

FOR TEACHERS (YEARS 3–6) DAIRY EVERY DAY INTERACTIVE

Celebrate the nutritional benefits of dairy every day and create promotional items to share with a school audience.

Overview

This is a classroom project idea that uses a digital interactive showcasing the dairy food group that is one of the five food groups that are important for good health.

Aim

To create promotional items to display around the school that contain positive health messages.

The scenario

What is it about the dairy food group that makes it important for good health?

How are dairy foods prepared and made to taste irresistible?

Play the Discover Dairy 'Every day' interactive and you'll learn about the five food groups important for good health, the dairy food group and its nutritional benefits, plus recipes that you can make that use dairy ingredients too.

Find your inspiration and try your hand at designing an item to promote the nutritional benefits of eating milk, cheese and yoghurt every day!



Australian Curriculum links

Year 3 and 4 – Health and PE

Personal, social and community health:
being healthy, safe and active

Identify and practise strategies to promote health,
safety and wellbeing [ACPPS036](#)

Communicating and interacting for health and wellbeing

Discuss and interpret health information and messages
in the media and on the Internet [ACPPS039](#)

Contributing to healthy and active communities

Describe strategies to make the classroom and
playground healthy, safe and active spaces [ACPPS040](#)

Year 3 and 4 – Technologies

Design and technologies:
knowledge and understanding

Investigate how and why food and fibre are produced
in managed environments [ACTDEK021](#)

Year 5 and 6 – Health and PE

Personal, social and community health:
being healthy, safe and active

Investigate the role of preventive health in promoting
and maintaining health, safety and wellbeing for
individuals and their communities [ACPPS058](#)

Resource links

Downloadable images

Serves of dairy foods

Milk packs more punch

Natural yoghurt pots

Australian cheese varieties

Butter

Glass of milk

Dairy foods for kids

Grating cheese

Recipes

Dairy foods

Worksheets

Year 3 and 4

Its your dairy choice and menu plan

Nutrient rich food profile

My dairy foods poem

Daily menu

Design your own healthy lunch boxes

Dairy kwl chart

Worksheets

Year 5 and 6

Nutrient-rich food profile

My dairy foods poem

Food plate

Design your own healthy lunch boxes

Dairy kwl chart

Daily menu

Information

Dairy foods

The Australian dietary guidelines and the five food groups

Building unbeatable bones with dairy foods

Dairy nutrients

Healthy eating

Grow your dairy intake as you grow

Grow your dairy intake as you grow for unbeatable bones

Videos

Dairy foods