

# From a Cow?

HOW ARE WE CONNECTED?

EVERY SEASON



## WHAT'S THE Big Idea?

Interdependence

### Enduring Understandings

- Food comes from nature: from plants and animals.
- People depend on cows and cows depend on people.
- All living things are connected.

### Objectives

- Children demonstrate an understanding of the food cycle.
- Children consider how humans use cows to meet our needs.
- Children play with animal products, identifying cow products.

### Directions

1. Read *No Milk!* by Jennifer Ericsson. Discuss with children the different kinds of products that we get from a cow.
2. Tell the children you have a bag filled with four products that come from a cow. Invite a few children to reach into the bag and pull an item out. Ask the children to identify the item and how it comes from a cow.
3. Lay the cow products out. Hold each product up one at a time and ask, "What are some items that we can make from each of these?"
  - **Milk:** cheese, butter, yogurt, ice cream, etc.
  - **Meat:** sirloin steak, ribs, hamburger, etc.
  - **Leather:** shoes, belts, purses, coats, etc.
  - **Manure:** fertilizer, potting soil
4. Divide the children into two groups. Explain that they will compete in a relay race as they identify animal food products that come from a cow.
5. Take out the bin of food items. Have each team form a line. Ask the first child in each line to pick an item out of the bin. He or she should determine if it comes from a cow, seeking help from teammates if necessary. Children who can read can be encouraged to look at the ingredient labels.
6. Explain that once the child decides if it is from a cow, or not, the child should run and place the item in either the bin labeled "From A Cow," or labeled "Not From A Cow." The child drops the product into the appropriate bin, runs back to the line, taps the next child to go.

### Materials

- **No Milk!** by Jennifer A. Ericsson

A bag of cow products (pictures of each item would work as well):

- **milk:** milk carton
  - **meat:** rubber steak dog toy
  - **leather:** piece of leather
  - **manure:** a bag of dark soil
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- basket or bin of general food items, some that include cow products, others that don't
  - bin labeled: "From a Cow" (or with a picture of a cow)
  - bin labeled: "Not from a Cow" (or with a picture of a cow with an "X" through it)



A bag of cow products representing: milk, meat, leather, and manure



## Extensions

- Make ice cream (p.213), butter (*What's Happening?* p.133), or cheese (p.178) as a way to make the connection that milk provides many food products for humans.
- Invite a dairy farmer to your class to explain what is involved with his or her profession.
- Make a class recipe book of favorite cow products.

7. Once everyone in a line has had an opportunity, the line sits down and waits for the other line to finish.
8. Once everyone has finished, the entire group should go through the bins to explain their choices.
9. Finally, process and reflect on the experience with the children by engaging in a conversation guided by the discussion questions.

## Discussion Questions

How do humans depend on cows?

How do cows depend on humans?

What do humans do if they cannot tolerate cow's milk?

Can you think of any other ways people use cows or products from cows?