

## Activity 2 – Source Materials

# Dairy for lunch



1 [Australian guide to healthy eating](#)



2 Worksheet 2a – How much dairy do I need?

3 Worksheet 2b – Planning a school lunch to include dairy (Foundation to Year 2) or

4 Worksheet 2c – Planning a school lunch to include dairy (Year 3 to Year 6)

5 Coloured pencils

6 Scissors

7 Worksheet 2d – My healthy lunchbox

### Extension – Discover how milk is made

8 Discover how milk is made (Source materials)

9 [Milk cycle from cow to you](#)



10 [Discover how milk is made](#) (2:39) YouTube



11 Worksheet 3a – Discover how milk is made

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## Worksheet 2a

# How much dairy do I need?



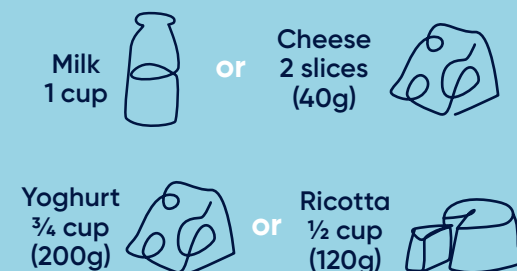
Depending on their age and gender, school children and adolescents need between one-and-a-half and three-and-a-half serves of dairy foods every day for good health and well-being.

Read the information below and answer the questions.

**The information below shows the minimum recommended daily number of servings of dairy (milk, cheese, yoghurt, and/or alternatives\*).**

|       | Age (years) | Number of serves per day |
|-------|-------------|--------------------------|
| Boys  | 4-8         | 2                        |
|       | 9-11        | 2½                       |
|       | 12-18       | 3½                       |
| Girls | 4-8         | 1½                       |
|       | 9-11        | 3                        |
|       | 12-18       | 3½                       |

### What's considered a serve?



*Adapted from 2013 Australian Dietary Guidelines \*Alternatives include 250ml soy, rice or other cereal drink with at least 100mg of added calcium per 100ml.*

*The guidelines advise more than 50 per cent intake from the dairy food group should be reduced-fat varieties.*

1 Did you eat any dairy products yesterday?

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2 Name the dairy products you consumed.

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3 Use the information above to calculate how many serves of dairy you had over the entire day.

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4 Was this enough dairy for you based on the information above?

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## Worksheet 2b

# Planning a school lunch to include dairy

An educational  
resource for  
**Year  
F-2**



Australia's last national health survey showed that 6 out of 10 Australian children are not getting enough dairy each day. Including dairy products in your school lunchbox to eat at recess or lunch is an ideal way to increase the amount of dairy you consume.

- 1 Choose one of the dairy products you would like for your school lunch each day.
- 2 Cut out the picture of the dairy product you would like to eat and glue it next to the day of the week.
- 3 Use the words in the boxes to complete the sentences.

Cheese and crackers

Yoghurt

Milk

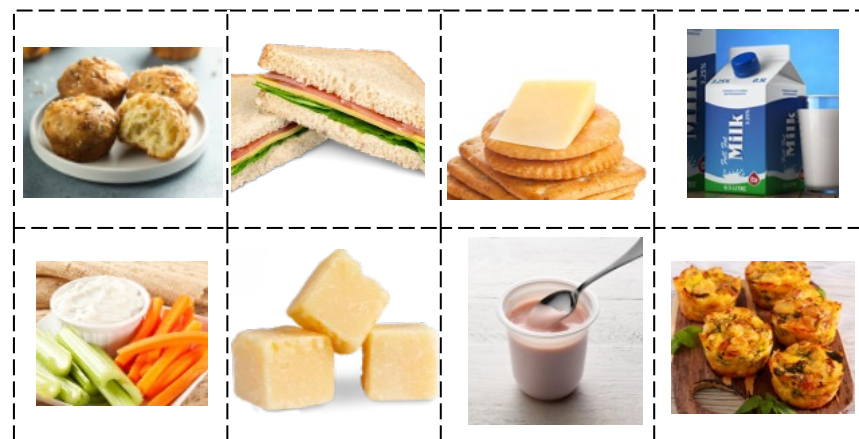
Cheese sandwich

Cheese

Cheese muffin

Cream cheese and vegetable sticks

Cheese quiche



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## Worksheet 2b

# Planning a school lunch to include dairy

An educational  
resource for

Year  
F-2



Activity

Monday



On Monday, I will pack this dairy product in my lunchbox:

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Tuesday



On Tuesday, I will pack this dairy product in my lunchbox:

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Wednesday



On Wednesday, I will pack this dairy product in my lunchbox:

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Thursday



On Thursday, I will pack this dairy product in my lunchbox:

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Friday



On Friday, I will pack this dairy product in my lunchbox:

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## Worksheet 2c

# Planning a school lunch to include dairy

An educational  
resource for  
**Years  
3-6**



Australia's last national health survey showed that 6 out of 10 Australian children are not getting enough dairy each day. Including dairy products in your school lunchbox to eat at recess or lunch is an ideal way to increase the amount of dairy you consume.

