On the Farm

Participating in a song

With this catchy song and a cow stick puppet, each youngster can role play a conversation with a dairy cow! Help each child tape a cow card onto a craft stick. Then lead the group in singing the song shown, deepening your voice when responding as the cow. Invite students to move their puppets to reflect their conversations.

(sung to the tune of "Shoo, Fly")

"Moo!" cow, what do you [see]?
"Moo!" cow, what do you [see]?
"Moo!" cow, what do you [see]?
[A big green field that's all for me!]

Continue with the following:
do; I munch on grass and say, "Moo, moo"
know; My milk makes cheese that helps you grow

Moo, Moo, Goo!

Rhyming

Grab a cow card for this engaging circle-time activity. Sit with your students in a circle. Hold the cow card and say, "Moo, moo, goo!" Then pass the card to the next child. Prompt the child to say, "Moo, moo," and then finish with a different rhyming word, real or nonsense. Have the student pass the card to the classmate sitting next to him. Continue in the same way around the circle until every child has had a chance to make a rhyme.
Dairy cows produce a lot of milk. A Holstein cow may produce up to 90 pounds of milk in a single day. To help students understand different ways milk is used, place a cow card in your pocket chart and cut apart a copy of the food cards. Help students identify each food item and decide whether milk is needed to make it. If milk is needed, place the card in the pocket chart with the cow card. If milk is not needed, set the card aside. When all the cards are in place, encourage students to talk about their favorite dairy foods and the different ways they enjoy eating them.

To extend the activity, place copies of the cow and food cards at a center along with construction paper, scissors, and glue. Invite each youngster to glue five cards on a sheet of construction paper: a cow card and four cards that show foods made from milk. Then have the child take the poster home to share with his or her family.

Lots of Spots

Developing fine-motor skills

Your little dairy farmers will love this cow-spot art activity! For each child, fold a large sheet of white paper in half, then unfold the paper. Gather eye droppers and prepare diluted black paint. Have a child use the eye dropper to drip small puddles of paint on one half of the paper. When finished, help the child refold the paper and then run his or her hand over the surface. Finally, have the student unfold the paper to reveal the cow spots that were made! Moo!

Cows with black and white spots are called Holsteins. A Holstein's spots are like a fingerprint. No two Holstein cows have exactly the same pattern of spots!
Cow Cards
Use with “On the Farm,” “Moo, Moo, Goo,” and “All That Milk!”
Food Cards
Use with “All That Milk!”

Butter
Cottage Cheese
Popcorn
Sour Cream
Shredded Cheese
Color the pictures that begin like /c/.
In the Pasture

Trace.

Draw grass.

Color the page.
Heigh-Ho the "Dairy-o"!

Yummy Cheese

Participating in a song

Get little ones up and moving with this rendition of "The Farmer in the Dell." Students are sure to remember that cheese is made from milk and that cheese helps their bodies grow strong bones and teeth. Follow up the sing-and-move-along with a snack of cheese and whole wheat crackers!

(sung to the tune of “The Farmer in the Dell”)

The farmer in the dell
The farmer in the dell
Heigh-ho the "dairy-o",
The farmer in the dell.

Wave.
Wave.
March in place.
Wave.

Continue with the following:

The farmer milks the cow.
The milk makes yummy cheese.
I eat the yummy cheese.
My bones and teeth get strong.

Pretend to milk a cow.
Rub stomach.
Pretend to eat cheese.
Smile and flex arm muscles.

Lots of Lids

Sorting

Place a container of clean lids from dairy products at a math center. Include lids of different colors and sizes. When introducing the center, identify the dairy products the lids were taken from. Invite students to share what they know about the products. For example, if you’ve included yogurt lids, invite students to share their favorite yogurt flavors. During these conversations, remind youngsters that eating dairy keeps them healthy. Then return the lids to the container. When little ones visit the center, challenge them to sort the lids in different ways—by color, by size, whether they have writing, and so on.
**Delicious Dairy!**

**Following directions**

Youngsters become familiar with dairy items while playing this simple lotto game. Working with a small group of students, give each youngster a copy of the provided lotto board. Students also need crayons. Help students identify each of the pictures on their lotto boards. Emphasize that each food item shown is made from milk. Next, name one of the pictures. If you say, “Cow,” join youngsters in saying, “Moo!” Then wait for each child to find and color a cow on his or her board. If you identify a dairy food, join the youngsters in saying, “Yum!” Then wait for each child to find and color the matching dairy food. Continue until every picture is colored.

**Snack Attack!**

**Print awareness**

Young children need three servings of dairy each day. Remind little ones and their parents about the benefits of eating dairy and that dairy foods make great snacks with this booklet-making activity. Make a copy of the booklet reproducibles for each student. Then guide each child to complete the booklet pages as described. Finally, help the student cut out the pages and staple them in order behind a construction paper cover labeled “A Yummy Snack.” Follow up with a cheese tasting. Include three or more kinds or flavors of cheese and have students vote for their favorites. Yum!
Note to the teacher: Use with “Delicious Dairy!”
Healthy Snack Booklet

Booklet pages 1 and 2: Draw a round plate and a square napkin for Mouse. 

*M* is for milk. Trace the *M* on the milk carton. Color the pages.

What will Mouse eat for a snack? 1

It is made from milk. 2
Booklet pages 3 and 4: Draw a smiley face on page 3 because Mouse makes good snack choices. On page 4, circle how you most like cheese served (slices, cubes, or bars). Color the pages.

It makes bones and teeth strong. 3

It is cheese. Yum! 4
Cheesy Choices

Color the larger cheese in each box yellow.

Color the smaller cheese in each box orange.

Bonus: Draw a circle around the smallest piece of cheese on the page.