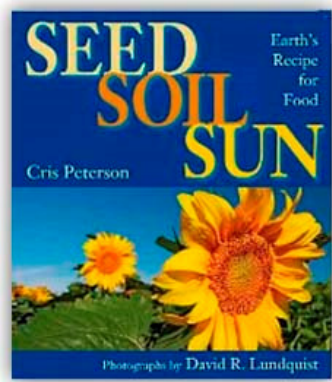
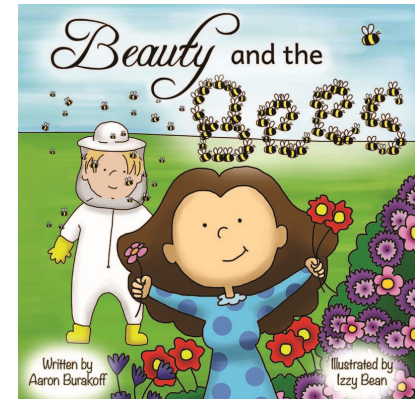
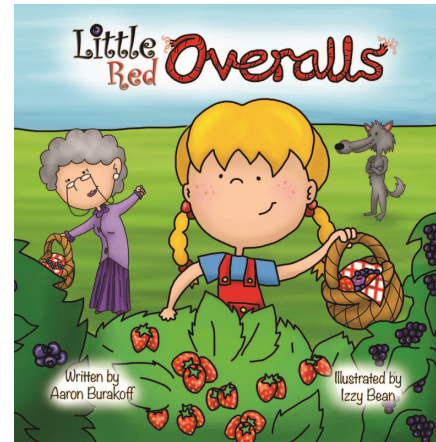
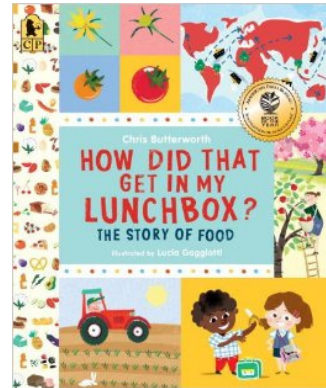
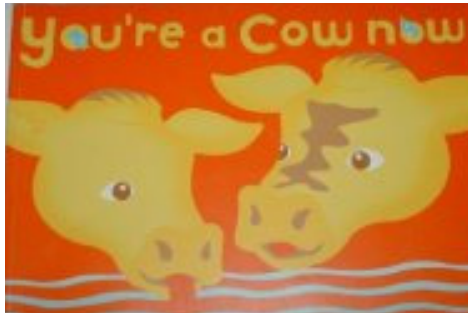
Name Garden/Farm Examples



Books in the Classroom/Guided Reading Group Books



Books in the Classroom/Guided Reading Group Books



Nutrition in a Bag

- 4th-6th grade
- What does your body need?
- Portion size-Look at your palm
- Servings
- Food groups
- Empty nutrients-candy, soda, and other high sugared beverages/snacks
 - <http://www.choosemyplate.gov/>
 - Great resources and activities for families, educators, and students

Nutrition in a Bag



Blue: 8oz of Water

White: 2-3 Servings of Dairy

Brown: 2 Servings of Protein

Red: 3-4 Servings of Fruit

Green: 4-5 Servings of Vegetables

Yellow: 6-11 Servings of Grain

S-3: 3 grams of Sugar—You add them in

<http://www.choosemyplate.gov/>

Great resources for families, educators, and students

Rethink Your Drink



Beverages-Added Sugar Amounts

- 44 oz cup of soda **147g**
- 20 oz Bottle of Regular Cola **66g**
- Monster Energy Drink **54g**
- 12 oz Can of Regular Cola **39g**
- Hi-C Juice Box **21g**
- 32 oz Gatorade **18g**
- Carton of Chocolate Milk **9g**

-
- Carton of White Milk **12g**

NATURAL SUGAR

Moo Cow Song and Dance

- [Moo Cow Song and Dance](#)



Moo Cow Song

Chorus (x2)

What cha know about this brand new style
It's a brand new dance called the Moo Cow
Hands out like this then dip down
You know what to do now
Do the Moo Cow - Moo Moo
Do the Moo Cow - Moo Moo
Do the Moo Cow

Verse 1 (x2)

If you wanna be strong and you want to be built
With strong bones and muscles drink milk
If you wanna be strong and you want to be filled
To the brim with energy ya need milk

Verse 2 (x2)

It'll give you the energy and power to play
Milk or some dairy
3 times a day
Milk or some dairy
3 times a day
Milk or some dairy
3 times a day

Verse 3

Check it out now it's our friend the cow
And the milk she produces makes us go WOW!
This is just what we need to be and do well
So just chill for a minute
Listen for the cowbell

To find the video and download the song, log onto www.wmmb.com/moocow

Additional Agricultural Websites

- Brown County Dairy Promotions
 - www.browncountydairypromotions.com
- Wisconsin Ag in the Classroom
 - www.wisagclassroom.org
- Wisconsin Milk Marketing Board
 - www.wmmb.com
- Wisconsin Farm Bureau
 - Wisconsin Farm Facts
 - www.wfbf.com

EVERYONE LOVES COWS!!!



**WI HAVE A
MOOTASTIC DAY!**

