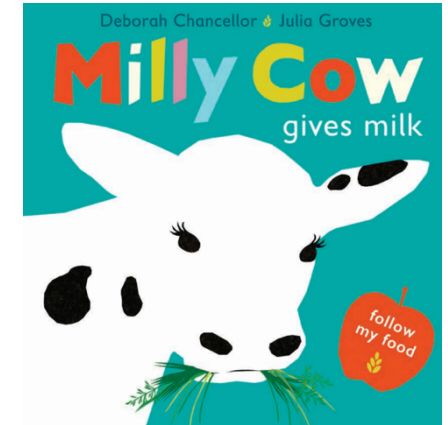


Lesson plan based on **Milly Cow Gives Milk** by Deborah Chancellor & Julia Groves

A child follows a day in the life of Milly the dairy cow, as she munches grass with her friends, drinks gallons of water, makes cowpats in the field, and visits the milking parlour with her farmer. Milly's milk is made into butter, cheese and yoghurt.

A new series to help children understand and appreciate where their food comes from, encouraging them to be environmentally aware.

- Simple quiz and fun facts at the end explain more about dairy farming and produce
- Full of fact-checked information presented in a simple and stylish way, to spark the interest of young children and their parents



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|--|---|--|
| Design & Technology: Key Stage 1 | National Curriculum Objectives: Pupils should be taught: <ul style="list-style-type: none">• To understand where food comes from• To use basic principles of a healthy and varied diet to prepare dishes | Resources: <ul style="list-style-type: none">• <i>Milly Cow Gives Milk</i> by Deborah Chancellor and Julia Groves• Images from the book• Collection of solids• Collection of liquids (water, oil, cream, milk)• Tray• Glass• Balloons |
|--|---|--|

Show the children the following words: dairy, fruit, vegetables, carbohydrates, proteins.

Explain that most of the foods we eat fit into these categories. Can they think of a food item that would fit into each group?

Record these food items and discuss why each group is important for a healthy diet.

Show the children an image of Milly Cow – explain she is a dairy cow that gives milk. This is a dairy product in an important food group. Read the following from the book: “Milk is all that babies need to eat, and it is good for you too. It’s full of vitamins and has a mineral called calcium, which helps teeth and bones to grow.”

Read *Milly Cow Gives Milk*. As you are reading, ask the children to consider this question:

‘We need milk for healthy bones and teeth, so what does Milly need to make sure she can produce (make) this milk?’

In small groups, ask the children to sort photographs of things Milly needs and things she does not, based on text in the book.

Things that Milly needs: Herd, farmer, green grass, fresh water, milking parlour

Things Milly does not need: Milk, vegetables, orange squash, meat

Ask the children what they had for breakfast that morning – did it include milk?

How did the milk arrive at their table?

Ask the children to create a story map that shows the journey milk takes, beginning with the green grass the dairy cow eats and ending with the milk that is drunk in our homes. Children could place images from *Milly Cow Gives Milk* in chronological order, or they could draw their own pictures, using the text to support them.



Recap what the children have learnt:

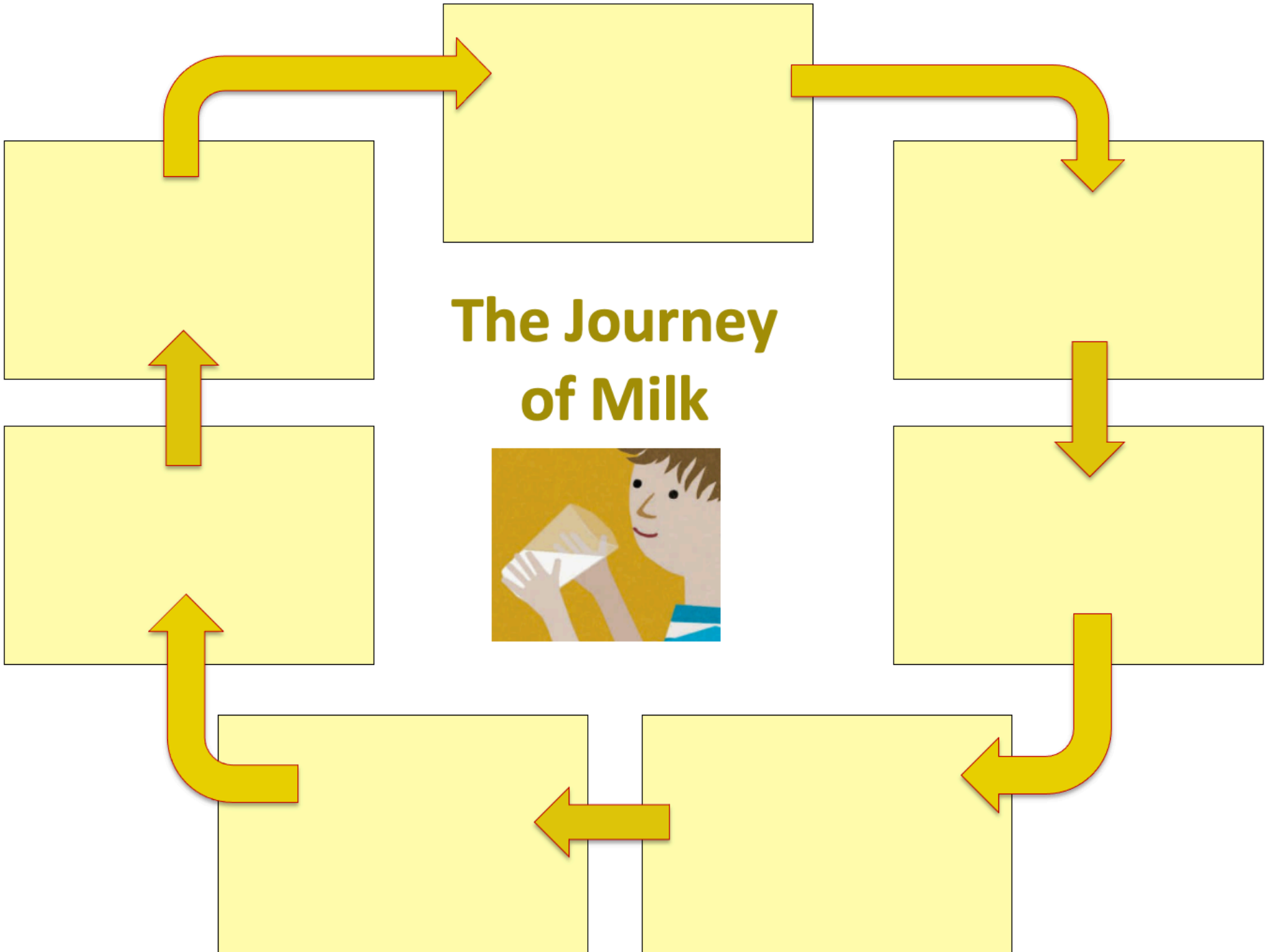
- The food groups that make up a healthy diet
- Discuss milk and the journey it takes to reach our kitchens

Tell the children that in the next lesson, they will start to design their own healthy smoothie, using milk and other healthy food items. Gather ideas of flavours.

A little bit of fun: Follow the trail to match the words and pictures found at the back of the book.



The Journey of Milk



Jenny Guest is an independent educational consultant and writer alongside her role as an Assistant Headteacher in a large London primary school. She has been a primary school teacher for ages 3-11. Jenny is also an avid reader of children's literature and runs @bookishwaytoplay on Instagram, which aims to showcase and review the very best children's books, as well as create accompanying supportive learning activities for toddlers, preschool and primary school age children.

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