



# Planet Partners

## Dear Educator,

Whether they live on a farm or in a city, students share the need for good nutrition and can be partners in protecting our planet. With this free educational program from American Dairy Association North East (ADANE) and the curriculum specialists at Young Minds Inspired (YMI), your students will learn how they can join this partnership as they explore how farm and city lifestyles connect to help both kids and our planet stay healthy.

We hope that you will share this program with other teachers in your school. Although the materials are copyrighted, you may make as many copies as needed for educational purposes. In addition, please let us know your opinion of the program by returning the enclosed reply card or by responding online at [ymiclassroom.com/feedback-adane-planet-partners](http://ymiclassroom.com/feedback-adane-planet-partners). We depend on your input to continue providing free educational programs that make a real difference in students' lives.

Sincerely,

*Richard C Naczi*

Rick Naczi  
CEO

American Dairy Association  
North East

*Dr. Dominic Kinsley*

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Editor in Chief  
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**YMI** is the only company developing innovative, free classroom materials that is owned and directed by award-winning former teachers. Visit our website at [www.ymiclassroom.com](http://www.ymiclassroom.com) to send feedback and download more free programs. For questions, contact us toll-free at 1-800-859-8005 or by email at [feedback@ymiclassroom.com](mailto:feedback@ymiclassroom.com).

## Target Audience

Elementary school students in grades 2-4 and their parents.

## Program Objectives

- Help students understand how rural and urban lifestyles connect through the nutrition offered by locally grown produce and dairy products.
- Explore how dairy farmers promote sustainability by protecting the environment.
- Raise awareness of the importance dairy foods play in following the **MyPlate** nutrition guidelines for a balanced diet.

## Program Components

- This one-page teacher's guide.
- Three reproducible student activity sheets.
- A colorful wall poster for display in your classroom.
- A reply card for your comments, or comment online at [ymiclassroom.com/feedback-adane-planet-partners](http://ymiclassroom.com/feedback-adane-planet-partners).

## How to Use This Program

Photocopy the teacher's guide and distribute the activity sheets before displaying the poster. Send each activity sheet home for students to share with parents. Visit [ymiclassroom.com/adane-planet-partners](http://ymiclassroom.com/adane-planet-partners) to review the program's alignment with educational standards for health, social studies, and science.

## Activity 1 Farm or City, Life is Busy!

Review Annie and Kyle's "To Do" lists, then have students write activities that are common to both lists in the overlap area of the Venn diagram. Use the diagram to compare and contrast life on the farm and in the city. For example, point out that both children share a connection to nature in that Annie helps care for the cows on her family's dairy farm, while Kyle helps tend the garden at his school.

## Extended Activity Ideas

- Your students can experience a real "Day in the Life" of a dairy farmer

at [dairygood.org/life-on-the-farm](http://dairygood.org/life-on-the-farm). Explore this online resource with your classroom digital whiteboard, or have students and their families take a virtual field trip at home.

- Have students create their own personal "To Do" lists and compare them to Annie and Kyle's lists using a Venn diagram.

## Activity 2 Farm and City – Planet Partners

Have students refer to the poster to help complete the puzzle. Then work as a class to fill in the Planet Partners list on the poster.

**Answers: Across:** 2–library; 5–City Hall; 7–forever; 9–pollution; 11–trash; 12–methane digester; 13–water.

**Down:** 1–wildlife; 3–recycle; 4–garden; 6–thrift shop; 8–cows; 10–trees.

## Extended Activity Ideas

- Have students create individual posters for each of the Planet Partner ideas they have listed, then post their work next to the program poster.
- Have students create a Venn diagram to compare sustainable actions at the farm and in the city.

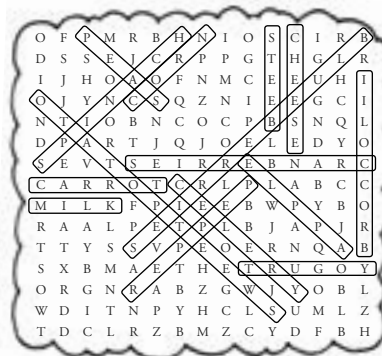
## Activity 3 A Bounty of Healthy Foods

Introduce the activity by explaining to students that "bounty" means "plenty" — it's a word often used to describe an abundant harvest. Have students complete the word search individually or in small groups, then have each student select a food from the puzzle to use as inspiration for writing a *Bountiful* poem, following one of the poetry forms listed below. Schedule time for students to share their poetry in class, and assemble it into a class poetry book.

