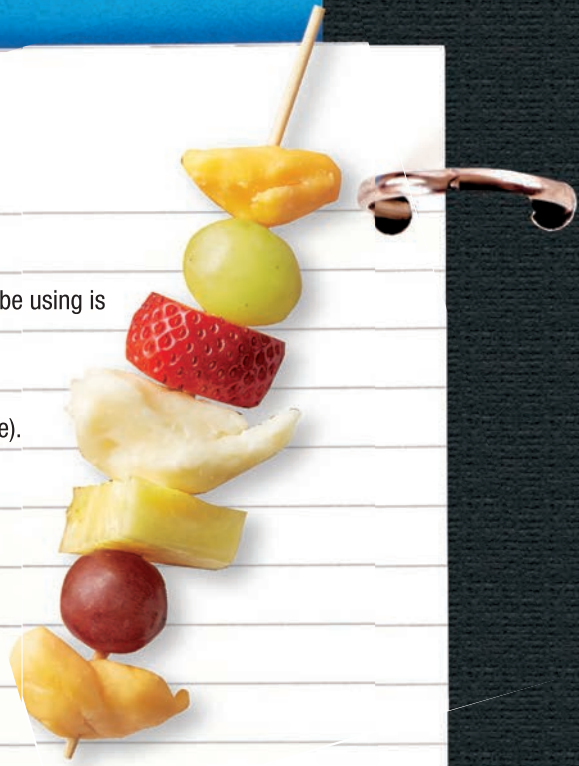




Snack Stack

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.

Cool!



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MY FIELD TRIP TO A

WISCONSIN

DAIRY FARM

by Tyler Bowie

Teacher's Guide



BROUGHT TO YOU BY THE DAIRY FARM FAMILIES OF WISCONSIN

MY FIELD TRIP TO A WISCONSIN DAIRY FARM

by Tyler Bowie



LESSON OVERVIEW

MY FIELD TRIP TO A WISCONSIN DAIRY FARM takes children on a virtual tour of a Wisconsin farm through the “eyes” of first grader, Tyler Bowie and his journal notes of his field trip to the farm.

Students will visually experience and learn a variety of ways in which foods from the five food groups are produced, the parts of the foods that we eat, and how foods produced on a farm make our bodies healthy.



MY FIELD TRIP TO A WISCONSIN DAIRY FARM LESSON

Explain to the students that farms are communities where people live and work to provide us with the foods we eat.

Ask students the following:

- Raise their hands if they have been on a farm.
- Describe something found on a farm. (animals, plants, buildings, machinery)
- Give an example of a food in a specific group that you name. (Ex: Dairy-milk, Fruit-apple)
- Where do all of your favorite Wisconsin dairy products start? (on the farm)
- How many times a day should we have dairy? (2-3)
- Name foods made from milk.

Show the book, **MY FIELD TRIP TO A WISCONSIN DAIRY FARM** by Tyler Bowie and share with the students that you are going to read the book about a first grader named Tyler that goes on a field trip to a Wisconsin Dairy farm. Explain to the students that Tyler writes about things that he sees and learns about during his visit to the farm in his journal.



Objective

Students will be able to:

- Understand that a farm is a community
- Explain how work done on a farm is based on the seasons (spring: planting/summer: growing/fall: 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.wisconsinmilk.com/Youth-and-Schools/Dairy-Education>



Snack Stacks (for 25 students)

Note: Clean or cover table surface

You should assemble the Snack Stacks Kabobs ahead of time. (Use foods mentioned/pictured in the book)

- 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)



- P. 2- Point out Tyler’s drawing of a barn and silos and ask students the purpose of a barn and silo.
- P. 3-Ask students to identify the food in the grocery bag.
- P. 5- Make sure students understand what the word “harvest” means.
- P. 6 & 7- Use pictures as context clues to understand vines, and that vegetables that grow underground are “root” vegetables. You can also use these pages to talk about how we eat different parts of the plant.
- P. 8- Discuss the fact that we grow three types of corn in Wisconsin: Field corn for animals, sweet corn for people and popcorn.
- P. 11- Ask students to name a food made from wheat (bread, cereal, pasta).
- P. 12- Livestock are animals that are used for food or fiber.
- P. 14- Ask students where chocolate milk comes from.
- P. 15- Explain cows have to have had a calf before giving milk, are milked 2-3 times a day, they like to be milked.
- P. 17- Review foods on the plate, food group and what each group does for their bodies. Stress the importance of eating from all of the food groups to be healthy.

