

# Powered by Milk

Design and Technologies  
Health and Physical Education

An educational  
resource for

**Years  
F-6**

**Discover Aussie Dairy**

# Learning Areas and Australian Curriculum Content



## Design and technologies

Explore how plants and animals are grown for food, clothing and shelter. (AC9TDE2K03).

Explore how food can be selected and prepared for healthy eating. (AC9TDE2K04).

## Health and physical education

Investigate a range of health messages and practices in their community and discuss their purposes. (AC9HP2P06).

## Lesson Objective

In this lesson, students will explore the nutritional benefits of dairy through interactive and reflective learning. They will assess their dairy consumption, discuss its health benefits, and engage with educational materials from Dairy Australia. They will then apply their understanding of Australian dietary guidelines by planning balanced meals for school lunches, including dairy. An optional extension activity enables students to understand the process of milk production and its journey to consumers, enhancing their understanding of the food supply chain.

## Lesson Overview

Activity 1 – How much dairy do kids need? (30 mins)

Activity 2 – Dairy for lunch (20 mins)

Activity 3 – Discover how milk is made (20 mins)

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Teacher  
guide

## ATTRIBUTION, CREDIT & SHARING



This resource was produced by Primary Industries Education Foundation Australia (PIEFA) in collaboration with Dairy Australia. Primary Industries Education Foundation Australia's resources support and facilitate effective teaching and learning about Australia's food and fibre industries. We are grateful for the support of our industry and member organisations for assisting in our research efforts and providing industry-specific information and imagery to benefit the development and accuracy of this educational resource.



While reasonable efforts have been made to ensure that the contents of this educational resource are factually correct, PIEFA and Dairy Australia do not accept responsibility for the accuracy or completeness of the contents and shall not be liable for any loss or damage that may be occasioned directly or indirectly from using, or reliance on, the contents of this educational resource.

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# Years 3–4



**Teacher  
guide**

## **Design and technologies**

Describe the ways of producing food and fibre (AC9TDE4K03).

Describe the ways food can be selected and prepared for healthy eating (AC9TDE4K04).

## **English**

Understand that cooperation with others depends on shared understanding of social conventions, including turn-taking language, which vary according to the degree of formality (AC9E3LA01)

Use interaction skills to contribute to conversations and discussions to share information and ideas. (AC9E3LY02).

Use comprehension strategies when listening and viewing to build literal and inferred meaning, and begin to evaluate texts by drawing on a growing knowledge of context, text structures and language features. (AC9E3LY05).

Listen for key points and information to carry out tasks and contribute to discussions, acknowledging another opinion, linking a response to the topic, and sharing and extending ideas and information. (AC9E4LY02).

Use comprehension strategies such as visualising, predicting, connecting, summarising, monitoring and questioning to build literal and inferred meaning, to expand topic knowledge and ideas, and evaluate texts. (AC9E4LY05).

## **Health and physical education**

Interpret the nature and intention of health information and messages, and reflect on how they influence personal decisions and behaviours. (AC9HP4P09).

Investigate and apply behaviours that contribute to their own and others' health, safety, relationships and wellbeing. (AC9HP4P10).

# Years 5–6



**Teacher  
guide**

## **Design and Technologies**

Explain how and why food and fibre are produced in managed environments (AC9TDE6K03).

Explain how the characteristics of foods influence selection and preparation for healthy eating (AC9TDE6K04).

## **English**

Understand how vocabulary is used to express greater precision of meaning, including through the use of specialist and technical terms, and explore the history of words (AC9E5LA08).

Use appropriate interaction skills including paraphrasing and questioning to clarify meaning, make connections to own experience, and present and justify an opinion or idea (AC9E5LY02).

Identify and explain how images, figures, tables, diagrams, maps and graphs contribute to meaning (AC9E6LA07).

Use interaction skills and awareness of formality when paraphrasing, questioning, clarifying and interrogating ideas, developing and supporting arguments, and sharing and evaluating information, experiences and opinions (AC9E6LY02).

## **Health and physical education**

Analyse how behaviours influence the health, safety, relationships and wellbeing of individuals and communities (AC9HP6P10).



# Resources and Equipment



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## Activity 1 – How much dairy do kids need?

