



Caring for Cows & Nourishing Communities



“FARMING TO THE FUTURE” VIRTUAL FIELD TRIP: COMPANION ACTIVITY

Overview: As students participate in the Undenably Dairy “Farming to the Future” Virtual Field Trip, they will get a behind-the-scenes look at modern dairy farming and learn more about what farmers do to care for people, the planet and our communities. They will hear from special guests across the U.S. including a dairy farmer, a sports nutritionist, an environmental scientist (and dairy farmer!), and even a celebrity chef—all of whom will share important information about what it means for food to be sustainably nutritious. Students will then apply what they have learned to their own lives as they complete these companion activities.

Join us as we take part in this cross-country adventure!

Grade Levels: 5–8 grade

Objectives

- Define sustainable nutrition
- Explain how dairy farms practice sustainability while producing nutritious food
- Create a video that educates others on how to live sustainably

Essential Questions

- How do dairy farms support human and environmental health?
- What key takeaways can we learn from dairy farmers’ approach to sustainability?

Instructional Note: The following activities have been designed so you can tailor them to your current mode of instruction. If your class is meeting virtually, consider the following adaptations:

- The *Pre-Virtual Field Trip Activity* can be completed by student groups in breakout rooms or through a collaborative digital whiteboard.
- The *During the Virtual Field Trip Activity* handout can be shared with students to complete at home. Students can fill either print and fill out the handout or take notes on a separate piece of paper.
- The *Post Virtual Field Trip Activity* can be modified in a variety of ways. If you are able to record groups’ breakout rooms, students may virtually act out their presentations. Groups may also take turns presenting during a virtual full-class session. Alternatively, if video capabilities are not available, student groups may instead prepare a script as their final product.



Pre-Virtual Field Trip Activity

During the Undeniably Dairy “Farming to the Future” Virtual Field Trip, students will explore how dairy is a sustainably nutritious food group. Before setting off on the field trip, activate students’ prior knowledge about several key concepts related to both human health and the environment.

Materials

- “Describe That Theme” handouts, one per student
- Timer, one for the instructor

Procedure

1. Divide students into groups of three and distribute a “Describe That Theme” handout to each student.
2. Explain that groups are going to play a game similar to “Scattergories.” You will share a theme or a category, and students will have one minute to record words that come to mind and related to that theme. When time is up, group members will share their words and see how many original words each person was able to brainstorm!
3. Set the timer for one minute and instruct students to begin brainstorming words that come to mind when they hear the category: Sustainable.
4. When 60 seconds are up, instruct group members to share what they have brainstormed. If two or more students in a group recorded the same word, everyone should cross the word off their list. At the end of the round, students can count how many of their words have *not* been crossed off and record this number on the “Total” line.
5. Then continue by sharing the following themes. Once students write the theme in one of the blanks provided on their handout, guide the groups through repeating Steps #3 and #4 for a total of three more times.

Themes

- Nutrition
 - The Environment
 - Community
6. Bring the class back together and discuss the activity. Ask students to share:
 - What words did you record that none of your group members thought of?
 - What words were common and used by several group members to describe the theme(s)?
 7. Then wrap up by challenging students to consider if/how the following words could fit into each of the four themes:
 - Farms
 - Dairy
 - Cows
 - Locally grown food
 8. After hearing students’ thoughts, tell the class that they are about to participate in a Virtual Field Trip that will further connect all of these concepts.



During the Virtual Field Trip Activity

Materials

- “Field Trip Notes” handouts, one per student

Before the Virtual Field Trip begins, distribute one “Field Trip Notes” handout to each student. Be sure students understand that the handout contains the same themes as the activity they just completed. Explain that they should use this handout to jot key words that they hear during the Virtual Field Trip in order to see what new ideas—related to these themes—they learn. Tell the class that they will need these notes for their next activity.

Post-Virtual Field Trip Activity

Using what students learned about dairy farms and sustainable nutrition as their model, students will consider how people can act sustainably during their everyday lives. They will create a video that explains this to a target audience of their choice.

Materials

- “Sustainability Channel” handouts, one per student
- Devices with video recording abilities, enough for one-third of the class
- Devices with Internet access, at least enough for one-third of the class
- A device with the ability to play and display video, one for the instructor

Procedure

1. Begin by writing the word “Sustainable Nutrition” on the board. Give students a couple of minutes to turn to a partner and create a definition for sustainable nutrition, using their Field Trip Notes handouts as a reference.
2. Encourage several pairs to share their definitions.

Be sure students understand that nutrition is the process of getting and eating a healthy and balanced (or nutritious) diet. There are many ways to produce and obtain nutritious food and beverages. Sometimes nutritious food and beverages are produced in a way that harms the environment.

Sustainable nutrition is when food is nutritious *while* also produced in a way that contributes to the overall health of the planet—including people and animals.

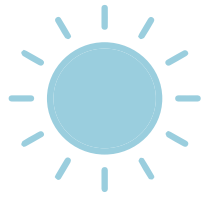
3. Ask and discuss: During the field trip we just took, how did we see dairy farms promoting sustainability and/or acting in sustainable ways?
4. Then encourage students to get back into their small groups and distribute one “Sustainability Channel” handout to each student.
5. Review the Directions and Background sections and answer questions as needed. Be sure groups understand how they will record and save their videos and how they will share them with you.
6. Once students have completed their videos, put aside time to view them. Encourage students to think about similarities and differences among the videos’ sustainability tips as they watch.



7. When the video viewing is complete, recap the activity with the following questions:
- What are some steps that most people can take to act sustainably? What are some steps that specific groups of people can take to act sustainably?
 - Do larger entities—such as businesses, farms, stores, restaurants, etc.—also have a responsibility to act sustainably? Why or why not?
 - What is one key change YOU can make to live a more sustainable life?



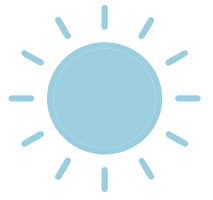
Describe That Theme!



<p>Category: Sustainable _____</p> <ul style="list-style-type: none"> • _____ • _____ • _____ <p style="text-align: right;">TOTAL: _____</p>	<ul style="list-style-type: none"> • _____ • _____ • _____ <p style="text-align: right;">TOTAL: _____</p>
<p>Category: _____</p> <ul style="list-style-type: none"> • _____ • _____ • _____ <p style="text-align: right;">TOTAL: _____</p>	<ul style="list-style-type: none"> • _____ • _____ • _____ <p style="text-align: right;">TOTAL: _____</p>
<p>Category: _____</p> <ul style="list-style-type: none"> • _____ • _____ • _____ <p style="text-align: right;">TOTAL: _____</p>	<ul style="list-style-type: none"> • _____ • _____ • _____ <p style="text-align: right;">TOTAL: _____</p>
<p>Category: _____</p> <ul style="list-style-type: none"> • _____ • _____ • _____ <p style="text-align: right;">TOTAL: _____</p>	<ul style="list-style-type: none"> • _____ • _____ • _____ <p style="text-align: right;">TOTAL: _____</p>



Field Trip Notes



Sustainability

- _____
- _____
- _____
- _____
- _____
- _____

Nutrition

- _____
- _____
- _____
- _____
- _____
- _____

The Environment

- _____
- _____
- _____
- _____
- _____
- _____

Community

- _____
- _____
- _____
- _____
- _____
- _____

