

# Harvest of the Month



## Whole Milk

Nutrition Facts	
Serving Size 1 Cup (240mL)	
Amount Per Serving	
<b>Calories</b> 150	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	<b>0%</b>
<b>Cholesterol</b> 35mg	<b>11%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Potassium</b> 400mg	<b>11%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g	
Sugars 12g	
<b>Protein</b> 8g	<b>16%</b>
Vitamin A 6% • Vitamin C 4%	
Calcium 30% • Iron 0% • Vitamin D 25%	

\*Percent Daily Values are based on a 2000 calorie diet.

DAIRY

## Health and Learning Success Go Hand-In-Hand

Eating a well-rounded diet is the key to good health. The USDA's MyPlate icon reminds us that at least half one's plate should be fruits and vegetables, while grains, protein, and dairy products should make up the rest of a meal. When selecting dairy products, choosing low-fat or fat-free dairy options and unflavored milk is the best way to get needed calcium and other nutrients without added fats and sugars.

## Exploring Washington Dairy: Taste Testing – Expanding Your Palate

### Getting Started:

- Explore the grocery store for dairy products produced by local farmers. How many different types of local cheeses are there?
- Ask students to list how many different types of cheeses they know about. How many of these can be found made by local farms?

### What You Will Need:

- 4-5 different local cheeses

### Activity:

- Students will get a sample of each cheese, without being told what type it is, and make observations. Develop a color graph using appearance, texture, smell, flavor, and sound. Compare and contrast the varieties.
- Prompt questions: Does it Taste...  
Nutty? Creamy? Strong? Soft? Rich? Dry? Crumbly? Thick? Chewy? Mild? Earthy? Smoky? Sharp? Sweet? Fruity?
- Allow students to discuss in groups their observations, similarities and differences and determine their favorite.



## Cooking in Class: Spinach Dip

Makes 7 cups.

### Ingredients:

- 8 oz. low-fat plain or Greek yogurt
- 8 oz. low-fat (Neufchatel) cream cheese, softened
- 8 oz. low-fat cottage cheese
- 1 package frozen spinach, thawed and drained well
- ¼ c chopped onion or green onion, optional
- Salt and pepper, to taste
- Vegetables for dipping (e.g., carrot and celery sticks, cucumber or zucchini slices)

- In a large bowl, blend the yogurt, cream cheese, and cottage cheese..
- Mix in the spinach, onion (optional), salt and pepper.
- Best if refrigerated for a couple of hours before serving.
- Serve in small cups with vegetables for dipping.

Adapted from:

[allrecipes.com/recipe/creamy-spinach-dip/](http://allrecipes.com/recipe/creamy-spinach-dip/)



## Reasons to Eat Dairy

By eating a diet including low-fat and fat-free milk, cheese and yogurt in moderation, you are taking in nine essential nutrients including calcium, potassium, phosphorus, protein, vitamin A, vitamin D, riboflavin and niacin. Studies show that dairy foods, when combined with a well-balanced diet, can help reduce the risk of osteoporosis, hypertension, obesity, colon cancer and metabolic syndrome, a cluster of conditions that can lead to heart disease and type 2 diabetes.

According to the 2010 Dietary Guidelines for Americans, people who consume more low-fat and fat-free dairy foods have better overall diets, more nutrient intake and improved bone health.

Source:

[www.eatsmart.org/dairy-and-milk](http://www.eatsmart.org/dairy-and-milk)



### Champion Sources of Calcium:

- Broccoli
- Dark leafy greens: Spinach, Kale, and Collards.
- Chickpeas
- Kidney Beans
- Soybeans
- Almonds
- Brazil Nuts
- Hazelnuts



**Source:**  
[www.iofbonehealth.org/calcium-rich-foods](http://www.iofbonehealth.org/calcium-rich-foods)

### What is Calcium?

Calcium strengthens the bones of humans until they reach the age of 20-25. At that age, the element helps bone maintenance as well as slowing down bone density loss, which is natural to the aging process.

### How Much Do I Need?

#### Activity:

It is recommended that children consume a balanced diet including low-fat dairy products for adequate bone health.

#### Choose MyPlate.gov recommends

	Kids, Ages 4-8	Kids and Adults, Ages 9 and up
Males	2 ½ cups per day	3 cups per day
Females	2 ½ cups per day	3 cups per day

**Source:**  
[www.choosemyplate.gov/food-groups/dairy-amount.html](http://www.choosemyplate.gov/food-groups/dairy-amount.html)

#### It's important to get outside!

Vitamin D is essential in helping calcium achieve its full function. Make sure to get out, and catch some sunny rays for vitamin D to help your body absorb calcium from your balanced diet! Remember, while vitamin D from sunshine is important for our health, skin damage from sun burns should be avoided, so use a sun screen if you are going to be outside for an extended period.

