# Celebrate Farm to School

**Connect your students – in the cafeteria and in the classroom - to West Virginia's dairy farmers who produce milk and other dairy foods!**

The American Dairy Association Mideast, the West Virginia Department of Agriculture and the West Virginia Department of Education is pleased to provide your school with a West Virginia Dairy Farm to School kit.

*The kit includes:*

- 1 Dairy Foods from Farm to Table poster (24" x 36")
- 1 Milk, Cheese, Yogurt - Made For West Virginia poster (24" x 36")
- 12 Dairy Fun Fact mini posters (8.5''x11'' and water resistant)
- Classroom tools including dairy farm virtual experiences

To celebrate Farm to School, use the kit contents in your cafeteria to highlight the many dairy foods made for West Virginia.

The resources on the reverse side can also be used in the classroom to teach Farm to School concepts in science, math, health and other subjects.

# Dairy from Farm to School Resources

## Discovery Education: www.discoverundeniablydairy.com

### *Classroom Resource - Caring for Cows and Nourishing Communities*

- 360 Video & Hot Spot Dairy Farm Virtual Experiences
- Virtual Dairy Farm Field Trip
- Educator Companion Guides
- STEM Curriculum – Creating MyPlate Lesson Plan
- From Farm to Table Lesson Plan

## American Dairy Association Mideast: www.drink-milk.com

### *Classroom Activities*

- FUTP60 Playbook: Goals & Descriptions
- Make & Taste Dairy: Mozzarella Cheese
- Make & Taste Dairy: Butter
- Science of Cheese PowerPoint
- Dairy Foods from Farm to Fridge Video
- 7 Breeds of Dairy Cows Video
- There's A Lot You Don't Know About Dairy Video
- Healthy Bones Start with Dairy
- Your Skeleton - Feed Your Bones

### *Student Handouts & Activity Pages*

- Milk from Farm to Fridge Infographic
- Farm to Fridge for Kids
- Milk, Cheese, Yogurt - Made for West Virginia
- West Virginia Dairy Foods From Farm To Table
- Undeniably Dairy Coloring Book
- Dairy Coloring Page
- Milk from Farm to Fridge Activity Book
- Milk It Activity Page
- Milk from Cow to You
- Stronger Bones are as Easy as 123
- Think Your Drink
- Fuel Up with Milk at Meals

### *Teacher Resources*

- West Virginia Dairy Facts
- 35 Fun Facts About Dairy
- GenYOUth Farm to School Youth Perspective
- 9 Ways Milk Can Help Your Body
- 7 Ways Yogurt Can Help Your Body
- 6 Ways Cheese Can Help Your Body
- Milk Nutrition Facts Label
- Cheese Nutrition Facts Label
- Yogurt Nutrition Facts Label
- Flash Cards: Milk vs Dairy Alternatives
- Lactose Intolerance vs Dairy Allergy
- Three Servings of Milk Delivers
- Make the Most Out of Your Dairy

### *School Cafeteria Resources*

- Chef-Inspired School Recipes
- Overnight Oats 101
- Smoothie School Kit
- Milk with Meals, Water Whenever
- 1 Percent Flavored Milk is Back
- MyPlate Guide to School Lunch
- MyPlate Guide to School Breakfast
- Milk Quality Checklist
- Fluid Milk in School Meals Executive Summary

American Dairy Association MIDEAST

**For Additional Resources**

National Dairy Council: www.nationaldairycouncil.org

Fuel Up To Play 60: www.fueluptoplay60.com