## Poetry Forms

- **Acrostic:** First letter of each line is written vertically to form a word that is the subject of the poem.
- **Rhyming:** Couplets of verse whose last words rhyme.
- **Shape or Concrete:** Words that describe an object, positioned in a way to outline the image of that object.

Ask students to identify the fruits and veggies listed in the Word Bank that are grown or produced in your region of the country, then challenge them to work together to begin planning a school garden. Which veggies are favorites? Which do best in cool weather? Which require special conditions such as ample moisture or good drainage? For more about starting school gardens, visit [www.farmtoschool.org](http://www.farmtoschool.org).



## Extended Activity Idea

- Have students create their own mini Dairy Dictionary with definitions and illustrations.



## RESOURCES

### Program Site

- Young Minds Inspired, [ymiclassroom.com/adane-planet-partners](http://ymiclassroom.com/adane-planet-partners)

### Dairy

- American Dairy Association North East, [www.americandairy.com](http://www.americandairy.com)
- Dairy Good, [www.dairygood.org](http://www.dairygood.org)

### Nutrition

- Got Milk, [www.gotmilk.com/#/recipes/page/9](http://www.gotmilk.com/#/recipes/page/9)

### Sustainability

- EPA for Kids, [www.epa.gov/recyclecity/index.htm](http://www.epa.gov/recyclecity/index.htm)



## Activity

## 1 Farm or City, Life is Busy!



**Hi!** I'm Annie, and I live on a dairy farm. My family has been farming for many years. I can't imagine ever living anywhere else. Life on the farm is busy but fun. Check out my "To Do" list and you'll see what I mean.

**Hi!** I'm Kyle, and I live in the city. My family has lived in the city since before I was born. I can't imagine living anywhere else. Life in the city is busy but fun. Check out my "To Do" list and you'll see what I mean.



## One Day in the Life

## Annie's "To Do" List

- 6:30 a.m. Breakfast.
- 7:00 a.m. Help feed the cows and play with my dog.
- 8:00 a.m. Greet the veterinarian on my way to my school bus stop.
- 8:30 a.m. School starts!
- 12:45 p.m. School chore time: Collect game balls from field after lunch recess.
- 3:30 p.m. Help feed the calves and make sure the cows are comfy in their stalls.
- 4:00 p.m. Ride my bike to the pond and back.
- 5:00 p.m. Homework.
- 6:00 p.m. Dinner.
- 7:00 p.m. Play video games while mom and dad do farm record-keeping on the computer.
- 8:00 p.m. Time for bed!

## Kyle's "To Do" List

- 6:30 a.m. Breakfast.
- 7:00 a.m. Walk my dog with dad while he picks up a coffee.
- 8:00 a.m. Say hi to my friends at the school bus stop.
- 8:30 a.m. School starts!
- 12:45 p.m. School chore time: Water the school veggie and herb garden.
- 3:30 p.m. Stop in the kitchen for a fruit or veggie snack.
- 4:00 p.m. Karate class.
- 5:00 p.m. Homework.
- 6:00 p.m. Dinner.
- 7:00 p.m. Play video games while mom and dad catch up with computer tasks.
- 8:00 p.m. Time for bed!

Annie

Kyle

Use this Venn diagram to compare Annie's life on the farm with Kyle's life in the city. In the middle where the two ovals overlap, write the activities that are common to both "To Do" lists. Can you find an activity that connects both Annie and Kyle to nature? If you had a "To Do" list, what connections would you have to Annie? To Kyle?

