

MOO-LLENNINUM MILK MADNESS

Junior High

Description

Children are not getting enough calcium in their diets. If enough calcium is not stored before the age of 17, there is a high risk of developing osteoporosis. We need to educate students more on the importance of calcium. Family and Consumer Science classes and FCCLA can encourage children and their families to become aware of the increased need for calcium in children and how to overcome the problem before it is too late.

Family and Consumer Sciences Classes

- Child Care
- Personal and Family Wellness
- Life Skills

Classroom Activities

- Survey children to see how much calcium is currently consumed.
- Talk to each classroom about the importance of calcium.
- Create handouts about different sources of calcium.
- Make cow mask with elementary children.
- Have a milk mustache contest.

Class Connection of FCCLA Projects

- Planning process to develop surveys.
- STAR Event--Illustrated Talk, Focus on Children
- Student Body Program
- Families First

Resources

- National Dairy Council
- Upper-Midwest Dairy Council

Connection to Minnesota Graduation Standards

- Write and Speak

Submitted by

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