



## LET'S BE MERRY – DRINK DAIRY

**TYPE OF ACTIVITY:** Math

**KEY CONCEPT:** Eat a variety of foods



**OBJECTIVES:**

- › Children will compare cow's and goat's milk before and after tasting them.
- › Children will decide whether they like goat's or cow's milk better.
- › Children will count the number of likes and dislikes.
- › Children will identify the word dairy and the beginning letter ("d").

**MATERIALS:**

- › Goat's milk
- › Cow's milk
- › Cow and goat toys or photos (optional)
- › Small cups
- › MyPlate poster
- › Slips of paper (two per child)
- › 2 containers, each marked "Yes" with a happy face
- › 2 containers, each marked "No" with an unhappy face



**PROCEDURE:**

1. Set-up: Pour small cups of goat's milk and cow's milk for each child to try.
2. Show the toy cow and goat to a small group of children. Discuss cow's and goat's milk. Suggested phrases:
  - a. *We have some friends that came to visit us today. This is Betsy the Cow and Gail the Goat.*
  - b. *Can you tell me things that Betsy the Cow and Gail the Goat have in common? Some possible things to mention if the class doesn't:*
    - *How many legs do they both have? (Four legs.)*
    - *Where do they live? (Outside on a farm.)*
    - *Are they humans or animals? (Animals.)*
    - *What covers their bodies? (Hair.)*

**Day 6: Dairy**

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- c. *Did you also know that both Betsy the Cow and Gail the Goat make milk that YOU can drink?*
      - d. *Have you ever seen a cow or goat being milked?*
3. Show the MyPlate poster and point out the dairy group. Suggested phrases:
  - a. *Which group includes milk? Milk is a dairy food.*
  - b. *This word says dairy. What other words start with the same sound?*
4. Tell the children that they can try some goat's and cow's milk. Explain that they will decide whether they like or don't like each kind of milk. Encourage children to try the milk, but do not pressure or force those who decide not to try it. Suggested language:
  - a. *Betsy and Gail have brought some of their milk for you to try.*
  - b. *Here is a cup with goat's milk for you to try. If you like it, put your name in the 'yes' box. If you don't like it, put your name in the 'no' box.*
5. Repeat step four with the cow's milk. Have children put their slips in the second set of containers.
6. Have children count the number of slips in the "yes" and "no" boxes for goat's and cow's milk. Discuss the results.

#### ADAPTATIONS/EXTENSIONS:

**Snack:** Serve goat's cheese for snack. Talk to children about cheese as a type of dairy food.

**Language:** Encourage children to come up with words that rhyme with "dairy" (e.g., berry, fairy, carry, merry), "goat" (e.g., boat, coat, float, moat), and "cow" (e.g., wow, now, sow, pow, plow).