



MILKING A COW

TYPE OF ACTIVITY: Outdoor

KEY CONCEPT: Eat a variety of foods

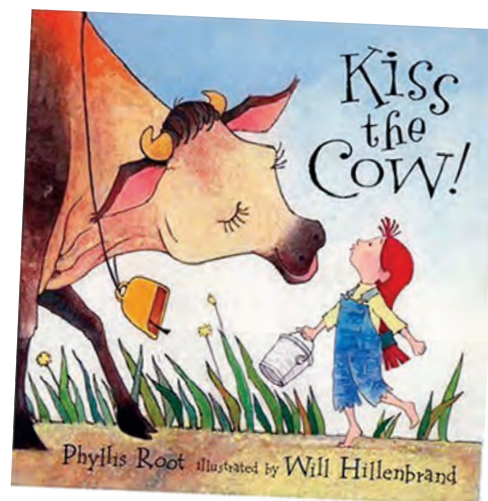


OBJECTIVES:

- › Children will explain or demonstrate how to milk a cow.
- › Children will state that milk is in the dairy group.
- › Children will increase fine motor skills and eye-hand coordination by milking the pretend cow udders.

MATERIALS:

- › Book: *Kiss the Cow* by Phyllis Root
- › Paper towels
- › Latex or vinyl glove filled with watered-down milk (tied closed at top)
- › Pail
- › Pin
- › Milk
- › Small cups
- › Optional: Poster-size cow cut-out



SAFETY ALERT – Some children are allergic to latex. Be sure to use vinyl or other non-latex gloves if a child in your group is allergic.

PROCEDURE:

1. Gather the children and read the book. Invite children to join in repeating the predictable text from the story: *"Lovely Luella, your milk never fails. My children are hungry, so please fill my pails."* Remind children that milk is in the dairy group. Ask them to think of other dairy foods (e.g., yogurt, cheese).
2. Ask children if they'd like to milk a cow like Mama May milked Luella. Bring out the cut-out cow and glove filled with watered-down milk. Set a pail on the ground and prick holes in the fingers of the glove with a pin. Give the children turns squeezing the glove fingers and making milk come out into the pail. Repeat the text from the book while children pretend to milk the

cow. Suggested phrases:

- a. Pretend this glove is like udders on a real cow. Does anyone want to try to squeeze out the milk into this pail?
- b. Lovely Luella, your milk never fails. My children are hungry, so please fill my pails.

ADAPTATIONS/EXTENSIONS:

Field Trip: Visit a dairy farm to see cows, a pasture, and a milking station, or visit a creamery to see milk being processed.



Day 6: Dairy

For more activities, visit eathealthybeactive.net