

NOT ALL MILK COMES FROM ANIMALS

<p>Focus Lesson: Not All Milk Comes From Animals: Making Coconut Milk</p> <p>Materials: 2 cups unsweetened coconut flakes 4 cups water 1-2 tsp vanilla extract Honey Blender Pot and hot plate Optional: soy milk</p> <p>Grade: 5</p> <p>Time: 1 hour</p>	<p>*Common Core Standards: CCSS.ELA-LITERACY.SL.5.4 Report on a topic or text or present an opinion, sequencing ideas logically and using appropriate facts and relevant, descriptive details to support main ideas or themes; speak clearly at an understandable pace.</p> <p>Thinking Skill: researching, creating</p>
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Objective:

Students will be able to understand that there are different types of plant-based milk (soy, almond, coconut, etc.).

Connection:

Where does milk come from?
 Can we make milk if we don't have an animal?
 What type of milk can people who are lactose intolerant drink?
 What is a plant-based milk?
 How is it made?
 How is it stored?

Explicit Instruction:

Although we generally think of milk as coming from cows or other animals, there are also other types of milk such as soy milk, almond milk, and coconut milk. Many people choose to drink these types of milk because they have different nutritional benefits, because they choose not to drink animal based milk, or because they are allergic to dairy products. Today we will be creating coconut milk.

Guided Practice:

Pour the water into a pan and heat over a hot plate until it is hot, but not boiling. Pour the water and the flaked coconut into the blender and blend well. Pour the liquid through a strainer (you can also use a coffee filter or a cheesecloth) to remove the fiber. Pour the liquid back into the blender and add vanilla and honey to taste.

Give each student some coconut milk to sample. Also give them samples of soy milk (previously purchased) to test different flavors. Beware of food allergies.

Independent Practice:

Have each student research soy milk, almond milk, coconut milk, and other types of milk that are not made by an animal.

Have students create a simple presentation based on their research. Students should include the origins of the milk, the ingredients, how it is made, and how it is stored.

Refer to NCTE's (National Council for Teachers of English) readwritethink.org website for a variety of teaching strategies across grades to help students structure their research and write expository reports. The website provides lesson plans, formats, and demonstrations of ways to take effective notes from nonfiction texts. Students can also write their reports using NCTE's formats online.

Reflection – Group Share:

Allow students to share their findings with the class.

Reading list:

For teacher use:

Nuts in the Kitchen by Susan Hermann Loomis

The Joys of Almond Milk: Delicious Recipes for the Dairy Free by Instructables.com, editor Nicole Smith

Tofu & Soy milk Production by William Shurtleff and Akiki Aoyagi

Teacher Note: **Be aware of any food allergies. Classrooms have generally become nut free due to risk of severe allergic reactions so would avoid serving almond milk. Make changes accordingly.

Beware of food allergies to nuts, soy and coconut.