## Parents!



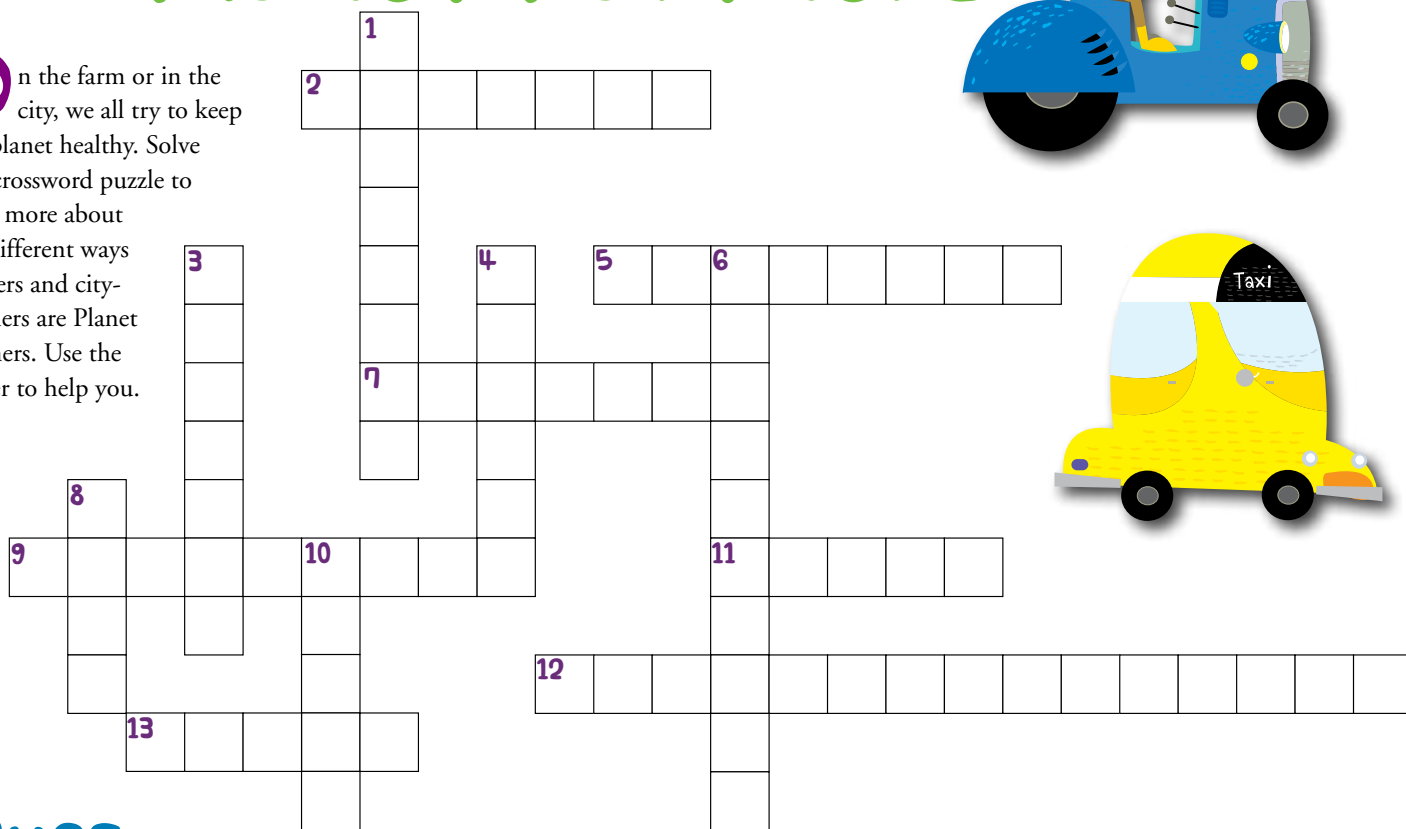
Help your child discover what is common to both farm and city lifestyles with this fun scavenger hunt. If you live in a city, ask your child to find items around your home produced by farms (e.g., dairy products, produce, meats, clothing, etc.). If you live on a farm, have your child look for items produced in the city (e.g., DVDs, video games, magazines, electronics, etc.). Take note of what you find. Then help your child consider how farm and city lifestyles, while very different, have much in common.

# Activity 2

# Farm and City – Planet Partners

Reproducible Master

On the farm or in the city, we all try to keep our planet healthy. Solve this crossword puzzle to learn more about the different ways farmers and city-dwellers are Planet Partners. Use the poster to help you.



## Clues

### Across

2. You can help save trees by going here for books.
5. City officials meet here to make rules about protecting the environment.
7. By working together, farm kids and city kids can help keep our planet healthy \_\_\_\_\_.
9. Farmers and city-dwellers can both help keep \_\_\_\_\_ out of our soil and water.
11. This goes to a special recycling center in many cities.
12. This turns cow manure into energy and fertilizer.
13. On a dairy farm, plants help the soil absorb this better.

### Down

1. Letting plants and trees grow between the fields on the farm provides habitat for \_\_\_\_\_.
3. Reduce, reuse, and \_\_\_\_\_.
4. Planting one of these at school or at home is a tasty way to help protect our planet.
6. You can help reduce waste by taking items your family no longer uses to a \_\_\_\_\_, where they will be resold.
8. Dairy farmers use recycled materials to provide comfy bedding for their \_\_\_\_\_.
10. Dairy farmers plant \_\_\_\_\_ along streams to help protect against wind and soil erosion.



### Parents!

Local dairy farmers are committed to providing fresh, wholesome, quality local milk every day to schools and grocery stores in your area. They are dedicated to running their farms in sustainable ways that help to care for the environment in your community. For more information, visit [www.americandairy.com](http://www.americandairy.com).