MY FIELD TRIP TO A

WISCONSIN

DAIRY FARM

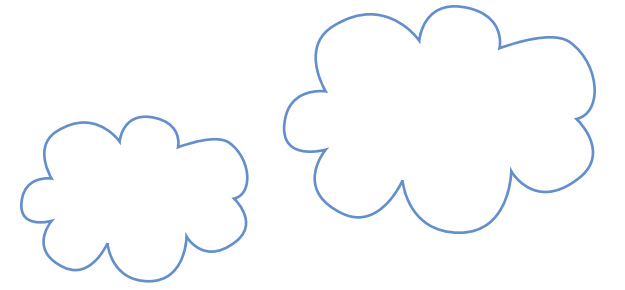
by Tyler Bowie



BROUGHT TO YOU BY THE DAIRY FARM FAMILIES OF WISCONSIN



This report is dedicated to
the hardworking dairy farm families
of Wisconsin.



Name: Tyler Bowie

Grade: 1st

Teacher: Mrs. Wyatt

School: Jefferson Elementary





TODAY, we went on a field trip to the Mackenzie Farm. It was a beautiful day to have school outside.

We learned about farms and where our food comes from.



See, until today, I always thought food came from the grocery store. Mom and Dad buy the food, cook it and we eat it. That's why I was so excited to meet a real farmer. I wanted to ask him myself what he does every day.



that's me!





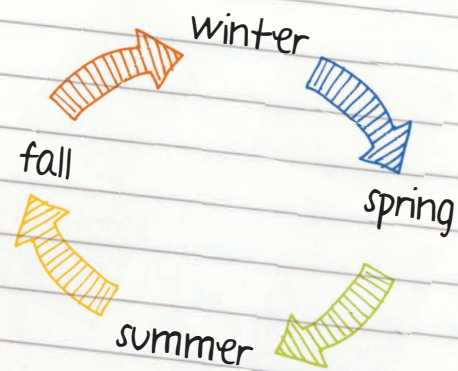
MR.
MACKENZIE



WHEN we got off the bus, Mr. Mackenzie was there to greet us. It sure was nice of him to take time from his busy day to show us around the farm.

Mr. Mackenzie told us how things like fruits and vegetables start off as seeds in the ground. Seeds get planted in the spring and grow all summer long. In the fall, they are harvested. Then in the winter, the ground rests until spring.

And then they do it all over again! It's like a circle, I guess. Or a cycle?



Next time you eat one of these, remember: it grew from a seed!



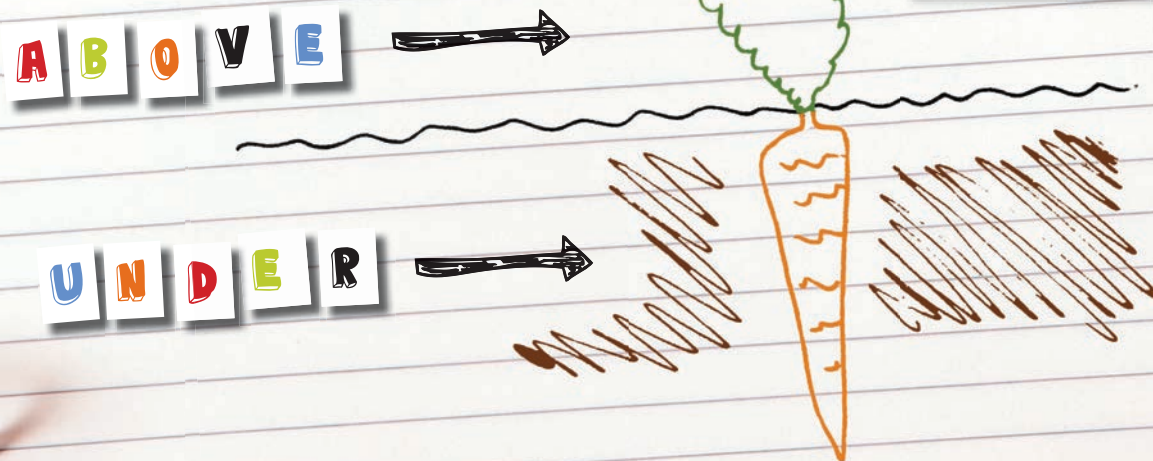
AFTER we learned about seeds, we were able to see what they grow into. First, we started with some vegetables.

