

POP! TEACHER RESOURCE

Lesson Plan

Got Milk?

Lesson Plan for *Baby Cows*
Grade 1

Objective

To help students learn about other types of milk and make inferences about why a person may use one type of milk over another.

Things Needed

- *Baby Cows* book
- Access to the “Baby Cows” web page on the Pop! website:
<https://popbooksonline.com/baby-farm-animals/baby-cows>

Before the Activity

Open the “Baby Cows” web page in your internet browser. Pull up the “Explore Links” tab and click on the Wonderopolis article, “Does All Milk Come from Cows?” This article can also be found here:

<https://www.wonderopolis.org/wonder/does-all-milk-come-from-cows>

Activity

Drinking milk helps kids—and adults—grow strong bones. Cows’ milk has many nutrients people need to stay healthy. But there are many types of milk used around the world. Today’s activity will help students learn about different types of animal milks, as well as milk alternatives. Read the article “Does All Milk Come from Cows?” aloud to students.

Then ask students these questions:

- What animals other than cows produce milk? (Answers: goats, sheep, buffalo, camels, donkeys, horses, reindeer, and yaks)
- Some alternatives to milk are made from plants. What are some of these plant-based milks? (Answers: almond milk, soy milk, rice milk, coconut milk, and cashew milk)
- Why might people choose to drink these other types of milk? (Possible Answers: The people may be lactose intolerant. There may not be many cows where they live. The people may want milk that contains less fat or fewer calories.)



- What other types of foods do people use milk to make? (Possible Answers: ice cream, whipped cream, cheese, yogurt, etc.)

Then, invite students to turn to a neighbor and choose an experience to talk about:

- a time they tried a plant-based milk and what it tasted like
- a favorite food that is made with milk or cheese

Evaluation

Could students answer the questions based on the text? Could they share experiences about the different types of milk or milk products?

Standards

This lesson plan may be used to address the Common Core State Standards' reading standards for informational texts, grade 1 (RI 1.1), and speaking and listening standards, grade 1 (SL 1.1, 1.2, 1.4).

