Snack Stack
Kabobs should be made ahead of time and brought into the classroom ready to serve.
Have all students and staff wash their hands and make sure the surface of the table you will be using is covered or washed.
- Pass out napkins/paper plates.
- Give each student one kabob and ask them not to taste it before you tell them to.
- Ask students to identify something made from milk that is part of the kabob (cheese).
- Grapes are found in which food group? (fruit)
- What food group does the turkey or ham belong? (meat)
- Continue to review the remaining foods with its coordinating food group.
- Where did all of these foods come from? (farm)

Follow-up
- Thank students for being good listeners and “taste-testers”.
- Ask students to give a “thumbs up” if they liked the snack.
- Review the importance of farms in producing foods that make our bodies healthy.
Snack Stacks (for 25 students)

**Note:** Clean or cover table surface

- 25+ coffee stirrers (wooden with rounded ends)
- 25 + small paper plates
- 25 napkins
- 25 grapes cut in half or strawberries
- 25 cubes of cheese (buy cheese sticks and cut into uniform pieces and be sure product is labeled Wisconsin)
- 25 cherry or grape tomatoes cut in half or slices of cucumbers
- 25 triangles of whole grain Pita bread
- 25 ham or turkey cubes (only use foods mentioned in book)

### Objective

- Understand that a farm is a community
- Explain how work done on a farm is based on the seasons (spring: planting/summer: growing/half: harvesting/winter: land rests, machinery repaired)
- Identify food origins (types of plants: vine, root, tree and animals: milk comes from a cow, eggs come from a chicken)
- Categorize foods by food groups

### Materials and Advance Preparation

- Online Book: MY FIELD TRIP TO A WISCONSIN DAIRY FARM by Tyler Bowie
- Review Teacher Guide prior to presenting lesson
- Prepare food and materials for Snack Stacks
- Suggest teachers show our “We are America’s Dairyland” videos – Care of Cows and Cows Make Milk prior to reading the book.

Videos are located on our website at [https://www.wisconsindairy.org/Youth-and-Schools/Dairy-Education](https://www.wisconsindairy.org/Youth-and-Schools/Dairy-Education)

### Snack Stacks Kabobs

25 ham or turkey cubes
25 grapes cut in half or strawberries
25 triangles of whole grain Pita bread
25 cheese sticks
25 cherry or grape tomatoes cut in half or slices of cucumbers
25 ham or turkey cubes
25 grapes cut in half or strawberries
25 triangles of whole grain Pita bread
25 cheese sticks

Stress the importance of eating from all of the food groups to be healthy.