

Milk Magicians

Kindergarten to 2nd Activity Newsletter



Decorate Your
Milk Carton!

Color and name your cow!

Name: _____

Milk Facts:

- Milk contains nutrients including calcium, potassium, protein and phosphorus.
- The protein naturally found in milk helps to build strong muscles.
- The water in milk can help keep you hydrated.

Milk Fizzzz

Materials:

- Whole milk
- Bowl or dish with tall sides, at least 5"
- 4 tbsp baking soda
- 1 cup white or rice vinegar

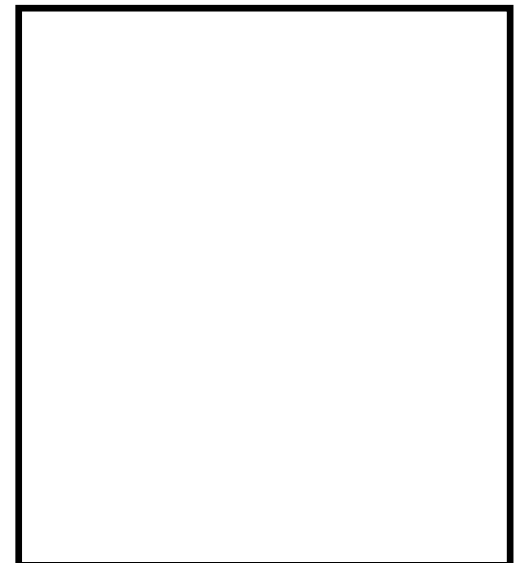
Optional:

- Food coloring
- 1 tbsp dish soap in a small bowl or cup
- Cotton swabs or toothpicks

Instructions:

1. Milk It! - Pour milk into the dish to about 2" high.
2. Color it! - Optional: Squirt a few drops of your favorite food color into the milk.
3. Swirl it! Optional: Dip a cotton swab or toothpick in a small bowl or cup of dish soap. Lightly tap colors or slowly swirl (be gentle) to make your own design.
4. Sprinkle it! - Add baking soda evenly across the top of the milk.
5. Fizz it! - Pour Vinegar and watch it fizz!

What happened? Describe in your own words or draw a picture in the box to represent what happened when you completed your experiment!



Florida Dairy Facts

- There are about 125,000 dairy cows in Florida that collectively produce about 300 million gallons of milk a year.
- Lafayette and Okeechobee counties are the top 2 producing milk counties in Florida.

CUSTOMIZE YOUR CALCIUM

Materials:

- Milk (whole, 2%, 1% skim, etc.)
- Your favorite flavors (chocolate, strawberry, cookies, flavor drops, fruit, etc.)
- Food coloring
- Fun straws or decorations

Optional:

- Blender

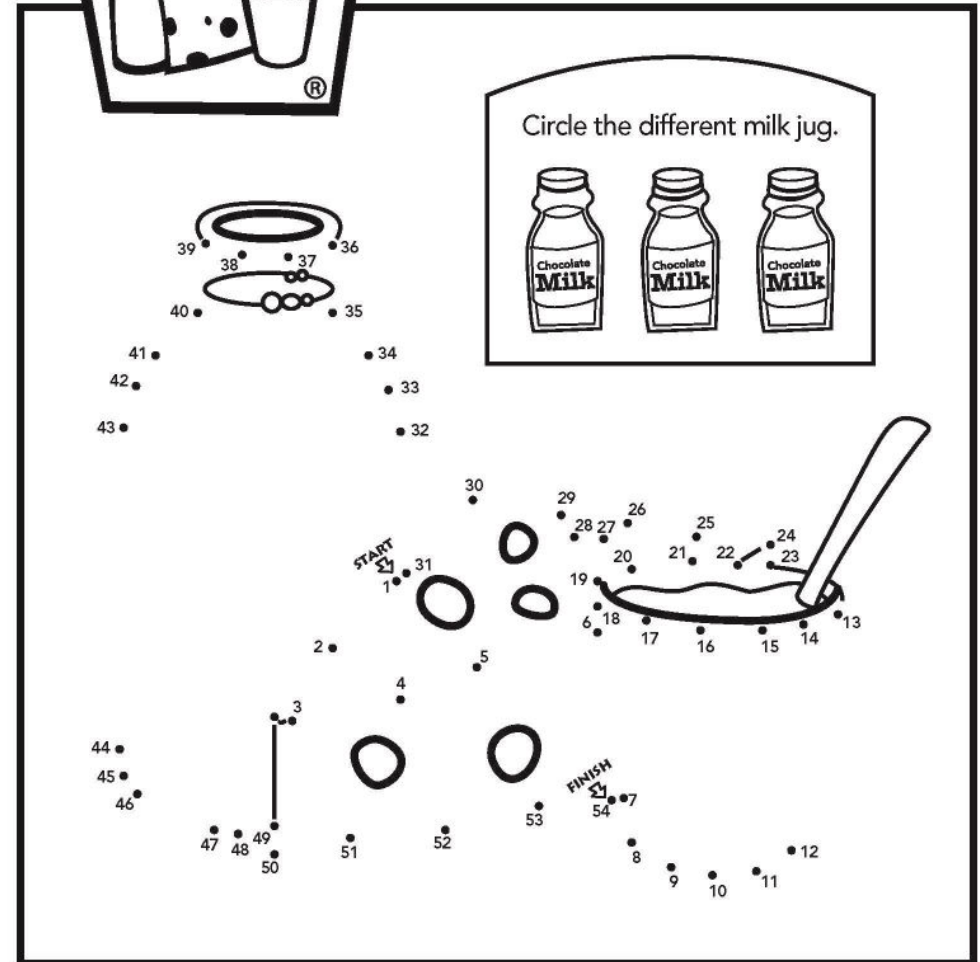
Instructions:

1. Pour It! - Pour milk into a cup.
 2. Flavor it! - Add your mix of flavors to customize your calcium.
 3. Color it! - Add a few drops of food coloring and stir.
 4. Name it! - What do you call your milk creation?
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5. Optional - Blend it! Take your milk to the next level by blending it into a smoothie or adding your favorite fun toppings !



CONNECT THE DOTS

Three servings of dairy (milk, cheese or yogurt) every day helps you get the nutrients you need to build strong bones!



This is part of the Dairy 101 Kit. Visit floridamilk.com for more information.

Materials:

- Whole milk (lowfat or fat free will not work)
- Small pan, at least 3" deep
- A small bowl or cup
- Food coloring
- Dish soap
- Cotton swabs or toothpicks

Instructions:

1. Milk it! - Pour milk into the pan to about 2" high.
2. Dot it! - Squirt a few drops (doesn't need to be much) of your favorite food color into the milk.
3. Soap it! - Squeeze small drops of dish soap on top of the colors and watch them dance.
4. Swirl It! - Dip a cotton swab or toothpick in a small bowl of dish soap. Lightly tap the colors or slowly swirl to make your own design.

SILLY SWIRLS

For more amazing resource to bring into your classrooms please visit agtag.org and floridamilk.com!



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