

What You Will Need

Equipment:

Clear plastic cups
Plastic spoons & knives
Cutting board
Shaker containers or bowls
Rubber spatulas
Glass measuring cup
Whisk
Paper plates

Ingredients:

Lowfat milk
Instant banana cream pudding mix
Whipped topping
Vanilla wafers
Bananas

Other Possible Activities:

Dairy Foods Game

Gather pictures of many kinds of different dairy foods and other food pictures too. Have the children sit in a circle. If you hold up a picture of a dairy food (milk, ice cream, cottage cheese, cheese) have the children “moo.” If you hold up a non-dairy food, have the children shake their heads. See how many dairy foods they can identify.

Taste Test

Have samples of whole milk, 2%, 1% and skim milk and see if the kids can taste a difference. Let parents do the taste test too! Help them “moove” to lowfat milk.

Make banana, strawberry, orange and chocolate milk for kids to sample.

Puppets

Have children make cow puppets using small white paper bags. The on-line lesson plan that goes with this book has a pattern for the Carlos head, legs and arms that can be colored and attached to the bag.
http://www.floridawic.org/Documents/moove_to_lowfat_milk/lesson_plan.pdf

Calcium Builds Strong Bones

(sung to the tune of London Bridge)

Did you have your milk today?
Milk today, milk today?
Three glasses we must drink today (hold up 3 fingers)
To build strong bones and teeth. (touch wrist bone and front teeth)

We like milk and lots of cheese
Cottage cheese! Cheddar cheese!
We like yogurt anytime, and—
Mix me a milkshake!

Fun website – listen to the cow moo!

www.moomilk.com

Make your own virtual milk shake, print your recipe and then try it at home in your own kitchen.

Washington State Dairy Council

<http://www.nutritionexplorations.org/kids/activities/shake.asp>



Moo-licious Banana Pudding

Makes 8 cups



Ingredients:

- 1 small box banana cream or vanilla instant pudding
- 1 1/2 cups lowfat milk
- 1 container (8-ounces) whipped topping
- 1 box vanilla wafers
- 4 medium, ripe bananas

Directions:

1. Remember to wash hands.
2. Add pudding to cold, lowfat milk and whisk in a medium bowl or shake in a covered container until thickened, about two minutes.
3. Fold in whipped topping.
4. In individual cups, layer vanilla wafers (whole or crushed), sliced bananas, and pudding. Repeat layers.

Hints: Let children crush vanilla wafers in a zip-type bag with a rolling pin. Add a whole vanilla wafer on top.

Nutrition Facts: *One serving provides 220 calories, 2.5mg total fat, 5mg cholesterol, 170mg sodium, 47g total carbohydrate, 3g protein, 6% calcium*