How much dairy do kids need? (Source materials)

[Dairy Australia knowledge pre quiz](#)

[How much dairy do kids need?](#) (2:01) YouTube

**Worksheet 1a – How much dairy do kids need?** (Foundation to Year 2) or

**Worksheet 1b – How much dairy do kids need?** (Year 3 to Year 6)

[Dairy Australia knowledge post quiz](#)

Worksheet 1c – Five things I now know about dairy

## Activity 2 – Dairy for lunch

Dairy for lunch (Source materials)

[Australian guide to healthy eating](#)

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

**Worksheet 2b – Planning a school lunch to include dairy**

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

- Coloured pencils
- Scissors

**Worksheet 2d – My healthy lunchbox**

Extension – Discover how milk is made

Discover how milk is made (source materials)

[Milk cycle from cow to you](#)

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

**Worksheet 3a – Discover how milk is made**

Discover Aussie Dairy

# Lesson Guide



## Activity 1 – How Much Dairy Do Kids Need?

Students will explore the nutritional benefits of dairy through interactive and reflective learning. They will survey their daily dairy consumption and engage in a discussion on the health benefits associated with dairy products. After completing a pre quiz, they will view an educational video from Dairy Australia and assess their understanding with a post quiz. The activity concludes with students summarising their knowledge about the key messages.

Teachers can use the [How Much Dairy Do Kids Need? \(Source materials\)](#) page to access the lesson links via the Dairy Australia website, YouTube, or QR codes.

- a** Ask students to raise their hands if they have consumed a dairy product today. Record the mentioned products on a board or in a central area.
- b** Facilitate a class discussion on their ideas about the health benefits of consuming dairy products.
- c** As a class, use the Source materials page to complete the [Dairy Australia knowledge pre quiz](#) by asking students to raise their hands if they believe each statement is True or False.

- d** View the video titled [How much dairy do kids need?](#) (2:01) to learn about the health and nutrition benefits of dairy foods.
- e** Depending on year level and class, distribute either **Worksheet 1a – How Much Dairy Do Kids Need?** (Foundation to Year 2) or **Worksheet 1b – How Much Dairy Do Kids Need?** (Year 3 to Year 6) and instruct students to complete the worksheet either during the video or immediately afterward to reinforce learning.
- f** Review and discuss the students' answers from the worksheet. Follow up with the [Dairy Australia knowledge post quiz](#) to evaluate what the students have learned about dairy products.
- g** Conclude the activity by asking students to complete **Worksheet 1c – 5 Things I Now Know About Dairy**, where they summarise their updated knowledge.

# Lesson Guide



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guide

## Activity 2 – Dairy for Lunch

Students will explore the Australian Dietary Guidelines concerning servings of dairy products, then apply this knowledge by planning a week of recess and lunches, each containing a variety of dairy products. They will also design a balanced lunchbox showcasing a variety of food groups, with a special emphasis on incorporating dairy for optimal nutrition.

- a Display the [Australian Guide to Healthy Eating](#) graphic. Explain that the Australian Dietary Guidelines provide information on the types and amounts of foods, food groups, and dietary patterns that aim to promote health and well-being. (National Health and Medical Research Council, n.d.-b).
- b Ask students if they remember how many serves of dairy they are recommended to consume daily from Activity 1. Answers will depend on individual student age and gender.
- c Distribute **Worksheet 2a – How Much Dairy Do I Need?** Support students in reading and interpreting the information and answering the questions provided.
- d Revise the variety of dairy products available, including: Milk (whole, skimmed, semi-skimmed), butter, cheese (cheddar, mozzarella, feta, brie, blue cheese, etc.), yoghurt (plain, flavoured, Greek), cream (heavy cream, sour cream), ice cream, cottage cheese, cream cheese, ricotta

cheese, buttermilk, condensed milk, evaporated milk, ghee (clarified butter), kefir, quark, fromage frais, labneh (strained yoghurt), and paneer (Indian cottage cheese) etc.

