

DAIRY EDUCATION PROGRAM



FREE experiential learning IN-CLASS or VIRTUAL

Our dairy education program provides interesting and unique lessons based on the latest Ontario curriculum. It offers an exciting and interactive learning opportunity for students. Teachers can depend on our program to help students acquire an insight into various aspects of the dairy industry and the world around them.

- A 40 minute live or virtual class presentation by a trained dairy educator
- Lessons geared to grades K-8
- **Covers 5 core areas:** dairy farming, nutrition, careers, processing, technology
- Topics cover a variety of subject areas including science, social studies and health

*Our Dairy Educator was amazing!
The students loved the presentation.*

- Dominic Micco,
Immaculate Conception in Toronto

 Learn more ontarioschools.milk.org
or send an email to education@milk.org

From farm to classroom GROWING UP DAIRY

This FREE program allows students to follow the growth and development of a newborn dairy calf, and gives them an inside look at life on a dairy farm.

- Bi-weekly emails will update students on the calf with photos, facts, vet visits and more
- Extension activities cover a wide range of subjects for grades K-8 including science, math, social studies, history, geography, language, visual arts and pathways to success
- Activities are based on the Ontario curriculum



 Contact your local educator below or reach out to our team at education@milk.org





FREE easy-to-use engaging eLEARNING

Our digital platform offers lessons and activities that can be used remotely or in the classroom.

- Designed for grades K-12 based on the Ontario curriculum
- From ecology and biology to genetics and food regulations, dairy farming is a great way to teach students a wide range of subjects.
- Topics range from nutrition and local farming to careers, technology and processing



 Learn more edu.milk.org



FREE CLASSROOM FUN right at your fingertips

DAIRYCRAFT is a dynamic and unique online learning tool available on Minecraft: Education Edition. It's designed to bring core concepts from the Ontario curriculum to life.

- This virtual program can be used for synchronous learning in the classroom and at home
- It encourages collaboration and creativity
- Lessons include how nutrients work in the body, creating different dairy products and exploring a day on the farm



It's great to see the kids' faces light up when they are playing Dairycraft.

– Geraldine De Fazio, Director of Learning, Strategy and Innovation, Montcrest School



Check it out dairycraft.ca



To learn more about any of our programs, contact us at



education@milky.org



[@eduONDairy](https://twitter.com/eduONDairy)

MILK'S AMAZING PROTEIN

Protein is an important nutrient for your health. It helps build and repair body tissues and, like carbohydrates and fat, protein is a source of energy (calories). It provides building blocks for growth and repairing cells such as those in your muscles, skin and nails. Your body also uses protein to make enzymes and hormones.

Proteins can be made up of 20 different amino acids. Nine of these are called essential because the body can't produce them on its own. Milk contains two types of protein: whey (20%) and casein (80%). Each one contains all nine essential amino acids in the amount required by the body, which makes them complete proteins. Other examples of complete protein are red meat, poultry, fish, eggs and soybeans.

Canada's
food guide

Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty
of vegetables
and fruits

Eat protein
foods

Make water
your drink
of choice

Choose
whole grain
foods

Healthy eating is more than the foods you eat

Discover your food guide at

Canada.ca/FoodGuide



Health
Canada

Santé
Canada

Canada

MILK, a good source of protein.

Bonus:
Beyond protein,
a glass of milk
offers
14
essential
nutrients



education.milk.org



infographic courtesy of Alberta Milk