

## Dairy sources and production Lesson Plan Guide

<b>Subject</b>	<b>Appropriate age group</b>
Dairy sources and production	5yrs – 8ys KS1 Primary Education
<b>Learning Objectives</b>	<b>Resources</b>
<ol style="list-style-type: none"> <li>1. To be able to name some different types of dairy sources</li> <li>2. To know some alternatives to dairy products</li> <li>3. To have an understanding on what counts as a portion</li> <li>4. To be able to briefly explain the production process of milk</li> </ol>	<ul style="list-style-type: none"> <li>• PowerPoint presentation</li> <li>• Infographic containing the information in a condensed easy-to-read overview</li> <li>• Dairy product crossword</li> <li>• A related recipe to take home or try in class in equipment available</li> </ul>
<b>Teaching Input</b>	
<ul style="list-style-type: none"> <li>• Current UK government curriculum states in KS1 children should be taught how to use the basic principles of a healthy and varied diet to prepare dishes, as well as understand where food comes from.</li> <li>• Dairy products provide a range of nutrients important to health, so it is important to have some dairy or dairy alternatives in our diets.</li> <li>• Some people need dairy alternatives for health reasons such as lactose intolerance or an allergy to cow's milk protein. Also those following a vegan diet will not eat dairy. This dietary pattern is presently increasing in population.</li> <li>• Recommendations in the UK state we should have 2-3 portions of dairy or dairy alternatives per day.</li> <li>• All dairy products are made from milk, and of all the milk produced just under half is for drinking, the rest made into other products.</li> <li>• Before drinking milk needs to be made safe to drink as it contains bacteria (pasteurisation).</li> <li>• Pasteurisation involves heating the milk to a specific temperature for a specific period of time, and although some products can remain unpasteurised this is potentially puts those with weaken immune systems at risk of food poisoning.</li> </ul> <p>Key messages</p> <ul style="list-style-type: none"> <li>• Dairy products contain various nutrients that are important to the body</li> <li>• We should have 2-3 portions of dairy a day</li> <li>• All dairy products are made of milk</li> <li>• However, there are also non-dairy alternatives for people who cannot eat for health reasons it or decide not to for their diet.</li> <li>• Milk is pasteurised to remove bacteria to make it safe to drink</li> </ul> <p>LESSON ACTIVITY</p> <ul style="list-style-type: none"> <li>• The children have been provided with a crossword to complete. This aims to get the children starting to think about the sources and the dairy alternatives too as this is an up and coming product in the present market.</li> </ul>	