Pumpkins and cucumbers are examples of vine plants. Other vegetables that grow on a vine are squash, peas and beans.

SOMETIMES, we eat the part of the plant that grows entirely underground, like carrots, beets and turnips.



I love Halloween... and roasted pumpkin seeds!!!



Don't forget potatoes!

THEN Mr. Mackenzie showed us a large field of corn. I couldn't believe how much corn there was! It seemed like the field went on forever.

THE STALKS WERE SO TALL!



Mr. Mackenzie said that each stalk usually grows one or two ears of corn. That's a lot of work for a couple of ears of corn!

Things made of corn:

CORN ON THE COB

CORN TORTILLAS
POPCORN!



CRANBERRIES!

FROM THERE,

we went to see some of the fruit they grow on the farm, including blueberries and melons. They even had an apple orchard!



Many fruits grow on trees, such as cherries and pears. Some also grow on vines like strawberries, grapes and cranberries.

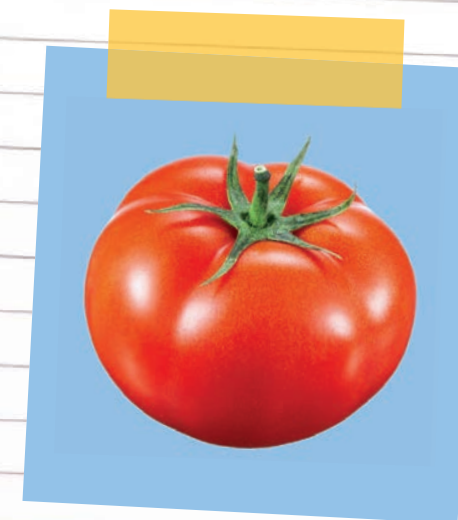
Here are some other fruits I can think of:

RASPBERRIES

BLACKBERRIES

WATERMELONS PLUMS

AND TOMATOES!



(Tomatoes are a fruit, you know!)

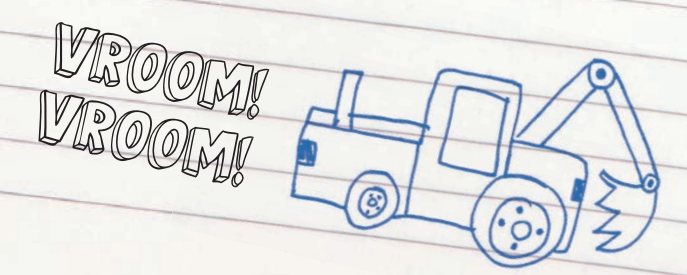
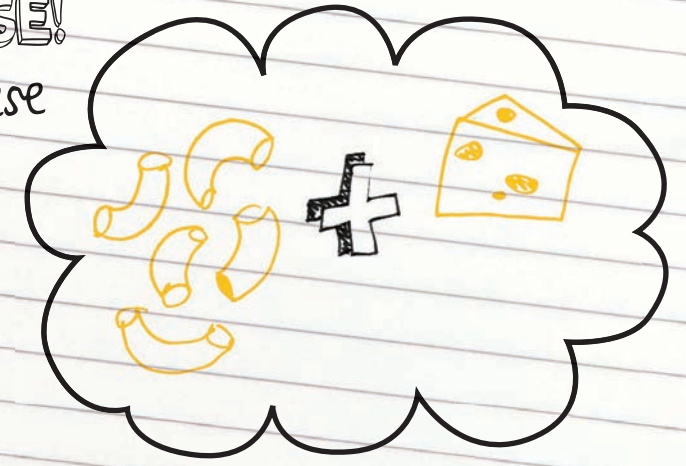




NEXT, we went to see the wheat field. Mr. Mackenzie explained that wheat is used to make all kinds of foods we love to eat every day, like bread, cereal and noodles!

