

CONNECTING

Food, Nutrition & Agriculture

NUTRITION

MyPlate: Kids Activities
MyPlate: Nutrition Resources for Kids
MyPlate Match Game
Understanding MyPlate
Serving Up MyPlate Curriculum
Test Your Knowledge: Hard to Classify Foods
Test Your Knowledge: Mixed Meals
Give Me Five! Lesson Plan
Think Your Drink: Poster and Handout
Think Your Drink: Beverage Cards
Fun With Dairy: Activity Sheets
Healthy Choices for MyPlate

MAKING DAIRY FOODS

FoodMASTER - Milk and Cheese: Lesson Plan
Make & Taste Dairy: Ricotta Cheese
Make & Taste Dairy: Mozzarella
Make & Taste Dairy: Greek Yogurt
Make & Taste Dairy: Butter
Curd Science: Journey from Milk to Curd
Discover Dairy Science
Dairy Science



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ACTIVITIES

Squeeze & Freeze Ice Cream
Smoothie in a Bag
Mooga

VIDEOS

Seven Breeds of Dairy Cows
A Lot You Don't Know About Dairy
What Do Cows Eat?

PROMPTS

Farm Writing Prompts for Kids

FUN FACTS

35 Fun Facts About Dairy
Ohio Dairy Facts
Dairy Foods Made in Ohio
Dairy is Fresh and Local
Dairy Nutrition FAQ
Defining Dairy: Milk
Defining Dairy: Yogurt
Defining Dairy: Cheese
Why is Cheese Orange?
Why Flavored Milk?
13 Ways Milk Can Help Your Body
9 Ways Yogurt Can Help Your Body
8 Ways Cheese Can Help Your Body
Chocolate Milk: Official Beverage of OHSA

ADOPT A COW FOR YOUR CLASSROOM

Throughout this free year-long experience for your classroom, you'll get an inside look at dairy farming and be paired with a calf from an Ohio dairy farm. You'll find out what her name is, when her birthday is, where she lives and how the farmer takes care of her. You'll also receive progress updates, photos of the cow, live chats from the farm, activity sheets for your students, suggested lessons that follow Common CORE standards and even opportunities to write letters to your calf! [Enrollment is open](#) now through September 15.

