



DAIRY FOODS

Unit 1: Milk



Project Overview

The 4-H Dairy I project is designed to introduce the 4-H members to the agricultural, economic, historic, and nutritional aspects of dairy in New Mexico. Members will learn about dairy goats as well as dairy cattle. Project is relevant for novice through seniors, however experience in Baking I and II will be helpful.

Key Learning Topics

- The importance of dairy products in a healthy diet
- How to select 3-a-day from the dairy group
- My Plate and the Dairy group
- To prepare recipes and taste tests to further the experience of dairy
- Gift ideas to share your learning experience

Expanding the Project

- Help with National Dairy Month (June).
- Help with Agricultural Field Days.
- Prepare milk recipes and serve at community functions.
- Lead a project meeting.
- Enter presentations or public speaking, favorite foods, or FCS Bowl at county contest

Resources

- Dairy I: Milk R -09
- Food Project Record Sheet 300.A-20 (R-18)

Exhibit Guidelines

1. Buttermilk Cornbread - one 3" piece
2. Three (3) Oatmeal Cookies
3. Unit I - Milk Exhibit (No actual food items will be accepted as an Exhibit.)

Note: if entering posters or display boards in #3 listed above, ensure that they meet the following guidelines:

- Posters may be no larger than 14 X 22 inches. Posters are defined as any flat paper, foam board, cardboard, or other backing appropriate for hanging on the wall.
- Display Boards may be no larger than 18 x 48 inches. Display boards are defined as scored, freestanding science boards.
- Exhibits: Exhibit bases for three dimensional vertical displays may be no larger than 24 x 24 inches



Targeting Life Skills:

- Disease Prevention
- Self-discipline
- Concern for Others
- Wise use of Resources
- Critical thinking
- Problem solving
- Decision Making
- Healthy Lifestyle Choices
- Self-esteem