I ALSO LEARNED about the giant tractors farmers use to plant the wheat. I think it would be fun to drive one, but Mr. Mackenzie said we have to wait until we're older.

YES, PLEASE!
mac 'n' cheese



WE WERE STARTING

to get tired, but Mr. Mackenzie told us we were just getting to the best part: the animals! (On a farm, they're called livestock.)

We learned how chickens lay eggs, and give us meat.



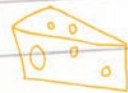
Mr. Mackenzie told us that farms raise other animals for food, like pigs and turkeys. This is how people get protein. Protein helps kids like me grow

BIG MUSCLES!



WE FINALLY got to the part I was most excited about: the dairy cows!

We learned that dairy farms raise cows for their milk. Milk is used to make all of our favorite dairy foods, like cheese, yogurt and milk. And of course, ICE CREAM!



I wonder if **CHOCOLATE MILK** comes from brown cows?



WE WATCHED dairy cows being milked, and even got to see the babies, which are called calves. They were pretty cute.



THE FIVE FOOD GROUPS:



Dairy



Fruit

There's dairy in here, too!

Protein



Grain

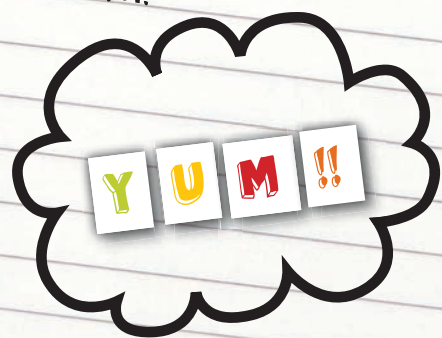


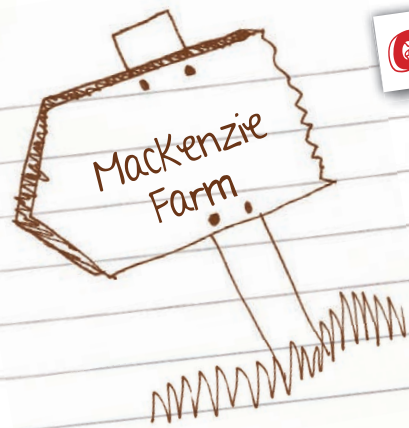
Vegetable

FINALLY, it was time for lunch. Mr. Mackenzie said we were in for a real treat. We could eat lunch outside and try some of the foods we just learned about.

As we ate, Mr. Mackenzie talked about how important it is to eat a healthy meal, with food from all five of the food groups.

We were all so hungry, we cleaned our plates! It was delicious! I guess because we knew it all came from the farm.





GOOD
BYE!!



BEFORE we knew it, it was time to go back to school.

It was a great trip. I could see how the Mackenzie Farm was like its own little town. It seemed like everyone had a job to do, and that everything they do is so kids like me can eat healthy, fresh food every day.

I can't wait until the next time Mom goes to the grocery store. I think I'll go with her.

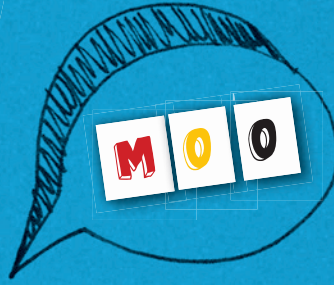


TYLER BOWIE'S GROCERY LIST:

- Strawberries
- Potatoes
- Bread
- Yogurt
- Cereal
- Eggs
- Cheese
- Hamburgers
- Milk
- Ice cream sandwiches







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