



## Dairy Goodness – Making the Most of Milk

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Students will have opportunities to:

- Recognize milk's role in healthy living by analyzing essential nutrients found in milk
- Identify different milk products available and interpret their nutritional information
- Explore the use of milk in different cultures

### How Do We Connect?

The Dairy Education Program can be adapted for most grade levels to enhance your programming in the classroom. The following outlines some of the many specific curriculum connections that can be realized by inviting a dairy educator into your classroom. (Please note that other connections are also possible.)

Connections for all grade levels taken from the Health and Physical Education Curriculum

#### Kindergarten

Various connections to meet outcomes in the strands of *Belonging and Contributing, Self-Regulation and Well-Being, Demonstrating Literacy and Mathematics Behaviours and Problem Solving and Innovating.*  
Demonstrate an awareness of their own health and well-being

#### Grade 1

Health and Physical Education: Healthy Living - Canada's Food Guide, foods for healthy bodies and minds

#### Grade 2

Health and Physical Education: Healthy Living – Healthy eating patterns, food choices (snacks, meals)

#### Grade 3

Health and Physical Education: Healthy Living - Oral health, food choices

#### Grade 4

Health and Physical Education: Healthy Living - Nutrients in food and beverages, personal eating habits, healthier eating in various settings

#### Grade 5

Health and Physical Education: Healthy Living - Nutrition facts tables, food labels, media influences – food choices

### **Grade 6**

Health and Physical Education: Healthy Living – Influences on healthy eating, benefits of healthy eating/active living

### **Grade 7**

Health and Physical Education: Healthy Living - Personal, external factors in food choices, eating patterns and health problems

### **Grade 8**

Health and Physical Education: Healthy Living – Personal eating behaviours, promoting healthy eating

### **Grade 9**

Health and Physical Education: Healthy Living – Food choices, connections for healthy living

Family Studies: Nutrition and Health  
Food choices

### **Grade 10**

Health and Physical Education: Healthy Living – Food choices, connections for healthy living

Family Studies: Nutrition and Health  
Food Choices

### **Grade 11**

Health and Physical Education: Healthy Living – Current issues, impact of diseases and health on food choices

Humanities: Food and Nutrition – Nutrition and Health

### **Grade 12**

Health and Physical Education: Healthy Living – making healthy eating decisions in different contexts

Humanities: Food and Nutrition - Nutrition and Health