- 1 Make a list of the dairy products you like to eat or would like to try that are suitable for packing in a school lunchbox.
- 2 Draw or write one or two dairy products that you would like to add to your school lunchbox each day next week in the lunchbox planner below. You may add a variety of foods from other food groups to your planner to make a healthy lunchbox plan.

|           | Recess | Lunch |
|-----------|--------|-------|
| Monday    |        |       |
| Tuesday   |        |       |
| Wednesday |        |       |
| Thursday  |        |       |
| Friday    |        |       |

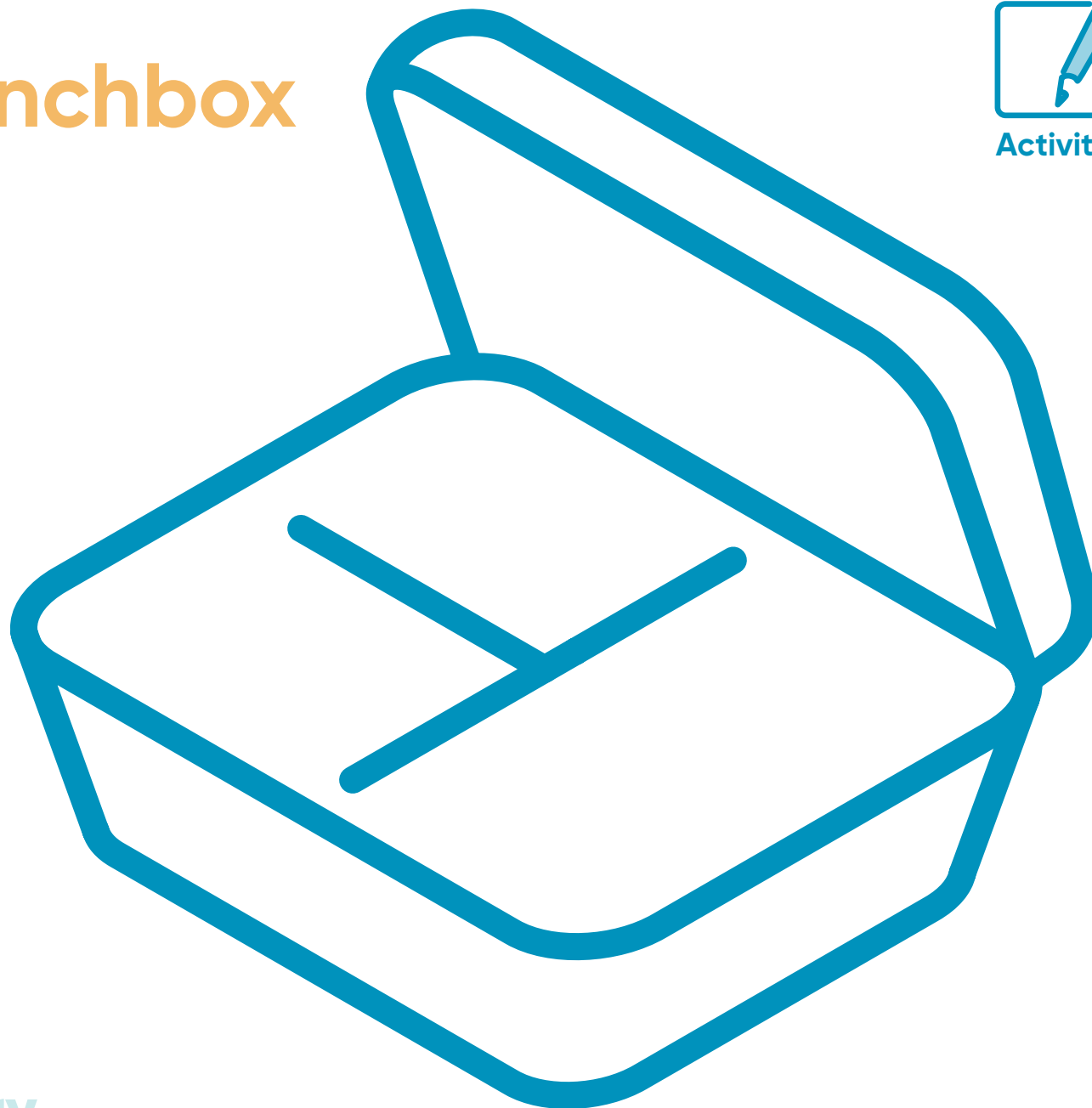
## Worksheet 2c

# My healthy lunchbox



Activity

Draw the contents of a healthy lunchbox containing recess and lunch in the open lunchbox below. Remember that you should add one to two serves of dairy as well as a variety of foods from the other food groups.



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