













# Family Fun Page!!

## Party Time!

Teach your child that a dairy food comes in several variations. Hold a milk, cheese, or yogurt tasting party. It's a great way to encourage your child to try new foods.

### What you need:

3 different variations of the same dairy product (like 3 types of milk, cheese, or yogurt)

### What you do:

- Explain to your child that milk from dairy cows is used to make many dairy foods that we eat every day— from regular milk to flavored milks, cheeses, and even yogurt. (Watch the video “Dairy Farming for Kids” in the From Our Farms dairy box with your child to learn how we use milk.)
- Try some new foods at a dairy tasting party. Select three variations of the same food. (Try to choose at least one or two new or unfamiliar dairy products among the three.) You might try these:
  - White, chocolate, and strawberry milks
  - Swiss, Cheddar, and mozzarella cheeses
  - Strawberry, peach, and cherry yogurt
- Or, choose three different types of dairy products...a cheese, a milk, and a yogurt for your child to taste.
- Have your child rank the different foods on a scale of 1 to 3, with 1 being her favorite and 3 being her least favorite. As your child ranks each food, ask her to tell you why she rated one higher than another.



## Read Up on Cows & Dairy Foods

Check out these cow-themed books from your local library:

Cock-A-Doodle Moo — Bernard Most  
The Cow That Went Oink — Bernard Most  
My Farm — Alison Lester

What a Wonderful Day to Be a Cow — Carolyn Lesser  
George Washington's Cows — David Small  
Barnyard Dance — Sandra Boynton Active  
The Milk Makers — Gail Gibbons

## Kitchen Korner!

### BLUE COW

4 cups blueberries, fresh or frozen  
1/2 cup sugar  
1 cup orange juice  
4 cups frozen yogurt or vanilla ice cream  
2 cups crushed ice  
Whole berries for garnish  
Fresh mint leaves for garnish (optional)



- Crush/puree berries with a potato masher or a food processor. (If berries are frozen, partially thaw before crushing.)
- Combine puree with remaining ingredients; blend until smooth; and pour into chilled glasses.
- Garnish with 2-3 berries, and fresh mint leaves if desired.

**MAKE IT WITH THE KIDS!**

**NUTRITION FACT:** Milk, cheese, and yogurt are packed with protein, calcium, and vitamin D, which help build and strengthen a growing child's bones, teeth, and muscles.



## Time for a Barn Dance

Help your children imagine that they live on a farm. They want to invite all of their friends to a party filled with music, singing, and dancing. Where can they hold their party? How about the barn!



Historically, life on the farm was filled with hard work. But, barn dances were a time for fun. Everyone enjoyed a barn dance. Friends who didn't see each other very often had a chance to chat. Young men and women met and fell in love. People of all ages "kicked up their heels" and danced.

Do you and your little ones wonder what a barn dance was like? Find out by reading "Barn Dance," by Bill Martin, Jr. This is a story about a magical night when all of the farm animals come to a barn dance. The animals do some of the same things people did at real barn dances.



Help your children look for the answers to these questions while you are reading for clues about what a real barn dance was like:

- ♦ What musical instrument is played at the barn dance?
- ♦ What kind of dances do the animals do?
- ♦ How do the animals know what dance steps to take?

After you read the story, have your children draw a picture of a barn dance. It can be a dance with people or animals. Just make sure it's in a barn!



## Take Good Care of Your Dairy Foods

It's important to handle milk and other dairy foods carefully to keep them tasting fresh and safe from harmful bacteria.

Be sure to follow these safe handling and storage tips and you're sure to have great-tasting, safe dairy foods.



- ♦ Check containers for leaks or other damage when shopping for dairy foods.
- ♦ Check the "sell-by" dates. If dairy products have been correctly stored, you can usually use the products a few days after the sell-by date.
- ♦ Make milk and other perishable dairy foods the last items you pick up before leaving the store — especially in hot weather.
- ♦ Take dairy foods home and refrigerate immediately.
- ♦ Store dairy products like milk, cream, yogurt, and cottage cheese in their original containers. Always close lids tightly.
- ♦ Refrigerate cheese in its original wrapper. After opening cheese, store it in the refrigerator in an air-tight container.
- ♦ Store milk in the coldest part of the refrigerator — avoid storing it on door panels.
- ♦ Avoid exposing milk, cream, and other products to bright light. Light can affect flavor and nutrients.
- ♦ For best flavor, always serve milk cold!



**NUTRITION FACT:** The most important rule of thumb for children's snacking? Snacks should serve as supplements to regular meals, not replacements.