

Leader's Guide

Carlos and Clarice Mooove to Lowfat Milk! by Kathy Reeves, Mary Stickney and Diane Bowden

http://www.floridawic.org/Documents/moove_to_lowfat_milk/index.html

To order books call Florida Department of Health Distribution Center at 850-414-8086 English/Spanish.

Objectives: In addition to the overall objectives for Book in a Bag:

- Children will learn that lowfat milk keeps their hearts healthy and their bones and teeth strong.
- Children will learn to identify lowfat milk.
- Children will learn that physical activity is important.

Lesson Outline:

1. Review supporting materials and **Carlos and Clarice Mooove to Lowfat Milk!** 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 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. Incorporate physical activity into lesson.
9. Assist children in completing evaluation tool.
10. Distribute pages for take-home, as appropriate.

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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**
• **Science: 6.1.1, ▲ 2**
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Questions to Facilitate Discussion:

- How are Carlos and Clarice related?
- Do they look like cows you see in the pasture?
- Since they don't "moo", what do they say?
(moove to lowfat milk)
- Why should we drink lowfat milk?
(keeps our hearts healthy and our bones and teeth strong)
- Why are Carlos and Clarice holding up 1 finger?

Other Related Children's Books:

- Ice Cream Larry* by Daniel Pinkwater
- Rodeo Ron and His Milkshake Cows* by Rowan Clifford
- Curious George Goes to the Ice Cream Store* by H. A. Rey
- Kitten's First Full Moon* by Kevin Henkes
- The Milk Group* by Mari C. Schuh

To get nutrition education materials from the National Dairy Council 800/426-8271 or

<http://www.nationaldairyCouncil.org>

www.3aday.org the American Dairy Association

<http://www.midwestdairy.com> or Midwest Dairy Council at 800/406-6455

Midwest Dairy Council offers free, dairy farmer funded materials to nutrition educators in Kansas.



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