Facts to Know

Group size: two to three children per adult volunteer
Time frame: group meeting 30 to 60 minutes
Recommended ages: 5- to 7-year-olds (kindergarten through second grade)

Purpose
Youth learn to follow recipes, measure ingredients and use baking terms (mix, level, stir, pour) while preparing calcium-rich dairy treats.

Background Knowledge
When you’re tired and rundown, and your energy level is low, you may be just plain hungry. The right kinds of snacks will tide you over to the next meal but will not spoil your appetite for later. Nutritious snacks can be selected from the dairy group, one of the MyPlate food groups. Milk, like other foods in the dairy group, is a good source of calcium to help build strong bones.

Calcium is a nutrient found in milk and milk products such as pudding, yogurt and ice cream, and calcium-fortified soy milk or orange juice. Some dairy-containing products such as cream cheese, cream and butter contain very little or no calcium. Your body uses calcium to:

- Grow and maintain strong bones and teeth
- Help nerves and muscles function
- Clot blood

MyPlate recommends children ages 4 to 8 should consume 2½ cups of fat-free or low-fat milk or other dairy-containing foods every day.
Learning Activities

Do: Getting Started
Instant Hot Cocoa Mix (20 minutes)

1. Prepare a clean working surface. Members will work in pairs, with one adult helper for each two to three youth.

2. Review basic measuring tips, such as spooning the cocoa into a measuring cup and leveling off the top, with members. Measurement abbreviations: Tbsp. = Tablespoon, tsp. = teaspoon, c. = cup, g = gram, mg = milligram.

3. Use the following directions to prepare the hot cocoa mix:
   a. Measure 2 cups of nonfat dry milk powder into a large bowl.
   b. Measure and add 5 tablespoons of unsweetened cocoa powder to the bowl.
   c. Measure and add 5 tablespoons of powdered sugar to the bowl.
   d. Mix ingredients thoroughly.
   e. Divide the hot cocoa mix into quart-size zip-top bags, 6 tablespoons per bag.

4. Members can prepare a mug of hot cocoa to sample by placing 3 tablespoons of cocoa mix in a mug with hot water and stirring.

Instant Hot Cocoa Mix
Makes 2½ cups (approximately 12 servings)
2 c. instant nonfat dry milk powder
5 Tbsp. cocoa
5 Tbsp. powdered sugar
Mix ingredients thoroughly and store in an airtight container.

To prepare: Place 3 tablespoons of mix into a cup or mug. Then add enough warm water to fill the cup. Stir and enjoy!

Makes 12 servings. Each serving has 70 calories, 0 g fat, 5 g protein, 13 g carbohydrate, 1 g fiber and 70 mg sodium.
Do: Digging Deeper
Ice Cream in a Bag (45 minutes)

1. Prepare a clean working surface. Members will work in pairs, with one adult helper for each two to three youth.

2. Review basic measuring tips, such as spooning the sugar into a tablespoon and leveling off the top, with members. Measurement abbreviations: Tbsp. = Tablespoon, tsp. = teaspoon, c. = cup, g = gram, mg = milligram.

3. Use the following directions to prepare the ice cream:
   a. Measure ½ c. 2% milk into a quart-size zip-top bag.
   b. Measure and add 2 tablespoons of sugar to the same bag.
   c. Measure and add 1 teaspoon of vanilla to the same bag.
   d. Seal the bag. Double-check the seal!
   e. Fill a gallon-size zip-top bag two-thirds full with ice.
   f. Measure and add 6 tablespoons of rock salt to the bag with ice.
   g. Place the ice cream bag into the ice and salt bag, surrounding the ice cream bag with ice.
   h. Seal the gallon-size bag. Double-check the seal!
   i. Take turns shaking the bags for 15 to 20 minutes or until ice cream is firm. Check firmness by feeling ice cream bag after 10 minutes.
   j. When firm, remove the quart-size ice cream bag and wipe dry. Empty and discard the gallon-size ice bag.

4. Members can split the ice cream between bowls with their partner(s), top with their favorite toppings and enjoy!

Topping suggestions: in-season fruit such as strawberries, blueberries, raspberries or peaches with a drizzle of chocolate syrup.

Ice Cream in a Bag

½ c. 2% milk
2 Tbsp. sugar
1 tsp. vanilla
6 Tbsp. rock salt
Ice

1 gallon-size zip-top bag
   (heavy-duty or freezer bag)
1 quart-size zip-top bag
   (heavy-duty or freezer bag)

Add milk, sugar and vanilla to the quart-size zip-top bag and seal. Mix well. Fill the gallon-size zip-top bag two-thirds full with ice. Add 6 Tbsp. of rock salt to the ice in the gallon-size bag. Place the quart-size bag containing milk, sugar and vanilla in the ice and salt solution. Make sure the quart-size bag is surrounded by the solution. Close the gallon-size bag and shake for 15 to 20 minutes or until ice cream is firm. Remove quart-size bag and wipe dry. Pass around bowls and spoons to sample.

Makes two servings. Each serving has 90 calories, 1 g fat, 2 g protein, 16 g carbohydrate and 30 mg sodium.
Reflect: Bringing Closure (10 minutes)

1. Lead members in a discussion about dairy products and treats. Remind them that the hot cocoa or ice cream treat is a good source of protein and calcium, but it still is a treat and not something recommended every day.

Use the following questions to lead your discussion:

a. When is another time you’ve had hot cocoa or ice cream with friends or family?

b. Do you have special days or times of the year you like to have hot cocoa or ice cream?

c. What animal does milk come from?

d. If we live in a city, where do we have to go to buy milk? What if we live on a farm?

e. Do you drink milk at home every day?

f. How many glasses of milk does MyPlate recommend you have every day?

g. Do you usually have that many glasses?

h. What major nutrient, found in dairy products, does our body need to grow strong bones and teeth?

i. What other calcium-rich foods do you like to eat?

Apply: Going Beyond

Give a cheer for milk.
Select a leader for the cheer, pass out lyric sheets and practice your best milk cheer.

Leader: Gimme an M!
Members: M!

Leader: Gimme an I!
Members: I!

Leader: Gimme an L!
Members: L!

Leader: Gimme a K!
Members: K!

Leader: What’s that spell?
Members: MILK!

Leader: Gimme a big milk!
Members: Chocolate!

Leader: Gimme a little milk!
Members: Skim!

Keep a dairy journal. Have members track the amount of dairy products they eat every day for a week in a journal. Compare the journals to the daily MyPlate recommendations. What dairy products did they eat?

Take a field trip. Visit a dairy farm to watch cows being milked. What breed of dairy cows are kept on the farm? Where does the milk go when it leaves the farm?