- e Depending on year level and class, distribute either **Worksheet 2b – Planning a School Lunch** to Include Dairy (Foundation to Year 2) or **Worksheet 2c – Planning a School Lunch to Include Dairy** (Year 3 to Year 6) and explain to students that they will plan a week's worth of school lunches including one to two serves of dairy each day to help boost the amount of dairy they consume.
  - **Foundation to Year 2 students:** Students cut out the images provided or draw pictures of one dairy product they plan to consume each day for their school lunch and write the words in the space provided.
  - **Year 3 to Year 6 students:** Students brainstorm in groups or individually to decide on dairy products they would like to have for recess and lunch each day. They then add a variety of foods from other food groups to the planner to make a healthy lunchbox plan
  - **Note** that the dairy products chosen must be suitable for packing in a school lunchbox (consider food safety precautions such as using ice packs or freezing dairy products if necessary).
- f Allow students to share their lunchbox plans and choose one day to illustrate on **Worksheet 2d – My Healthy Lunchbox**. Remind students that they should add one to two serves of dairy and a variety of foods from the other food groups.

Discover Aussie Dairy



# Extension: Discover how milk is made



## Activity 2 – Dairy for lunch

Students will share and discuss their ideas about how milk is produced and processed, emphasising the correct sequence of events. They will view engaging Dairy Australia source materials to understand the milk supply chain. Students will collaboratively complete a flowchart to document the process..

Teachers can use the **Discover How Milk is Made** (Source materials) page to access the lesson links via the Dairy Australia website, YouTube, or QR codes.

- a Ask students to share their ideas about how milk is produced and processed. Encourage them to consider the sequence of events and steps involved in the correct order. Record student's ideas in a central area.
- b As a class, view the interactive video titled [Milk Cycle From Cow to You](#) and the video Discover how milk is made (2:39) to learn about the milk supply chain.
- c [Discover how milk is made](#) (2:39) YouTube
- d Distribute **Worksheet 3a – Discover How Milk is Made**. As a class, use the worksheet to record the milk supply chain on the provided dotted line, illustrating the process using a combination of pictures and words.

# Answers



Answer

## Activity 1 – How Much Dairy Do Kids Need?

### Worksheet 1a – How Much Dairy Do Kids Need? (Foundation to Year 2)

- 1 All four words should be ticked
- 2 Age, gender
- 3 Answers will depend on individual student choice

### Worksheet 1b – How much dairy do kids need? (Year 3 to Year 6)

- 1 B
- 2 C
- 3 Vitamin A, Vitamin B12, Calcium, Potassium (primarily in milk), Magnesium, Zinc (primarily in cheese), Phosphorus, Carbohydrate, Protein (Dairy Australia, 2024)
- 4 Answers will depend on individual student age and gender (can be sourced from the table)
- 5 Zinc is important for brain development and function
- 6 Age, gender, cereal, sandwich, smoothie

### Worksheet 1c – 5 Things I Now Know About Dairy

Answers will depend on individual student responses.

## Activity 2 – Dairy for Lunch

### Worksheet 2a – How Much Dairy Do I Need

Answers will depend on the student's age, gender, and what they consumed the previous day.

**Worksheet 2b – Planning a School Lunch to Include Dairy** (Foundation to Year 2) and **Worksheet 2c – Planning a School Lunch to Include Dairy** (Year 3 to Year 6).

Answers will depend on individual student choices.

### Worksheet 2d – My Healthy Lunchbox

Answers will depend on individual student choices.

### EXTENSION – Discover How Milk Is Made

Steps to include in the flowchart will include:

Milking, Farm storage, Transporting, Testing and Storage, Pasteurisation, Homogenisation, Storage, Packaging, Delivery, Buying Dairy Foods, Consumption.

# References

## Activity 1 – How Much Dairy Do Kids Need?

Dairy Australia. (2024). Dairy Nutrition | Dairy Product Essential Nutrients. [dairy.com.au/health/nutrients](https://dairy.com.au/health/nutrients)

Dairy Australia. (2023a). Pop quiz | Discover Dairy. [www.dairy.edu.au. dairy.edu.au/resources/interactive-resource/pop-quiz-pre-quiz](https://www.dairy.edu.au/dairy.edu.au/resources/interactive-resource/pop-quiz-pre-quiz)

Dairy Australia. (2023b). Post Quiz. [www.dairy.edu.au. dairy.com.au/education/students/dairy-games/post-quiz](https://www.dairy.edu.au/dairy.com.au/education/students/dairy-games/post-quiz)

