

Oliver's Milkshakes Taste Great and Are Good for You! by Kristina Carlson & Debby Nowak, Iron County MSU Extension

Our first Pyramid Between the Pages lesson was a great hit! Our morning started off by talking to kindergarteners about choosing and eating healthy foods, and what they had for breakfast. We were so pleased to see that most of the children had eaten breakfast! We pointed out how important breakfast was for them to start their day, just like in the book *Oliver's Milkshake*. While reading the book, we asked the children what kind of healthy fruit they liked in their milkshakes. By the end of the story we had every flavor of fruity milkshakes possible! This was a great lead in to the next part of the lesson, making healthy milkshakes for all of the students to taste. Out came the blender, frozen fruit, milk and a touch of ice cream. The children were excited to help by letting us know which fruits they wanted in the milkshakes. After the milkshakes were made we had our own "milk mustache" photo session. Every child was given a chance to have his or her picture taken with a milk mustache and the photos we made into refrigerator magnets to take home. The students really had fun with this lesson!