

# Leader's Guide

## Ice Cream Bear by Jez Alborough

**Objective:** In addition to the overall objectives for Book in a Bag:  
• Children will learn that milk and ice cream are part of MyPyramid.

### Lesson Outline:

1. Read entire section on the Dairy Group and *Ice Cream Bear* prior to lesson.
2. Develop lesson plan for day's activity.
3. Review supplies and equipment needed for activity. Make copies of recipes and "A Look at Our Book: Parent's Page" as needed. If desired, attach a recipe "card" to each Parent's Page.
4. Prepare evaluation tool you will use with the children.
5. Arrive early—be sure to encourage handwashing before activity.
6. Read book with children. Ask questions to facilitate discussion.
7. Lead activity. Encourage all children to participate.
8. Assist children in completing evaluation tool.
9. Distribute pages for take-home, as appropriate.
10. Clean up.

### Questions to Facilitate Discussion:

- What jobs should Bear do?
- What does he do instead?
- What does Bear think is missing?
- What is it snowing?
- What is your favorite flavor of ice cream?
- What is ice cream made from?

For a variety of good Dairy Group handouts and info, contact [dairycouncil@midwestdairy.com](mailto:dairycouncil@midwestdairy.com) or call 1-800-406-6455.

### Other related children's books:

- Milk and Cookies* by F. Asch
- The Stinky Cheese Man* by J. Scieszka
- I Want Ice Cream* by J. Cowley
- The Milk Makers* by G. Gibbons

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: **KANSAS ACADEMIC STANDARDS**  
: **Health Promotion and Disease Prevention 1.1**  
: **Kindergarten Reading:** 1. 2. 1, 2, 3,  
1. 3. 2,  
1. 4. 1, 2, 3, 4, 5, 6, 8, 10  
: **Literature:** 2. 1. 1,  
**1st Grade Reading:** 1. 1. ▲4, ▲5, 7,  
1. 2. 1, 2, 3, 5,  
1. 4. 1, 2, 3, 4, 6,▲  
: **Literature:** 2. 1. 1, 2, 3,  
2. 2. 1,  
**2nd Grade Reading:** 1. 2.▲ 1, 2, 3,  
**Literature:** 2.1. ▲1, ▲2,  
2. 2. ▲1, ▲2, 3,  
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