Dairy Australia. (2024, January 29). How much dairy do kids need? YouTube. [youtube.com/watch?v=110ruRjJDJE](https://youtube.com/watch?v=110ruRjJDJE)

## Activity 2 – Dairy For Lunch

Dairy Australia. (2024, January 17). What are the health benefits of dairy foods for kids? | You Ask, We Answer. [dairy.com.au/dairy-matters/you-ask-we-answer/whats-the-health-benefits-for-kids](https://dairy.com.au/dairy-matters/you-ask-we-answer/whats-the-health-benefits-for-kids)

National Health and Medical Research Council. (n.d.-a). Australian Guide to HealthyEating. [eatforhealth.gov.au/sites/default/files/2022-11/n55i\\_australian\\_guide\\_to\\_healthy\\_eating\\_0.pdf](https://eatforhealth.gov.au/sites/default/files/2022-11/n55i_australian_guide_to_healthy_eating_0.pdf)

National Health and Medical Research Council. (n.d.-b). Educator Guide Eat For Health. [eatforhealth.gov.au/sites/default/files/2022-09/n55b\\_educator\\_guide\\_140321\\_1.pdf](https://eatforhealth.gov.au/sites/default/files/2022-09/n55b_educator_guide_140321_1.pdf)

## Extension – Discover How Milk is Made

Dairy Australia. (2023a). Discover how milk is made. [www.dairy.edu.au. dairy.edu.au/resources/video-resource/discover-how-milk-is-made-chapter-11](https://www.dairy.edu.au/dairy.edu.au/resources/video-resource/discover-how-milk-is-made-chapter-11)

Dairy Australia. (2023b). Milk Cycle. [www.dairy.edu.au. dairy.edu.au/milk-cycle](https://www.dairy.edu.au/dairy.edu.au/milk-cycle)

Dairy Australia. (2024, January 29). Discover how milk is made. YouTube. [youtube.com/watch?v=RKI5sj8QY8M](https://youtube.com/watch?v=RKI5sj8QY8M)

## Worksheet 1a

# Source Materials

# How much dairy do kids need?



1 [Dairy Australia knowledge pre quiz](#)



2 [How much dairy do kids need?](#)  
(2:01 - YouTube)



3 **Worksheet 1a** - How much dairy do I need?  
(Foundation to Year 2) **or**

4 **Worksheet 1b** - How much dairy do I need?  
(Year 3 to Year 6)

5 [Dairy Australia knowledge post quiz](#)



6 **Worksheet 1c** - Five things I now know about dairy

# Multimedia questions

## How much dairy do kids need?



Milk plays an important role in children's growth and development. It is packed with more than 10 essential nutrients, including calcium, which helps build strong bones and teeth. Milk is also a good source of energy and protein.

Watch the video [How much dairy do kids need? \(2:01\)](#) and answer the questions below.

1 Tick the words as you hear them.

a) Calcium

b) Protein

c) Zinc

d) Vitamin A

2 Fill in the missing words below.

The number of serves per day depends on your \_\_\_\_\_ and \_\_\_\_\_. It's easy to get enough dairy in your diet, and there are so many delicious ways to enjoy dairy every day.

3 Circle your favourite option below.

a) Milk on cereal

b) Cheese on a sandwich or crackers

c) A delicious smoothie

d) Yoghurt

# Multimedia questions

## How much dairy do kids need?



4 Why is zinc included in dairy products important for school-aged children?

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5 Fill in the gaps

The number of serves per day depends on your \_\_\_\_\_ and \_\_\_\_\_. It's easy to get enough dairy in your diet, and there are so many delicious ways to enjoy dairy every day. You can have milk on \_\_\_\_\_, cheese on a \_\_\_\_\_ or crackers, or a delicious \_\_\_\_\_ with milk and yogurt for an after-school snack.

**So don't forget to enjoy dairy.**



## Worksheet 1b

# Multimedia questions

## How much dairy do kids need?

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



Milk plays an important role in children's growth and development. It is packed with more than 10 essential nutrients, including calcium, which helps build strong bones and teeth. Milk is also a good source of energy and protein.

Watch the video [How much dairy do kids need? \(2:01\)](#) and answer the questions below.