Local milk is available 365 days a year.



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# 3 A Bounty of Healthy Foods

## Hey kids!

Whether you live on a farm or in the city, you still need to eat a healthy diet. Part of that diet comes from local dairy products, as well as fresh or frozen fruits and vegetables. Complete this word search to find food words that are part of a daily healthy diet.



### Word Bank

apple	celery	peas
beets	cheese	pepper
blueberries	corn	spinach
broccoli	cranberries	sweet potato
carrot	milk	yogurt

O F P M R B H N I O S C I R B  
D S S E J C R P P G T H G L R  
I J H O A O F N M C E E U H I  
O J Y N C S Q Z N I E E G C I  
N T I O B N C O C P B S N Q L  
D P A R T J Q J O E L E D Y O  
S E V T S E I R R E B N A R C  
C A R R O T C R L P L A B C C  
M I L K F P I E E B W P Y B O  
R A A L P E T P L B J A P J R  
T T Y S S V P E O E R N Q A B  
S X B M A E T H E T R U G O Y  
O R G N R A B Z G W J Y O B L  
W D I T N P Y H C L S U M L Z  
T D C L R Z B M Z C Y D F B H

## Bountiful Poetry

Now choose a food name from the healthy food word search. Follow your teacher's directions to write a *Bountiful* poem about that food on the back of this sheet.



## Parents!

The dairy group is an important part of the USDA **MyPlate** guidelines that show a balanced meal.\* Here's why:



- Dairy products are high in calcium and Vitamin D, both crucial in building new bone cells as children grow.
- Dairy products include many other important nutrients, like protein for strong muscles and potassium, which help regulate a healthy heartbeat and the balance of fluids in the body.
- Nutrients in dairy help build strong bones by increasing bone mass and also build and maintain both strong teeth and healthy blood pressure.

\* Children with dairy allergies must use other food sources for calcium and Vitamin D, such as dark green leafy vegetables or calcium-fortified foods. Children who are lactose intolerant can have lactose-free dairy products.

Try this recipe for a delicious breakfast idea! Don't forget to put your own spin on the recipe by trying an add-in from the list below.



## Moo-berry Breakfast Smoothie

**Ingredients**  
(serves 2)

1 cup frozen blueberries  
1 medium banana, sliced  
1 cup 1% or fat-free regular or lactose-reduced milk  
 $\frac{3}{4}$  cup low-fat vanilla yogurt  
 $\frac{1}{4}$  cup apple juice

**Optional Serving Suggestions:**

For added flavor and nutrition, try one of the following:

- Substitute  $\frac{1}{2}$  cup frozen fruit of your choice for the banana (in addition to blueberries)
- 1 tablespoon oat or wheat bran

**Directions:** Combine all ingredients in a blender and puree until smooth. Serve in a tall glass.



Local milk is available 365 days a year.



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NORTH EAST



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# Dairy Farmers are Planet Partners



Dairy farmers do their part to help take care of the planet!



**Barns** with lots of bedding to keep cows comfy.

**Sustainable Practice:** Bedding made from recycled materials like compost and rice hulls.



## Methane digester

that collects cow manure.

**Sustainable Practice:** Converts cow manure into two renewable products.

- "Biofuel" for the dairy farm.
- Fertilizer for farm crops.



## Conservation buffers

planted near fields, pastures.

- Sustainable Practice:**
- Preserve native trees and grasses.
  - Provide habitat for wildlife.
  - Conserve soil, air, and water.



## Sustainable

means "keeping something going forever." Sustainable practices are things we can do to make sure the Earth stays healthy to provide a home for all people, animals, and plants forever.



What can you do to help protect our planet where you live?



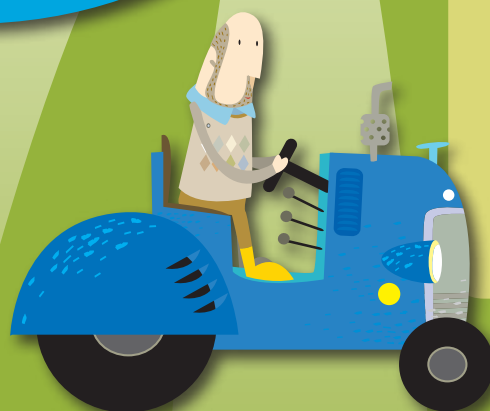
Add your own ideas to this list!

**Farm and City — Planet Partners**

- Recycling
- Taking shorter showers
- Unplugging appliances when not in use
- Planting a garden
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



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