

Moouoooooove to Low-Fat Dairy Products

Preschool/Elementary Kids 2013

- **Who is this for?**
 - Both preschool and elementary kids.
- **Why is this a good idea?**
 - Eating and drinking low fat dairy products are important for bone health.
- **Items Needed:**
 - Print-outs of the low fat dairy move card sheets.
 - Scissors.
 - Basket/Bowl.
- **Objective:**
 - Preschool and elementary kids participating in a fun physical activity game while learning benefits of eating and drinking low fat dairy products.
- **Instructions:**
 - **Preschool Kids:** Print out two card templates and cut out each sheet of cards to include a picture and activity on each card. Put one set of cards in a bowl or basket and hand out one card from the other card set to each child. Have the teacher pull one card from the basket and call out the photo on the card. Ask the children to raise their hands if they have the photo on the card. Ask the children to raise their hands if they have the photo that was called. The teacher will demonstrate the physical activity from the card first and have the children follow next.
 - **Elementary Kids:** Print two card templates and cut out each sheet of cards to include a picture and activity on each card. Put one set of cards in a bowl or basket and hand out one card from the other card set to each child. Have the teacher pull one card from the basket and call out the photo on the card. Ask the children to raise their hands if they have the photo that was called. Have the child read both the product and physical activity listed on the card. The teacher will demonstrate the physical activity from the card first and have the children follow next.
- **Nutrition Lesson Plan:**
 - Fat-free and low-fat (1%) milk, yogurt, and cheese are all dairy foods. These foods have calcium which helps make both your bones and teeth stronger! Some good meal or snack ideas to make are grilled cheese sandwiches, adding fruit to yogurt, making a fruit and dairy smoothie, and cheese and crackers.



Champions for Change

Arizona Nutrition Network

www.eatwellbewell.org



Low Fat Dairy Move Cards

	<p>Jump</p> <p>1 % Low-fat Milk</p>		<p>Skip</p> <p>Yogurt Smoothie</p>
	<p>Walk like a Bear</p> <p>Fat-free Milk</p>		<p>Dance</p> <p>Yogurt</p>
	<p>Jumping Jacks</p> <p>Low-fat Cheese</p>		<p>Tip-toe</p> <p>Yogurt Parfait</p>
	<p>Spin</p> <p>Low-fat Cheese Sandwich</p>		<p>Hop like a Kangaroo</p> <p>Yogurt Pops</p>
	<p>Hop on one foot</p> <p>Low-fat Cheese and Whole Wheat Crackers</p>		<p>Gallop</p> <p>Low-fat String Cheese</p>

Low Fat Dairy Move Cards

	<p>March in Place 1 % Low-fat Milk</p>		<p>Jump Forward Yogurt Smoothie</p>
	<p>Walk in Place Fat-free Milk</p>		<p>Wiggle like a Worm Yogurt</p>
	<p>Push-Ups Low-fat Cheese</p>		<p>Jump to the Left Yogurt Parfait</p>
	<p>Sit-Ups Low-fat Cheese Sandwich</p>		<p>Jump to the Right Yogurt Pops</p>
	<p>Wrist Rolls Low-fat Cheese and Whole Wheat Crackers</p>		<p>Arm Circles Low-fat String Cheese</p>