1 What role does calcium play in development?.

a) It enhances brain function

b) It strengthens bone density

c) It improves eyesight

d) It increases energy levels

2 What nutrient found in dairy helps with muscle development?

a) Vitamin C

b) Iron

c) Protein

d) Carbohydrates

3 List three nutrients provided by milk, cheese, and yogurt.

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4 How many serves of dairy do you need?

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## Worksheet 1c

# Five things I know about milk



Activity

After watching the videos and completing the pre and post quizzes, you should know a lot about the importance of eating and drinking dairy products!

Record five things that you have learnt.

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## 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

**Discover** Aussie Dairy

## Worksheet 2a

# How much dairy do I need?



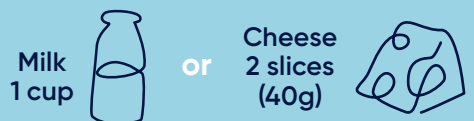
Depending on their age and gender, school children and adolescents need between one-and-a-half and three-and-a-half serves of dairy foods every day for good health and well-being.

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?



Milk  
1 cup

or

Cheese  
2 slices  
(40g)

Yoghurt  
¾ cup  
(200g)



or

Ricotta  
½ cup  
(120g)



*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



Activity

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

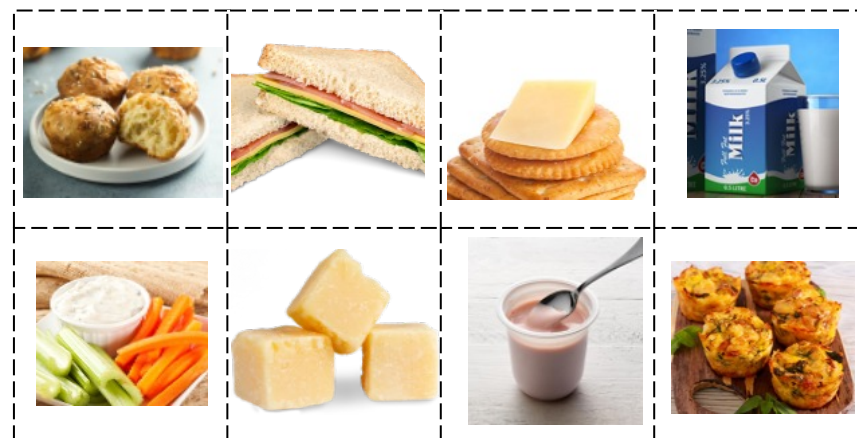
Cheese sandwich

Cheese

Cheese muffin

Cream cheese and vegetable sticks

Cheese quiche



## 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		

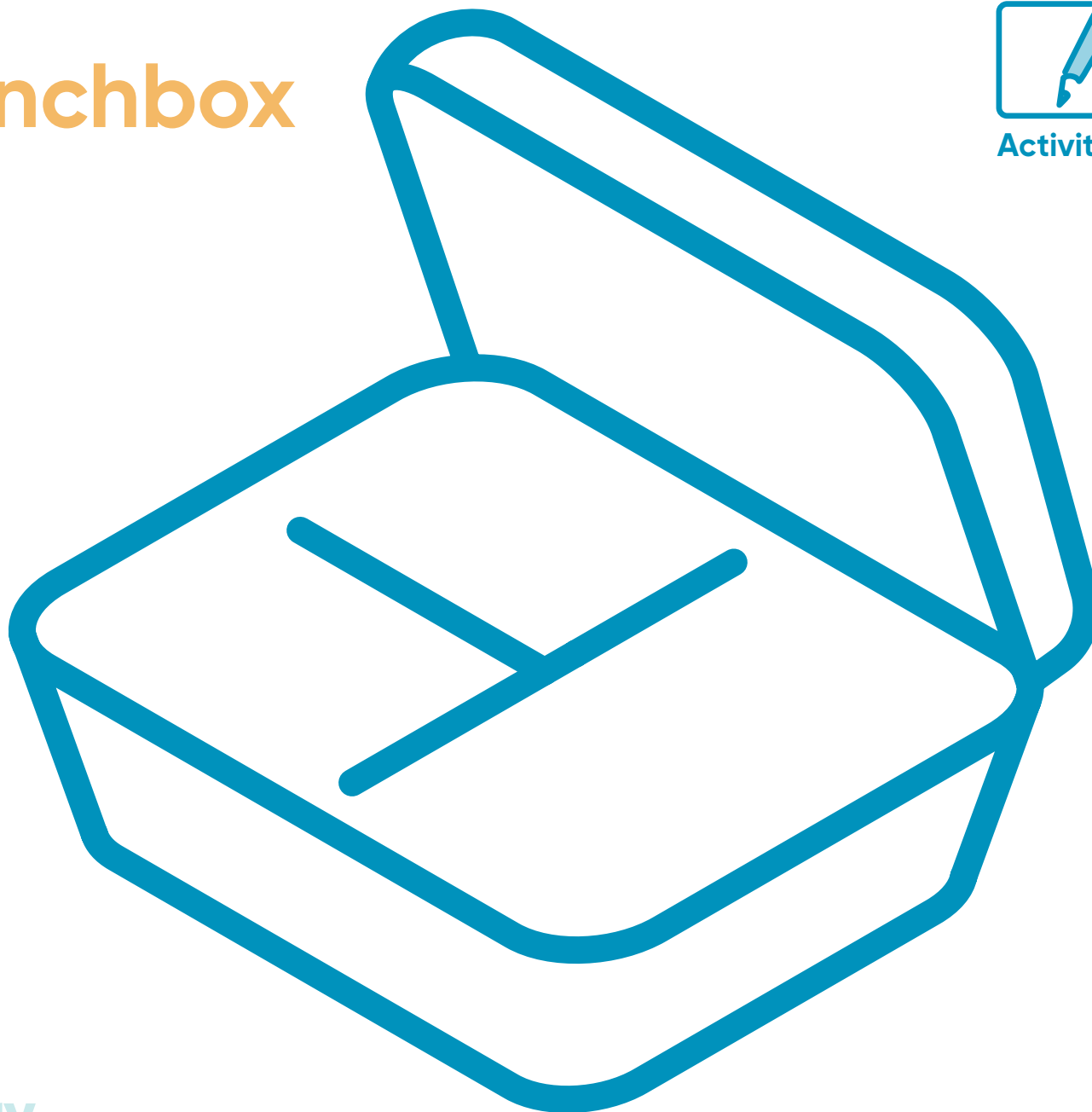
## Worksheet 2c

# 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.



**Discover** Aussie Dairy

## Extension Activity Source Materials

# Discover how milk is made



- 1 View the [Dairy Australia interactive](#) to learn about the milk cycle.
- 2 Watch the [Discover how milk is made](#) video to learn about the process of making milk.



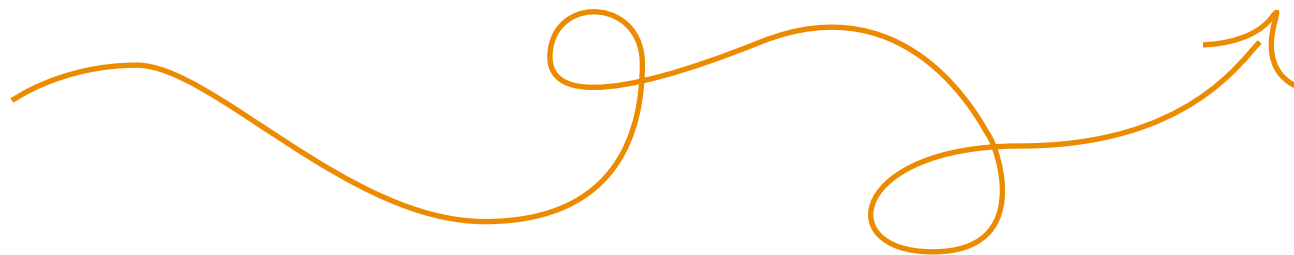
## Activity

# Discover how milk is made



Milk plays an important role in the growth and development of children and is packed with more than 10 essential nutrients, including calcium, which helps build strong bones and teeth. Milk is also a good source of energy and protein.

Start by picturing a cow being milked at a farm. Then, think about what happens to the milk next. Does it go straight to the store, or is something done to it first? Imagine how the milk is made safe to drink. Also, think about how it gets to the supermarket. As a class, draw a flowchart with pictures and words to show each step.



**Discover** Aussie Dairy



1800 004 377  
enquiries@dairyaustralia.com.au  
dairyaustralia.com.au

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