



pint size PRODUCE

Dairy!

Story: The Milk Makers

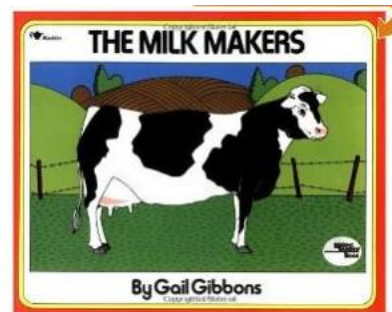
Supplies:

Book:

The Milk Makers
By Gail Gibbons

Read “The Milk Makers” by Gail Gibbons.

- What color are the dairy cows you saw in the book?
- What do dairy cows eat? What do they drink?



Talk about what other products are made from milk. What is your favorite dairy food?

Watch a video of “The Milk Makers” read aloud:

<https://www.youtube.com/watch?v=DQcwYnSB3xo>

Or a video about where milk comes from:

<https://www.youtube.com/watch?v=qYFA2-4Zzhk>

Tasting: Butter

Follow the instructions on the next page for making your own butter. This will result in fresh butter, and the resulting liquid is buttermilk. The buttermilk can be consumed directly or used in recipes.

Alternate: Pick a few different dairy items, talk about them, and taste them. Milk, yogurt, cheese, cottage cheese, etc. – what is your favorite?

Tasting & Activity:

- Heavy whipping cream
- Spill-proof container
- Salt (if desired)
- Bread or crackers
- Alternate option: yogurt, cheese, cottage cheese

Coloring Pages:

<https://coloringhome.com/dairy-coloring-page>



Song:

Minnesota Milk

Give me a long M (Mmmmm)

Give me a short M (M)

Don't give me no pop, no pop

Don't give me no tea, no tea

Just give me that milk (moo moo moo moo)

Minnesota milk (moo moo moo moo)

Repeat with other letters, then...

Give me a long milk (Chocolate)

Give me a short milk (Skim)...

Activity: Butter

This activity can involve both toddlers and preschoolers in preparing snack!

1. Fill spill-proof containers partway with heavy whipping cream – make individual containers or take turns as a group.
2. Shake and dance until the cream turns into butter – you will be able to hear the change when it separates.
3. Pour off the buttermilk (liquid) – let kids taste it. Spread the fresh butter on a cracker or piece of bread and enjoy!

Note: Fresh butter should be consumed soon after it is made. If you are storing it, rinse the buttermilk off under cold water first.

Want more detail? Want to make your own butter regularly? Bon Appetit wrote all about it: <https://www.bonappetit.com/test-kitchen/ingredients/article/how-to-make-butter>



More Resources

- Check out our website for links to many other curricula and activities: www.renewingthecountryside.org/f2ece
- Minnesota Ag in the Classroom has some great videos - while they focus on K-12, their Dairy videos would be great for younger kids too: https://minnesota.agclassroom.org/educator/video_dairy.cfm





Milk!

Try It!

Tasting is a key part of learning about food. Try comparing a few of the products that milk is made from – milk, yogurt, cheese, cottage cheese.

Which is your favorite?

Did you know?

Milk is Minnesota's official state drink, and the state produces 9 billion pounds of milk each year! ¹

Look for local milk at the grocery store, or visit www.minnesotagrown.com to find local milk near you!

Song² "The Wheels on the Bus"

Oh, the tractor on the farm goes round and round, round and round, round and round

Oh, the tractor on the farm goes round and round, all around the farm

The cow on the farm...
The chicken on the farm... etc.

Resources

Find many farm to childcare resources on our website:
www.renewingthecountryside.org/f2ece

Make your own butter!
www.brighthubeducation.com/preschool-crafts-activities/63684-making-butter-with-preschoolers/

1. <https://www.sos.state.mn.us/about-minnesota/state-symbols/state-drink-milk/>
2. <https://www.iato.org/documents/farm-childcare-curriculum-package>



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What is your child's favorite product made from milk? Ask them what they learned about milk today!

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