### A Little Dairy History

In the early 1600s, immigrants brought cattle with them from Europe to supply their families with dairy products and meat.

It was not until the late 1800s that cattle breeds were developed specifically for dairy purposes.

Milk and milk products were made primarily for home or local use. However, with the movement of populations from the farms to the cities at the turn of the century, it became important to mass-produce and improve the quality of milk.

**Source:**  
<http://specialcollections.nal.usda.gov/dairy-exhibit>



### Student Sleuths

- 1 What is the function of calcium in the body?
- 2 What vitamin works together with calcium to maximize its benefits? Where does this vitamin come from?
- 3 Have students research the difference between organic and conventional dairy farms. What makes them different? What are the regulations for a certified organic farm?
- 4 Create posters promoting healthy low-fat, and fat-free dairy consumption and why it's important to support local farms!



## Physical Activity Corner

Yoga is a fun way for everyone to get daily physical activity. It is a great way to build up strength and flexibility, and for students to relax and become more focused in school. Try this yoga activity in your school gym or play yard.

### Yoga Pose:

- 1 Start on hands and knees.
- 2 Take a deep breath in.
- 3 Breathe out and sit back on heels. Rest forehead on ground with arms straightened forward.
- 4 Breathe in and push body up.
- 5 Hold for two breaths.
- 6 Return to start position and repeat.

### Adapted from:

Shape of Yoga, Network for a Healthy California. For yoga poses with pictures, visit: [www.cdph.ca.gov/programs/cpns/Documents/Network-ShapeofYoga.pdf](http://www.cdph.ca.gov/programs/cpns/Documents/Network-ShapeofYoga.pdf)

## Student Activities

Research a Washington organic dairy farm in your area. Try to get in touch with the farmer to find out how many cows they have, how many gallons of milk they produce, what types of dairy products they make, whether they are an organic dairy farm, and where their products are sold. Present findings to class.



## Just the Facts

- It takes double the cows to produce milk annually for Pizza Hut cheese (about 170,000) than there are people living in Bellingham, WA.
- The average cow produces enough milk each day to fill six one-gallon jugs, about 55 pounds of milk.
- All 50 states in the U.S. have dairy farms.
- It takes 12 pounds of whole milk to make one gallon of ice cream

### Source:

[www.greenmeadowfarms.com/cooldairyfacts.htm](http://www.greenmeadowfarms.com/cooldairyfacts.htm)

## Cafeteria Connections

Drinking milk is an important part of students' everyday diet. Chocolate milk, often served in school cafeterias, contains much more sugar and calories than plain low-fat milk, making flavored milk the less-nutritious choice.

Encourage your students to skip the chocolate milk and opt for white milk instead. They can start with once a week and slowly progress. Create a poster in your classroom for students to mark down the days they chose white milk instead of chocolate milk. Inform them of the differences between the two and explain why white milk is the healthier option.



## Home Grown Facts

- There are about 480 dairy farms, with a total of approximately 262,000 dairy cows in Washington!
- Washington ranks 10th in total milk production in the U.S.
- Dairy foods make up the 2nd largest agricultural commodity produced in Washington.
- There are dairy farms in 29 out of 39 counties in Washington with Whatcom County coming in at number 1, with over 50,000 cows and 123 dairy farms!
- There are 34 certified organic dairies in Washington!

### Source:

<http://wadairy.com/sites/default/files/facts-about-washington-dairy-industry.pdf>

## Literature Links

### Elementary

- *Milk from Cow to Carton* by Alike
- *Extra Cheese, Please!* by Cris Peterson
- *From Grass to Milk* by Stacy Taus-Bolstad
- *Hooray for Dairy Farming!* by Bobbie Kalman
- *Raising Cows on the Koebel's Farm* by Alice Flanagan
- *Life on a Dairy Farm* by Judy Wolfman
- *Ice Cream: the Full Scoop* by Gail Gibbons
- *Manny's Cows* by Suzy Becker (fiction)

### Middle School

- *First Boy* by Gary Schmidt (fiction)
- *Delicious Dairy Recipes* by Kristen Rajczak

### High School

- *One-Hour Cheese: Fresh and Simple Cheeses You Can Make in an Hour or Less!* by Claudia Lucero
- *Farm to Fork: Cooking Local, Cooking Fresh* by Emeril Lagasse
- *Farm to Table Cookbook: The Art of Eating Locally* by Ivy Manning

