



Dairy Delights Try-It

Developed By: LaVonne Ellenbecker – Glacier Hills Service Unit, Great Blue Heron Council, Inc., Wisconsin and now supported by Service Unit #1, Riverland Council, La Crosse, Wisconsin.

Girls are to complete four activities.

1. **Visit a Dairy Farm or Dairy Complex (at a local zoo) and learn about Dairy Farming and dairy processing/products.**
2. **Visit a Cheese Factory and see how cheese is made.**
3. **Visit a veterinarian for big animals or invite one to your meeting.** Learn how they care for cows.
4. **Learn about the life cycle of a dairy cow and the differences of each stage.** (newborn, 6 months, yearling, 2 years, mature)
5. **Make homemade ice cream or homemade butter.** See Resources for recipes.
 - How does it taste?
 - Is it different from the products you buy in a store?
 - Do you like it better or worse than those bought in a store?
6. **Make a Cow Puppet OR make a Cow Pony Bead Animal.** See resources for directions.
7. **Use your imagination to create a skit on how milk was delivered in the past and how we buy it today.** Create a timeline about the history of milk and/or the milk carton. (Started hundreds of years ago with buckets – changed to metal containers, to glass jars, cardboard, and now plastic containers).
http://www.wegotmilk.com/milk_history.html
<http://www.whymilk.aa.psiweb.com/about/story/index.html>
8. **Make a collage using pictures from magazines, etc. or color a picture of the food cycle for milk products** (cow eats grass, the cow is milked, the milk is made into many different products).
9. **Find out about Louis Pasteur and pasteurization (what's been done to our milk to make it safer to drink?)**
10. **Learn about the Food Pyramid: What makes up the "Dairy Group"?**
Learn about the daily dairy requirements for a healthy body. How many dairy products should be included in a healthy diet?
11. **Make a list of different types of dairy products and have a "Dairy Buffet" or a "cheese tasting buffet; sampling some of the items on your list!** (Watch for allergies!)
Examples: Milk, Cottage Cheese, String Cheese & cheese curds, Yogurt, Puddings, Ice Cream & Ice Cream Bars, Butter & Margarine, Sour Cream, Dried Milk, Soy Milk, Cheesecake, Head Cheese, Processed Cheese, Mild, Aged, and Medium Cheeses (American, Blue Cheese, Brick, Cheddar, Colby, Farmer, Gouda, Limburger, Monterey Jack, Mozzarella, Muenster, Parmesan, Provolone, Ricotta, Swiss and many more!!), Whipping Cream
12. **Read a story/book about Dairy Farming or Milk.** See Resources for a list.
13. **Make Milk Glue** (see Resources for directions)