

Dairy Versus Grains Activity

1. Print out the “Dairy/Grains Cards Template” (2 pages) and cut along the lines and shuffle.
2. Print out the “Dairy and Grains Table Template” (1 page).
3. Give cards to each student and ask them to categorize them accordingly.
4. This can be done in groups or individually.

Discussion:

- What is dairy?

Dairy products are milk or products that contain milk such as cheese, butter, cottage cheese, yogurt, , etc.

Smoothies are a great way to add dairy. To count as a reimbursable food component in CACFP, smoothies must contain at least ¼ cup (or 2 fl oz) of fluid milk per serving in order to credit toward the milk component.

- What is a grain?

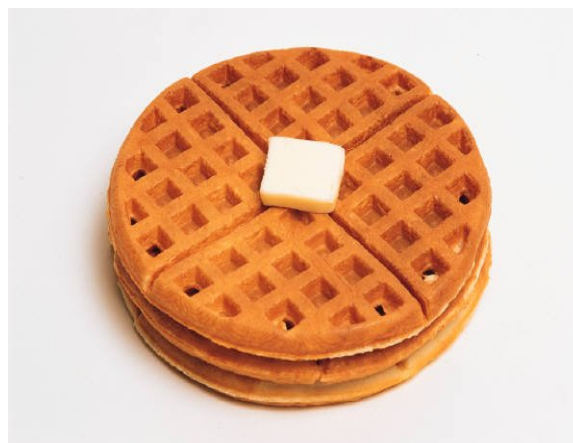
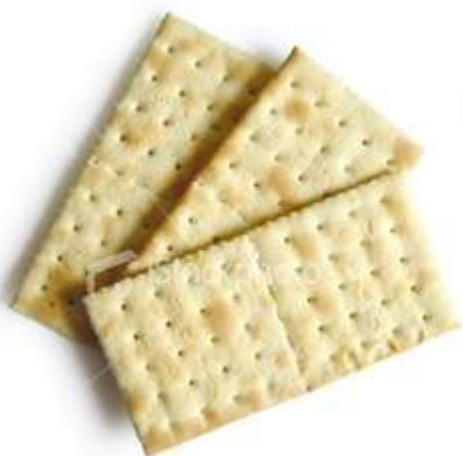
A grain is any food that is made from wheat, rice, oats, cornmeal, barley, or another cereal grain.

- What foods are part of the grain group?

Foods like bread, pasta, bagels, English muffins, corn muffins, oatmeal, breakfast cereals, tortillas, popcorn, crackers, rice, pretzels, etc. all belong to the grain group.

Visit <https://squaremeals.org/Programs/Child-and-Adult-Care-Food-Program/Meal-Patterns> for more resources!

DAIRY	GRAINS
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(Dairy/Grains Cards Template)



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