

# MILK Cheer

**Objectives:**

- Students will be able to discuss that milk helps our bodies have strong bones and teeth.

**Materials Needed:**

- Pictures of (included in the lesson):
  - Power Panther & Slurp
  - MILK letter signs for chant (included)
- Tasting supplies:
  - Fat-free milk
  - Blueberry juice
  - Shaker container
  - A cup for each student



**Learn:**

Introduce Power Panther and Slurp. Ask students, “What does Slurp drink to make sure that he has strong bones and teeth?” (Slurp gets strong bones and teeth by drinking milk.)

**Activity:**

Teach students the following chant. Hold up each letter sign as you say it. See if they can guess what you are spelling.

Words	Actions
Leader: Give me an M Students: M	Sign M
Leader: Give me an I Students: I	Sign I
Leader: Give me an L Students: L	Sign L
Leader: Give me a K Students K	Sign K
Leader: What do we drink? Students: milk	Sign M-I-L-K
All: I want strong bones. I want strong teeth.	Hold up arms, point to teeth.
Leader: Just give me that dairy Students: Three times a day!	Hold up three fingers.

**Reflect:**

Give each student a card with an M, I, L or K on it. Explain to students that they need to find three other friends with the letters to spell MILK. Play music or count down while students form groups of four. Each group should have an M, I, L and K in it. Students can line up or lay the letters down to spell milk.

Say the chant again. Have students hold up the letter they have during the appropriate part of the chant.

*Continued on back*

**Apply:**

Ask students what kind of milk they have tried before—strawberry, chocolate, etc.

Make blueberry milk for students to taste. (It's the color of Power Panther & Slurp) For each 1 cup of fat-free milk, add 1/8 cup of blueberry juice\* to a shaker container. Ask students what number they would like to count to while shaking the blueberry milk. While leader shakes milk, have students stand up and shake while counting quietly. Pour each student a sample of the blueberry milk. Discuss what other flavors or colors of milk would be fun to try.

\*Buy natural blueberry juice or make your own by cooking 2 cups of frozen blueberries with 1 table-spoon honey or syrup and 2 cups water. Cool and strain through mesh strainer or paper towels. Yield: 2 cups blueberry juice

**Extend the activity:**

Language: Let students keep their letter from the MILK activity and write and draw other words that begin with the letter on their paper.

**Milk Matters**

<http://www.nichd.nih.gov/milk/milk.cfm>

**Art:** Discuss what other foods give us strong teeth and bones. Students can color or cut out pictures from magazines of a glass of milk, cheese, yogurt, etc.

**Music:** Listen to the song “Chocolate Milk” by Scribble Monster & His Pals. ([www.scribblemonster.com](http://www.scribblemonster.com))

Revise MILK chant to spell other dairy group foods.

**Math:** Have students form two lines. One line is for students who liked the blueberry milk and the other line is for students who did not. Count the number in each line and compare.











