



Learning Goals

This module highlights our focus on the food groups by emphasizing the importance of foods with calcium and protein. Both nutrients are contained in foods from the milk group (milk, yogurt, and cheese). Protein, along with minerals such as iron and zinc, are found in foods from the meat group (meat, fish, poultry, eggs, beans, and nuts).

In learning about these foods, children will discover that they are especially important in promoting growth, strength, and wellness. Other specific learning goals for this unit are to help children:

- * Recognize where milk and milk products come from;
- * Understand in a basic way how the body uses food to get nutrients like calcium and protein;
- * Begin to connect that food and exercise together promote growth and good health;
- * Develop healthful food habits;
- * Acquire skills and positive attitudes for food preparation.

Calcium consumption by young children is a particular concern. U.S. Department of Agriculture surveys in recent years show that children under age 5 are drinking more soda and fruit-flavored drinks and less milk. Provided in these materials are send-home pages that underscore the importance of including dairy products that are rich in calcium in children's diets. Be sure to share these with families to promote the long-term health of the children in your program.

