



Kindergarten Curriculum Based Classroom Activities for Teachers

The suggested activities are intended to support a play-based learning environment and promote the ELECT guiding principle (*Early Learning for Every Child Today*) for 4 to 6 year olds as part of Kindergarten programs in schools. Students can:

- Investigate the benefits of nutritious foods and explore ways of ensuring healthy eating
- Recognize people, places and buildings in their community and talk about what they do and their functions
- Make healthy choices and develop physical skills

Early Learning Team's (teachers) purposeful programming ideas

- "What healthy snacks are made from milk?" (cheese, yogurt, smoothies)
"Why is it important for us to eat, drink milk products?" (healthy teeth, strong bones, energy to play, helps you stay healthy)
"Why is chocolate milk a healthy snack?" (same nutrients for your body as white milk (e.g. calcium, vitamin D), but with some chocolate and sugar added for great taste)
- After tasting a variety of milk products, the students decide they would like to try other milk products. Early Learning Program team members help them make a list of other healthy milk products that are eaten in various cultures and plan a healthy tasting session for another time. (e.g. kefir, raita, lassi, feta cheese)

Store Play

- Have students set up a store. They stock the store with a wide variety of milk products and explain the health reasons why customers should buy them. Students draw pictures for the shelves of the store, illustrating foods that they know are healthy choices.
- Using personalized milk cartons – students can decorate their milk carton in order to personalize it.

House Play

- Have students set up a kitchen. Using plastic food models (or washed containers from home), they prepare a variety of healthy snacks including milk products and invite other students to their small party to sample the healthy food choices.
- Have students gather and create food models of healthy snacks using a variety of materials (e.g. empty milk containers, play dough, scrap paper).

Farm Play

- Milk from Farm to Table Game (whole class activity) - review the route that milk takes from farm to table. Teach students the actions and sounds for each step in the farm to table (see below). Whisper to each student a step to act out. Students move around the room trying to find other students making the same actions and sounds. Students making the same actions and sounds form groups. Each group presents its sounds and actions while the other groups guess what they represent. Groups re-arrange themselves in the

proper sequence showing the route milk takes from farm to family. End with each group presenting in order.

(Adapted from nutrition education materials offered by Dairy Farmers of Canada, www.teachnutrition.org)

- Farm: action – exaggerated chewing (cow chewing its cud); sound: “moo”
- Grocery Store: action – pretending to push a grocery cart; sound: “cha-ching” (a cash register)
- Home: action – pretending to drink a glass of milk; sound: “glug, glug, glug”
- Bring in a variety of farm toys (e.g. toy farm animals, including cows and other milk-producing animals, tractors etc.) Students can set up a farm and play with the farm toys, (e.g. mimic the milking process at a farm), discussing and showing how the milk gets from the farm to the table.

Physical Activities

- Hopscotch using a cleaned small milk carton as the throwing pebble
- Bowling using cleaned milk cartons as the pins
- Throwing and Catching students toss a milk carton back and forth
- Milk Carton Toss – using a target mat (see below – made on chart paper or drawn with chalk outside) on the pavement. Students gather and take turns tossing their milk cartons on the target mat. Students can accumulate points if they are developmentally ready to add one digit numbers. Enclosing a weighted object (e.g. eraser) in the milk carton will add another unpredictable element to the already unpredictable nature of using an object with a square base.



- Blend a Smoothie Game – bring in props for this activity (e.g. plastic fruit, chef’s hat, empty milk cartons/yogurt containers). Hand these out to each student so that he or she knows his or her “role” or “ingredient” in the smoothie. Assign students a smoothie ingredient (e.g. yogurt, milk, mango, blueberries etc). Choose one child to be the chef; the chef calls out each ingredient to go in the smoothie. As students hear their food called they jump into the blender (the circle). When the chef has all the right ingredients he/she calls “Blend a Smoothie” all the ingredients shake, quiver, bounce and mix!

(Adapted from Power to Play! A K-3 Healthy Eating and Active Fun Program developed by Dairy Farmers of Canada, www.teachnutrition.org)

For more information on World School Milk Day or the nutritional benefits of milk, please visit

www.milk.org/worldschoolmilk



Ontario World School Milk Day is made possible by the co-operation of schools and the entire dairy industry in Ontario, milk processors, milk distributors and dairy farmers.