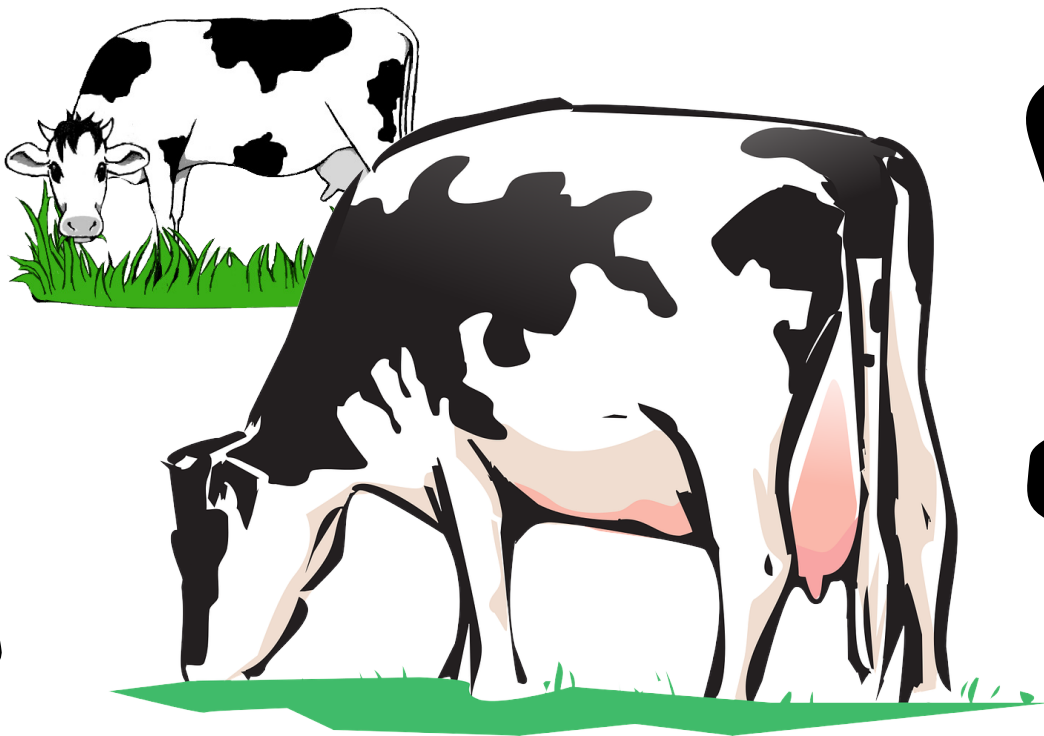
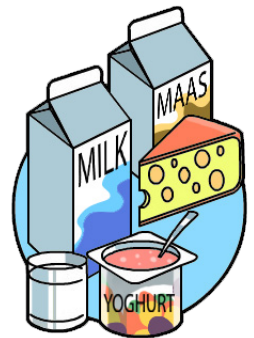
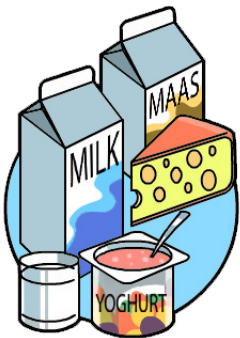


Recycling Art Challenge

*Dairy for a healthy me
and a healthy planet!*



*Teacher's Guide
Challenge Criteria and
Guidelines Booklet*










Grade 3

General Guidelines:

Topic introduction

- ✓ Use the nutritional message of the Consumer Education Project of Milk SA during teaching time to inform learners of the importance of dairy.
- ✓ Dairy in our daily diet -
 1. All dairy contains nine essential nutrients we should consume daily.
 2. Three servings of dairy will give you most of the bone-building mineral calcium you need daily.
 3. Dairy products are highly nutritious.
 4. Some products like yoghurt and cheese have less lactose than milk and are just as tasty! These fermented products are suited for people with lactose intolerance.




Art challenge introduction

-  Collect empty dairy product packaging such as empty milk sachets, plastic containers, cups, bottles or bags, bottle lids, etc. and upcycle them into art.
-  Learners must wash all the collected packaging with soap and water and allow it to air dry completely.
-  Learners are to create artwork from recycled dairy packaging material.
-  Learners must be innovative and creative. Learners participate individually.
-  Educators must select and group the participating learners according to their grades.
-  Educators must guide the selected groups to create artistic pieces from recycled dairy packaging materials.
-  **Learners must do the work alone, except where adult supervision is called for.**

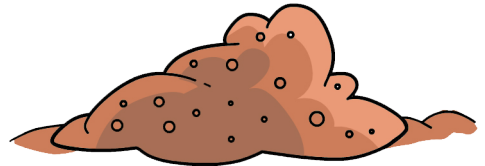
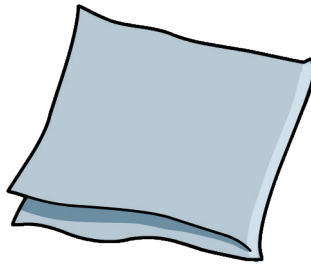




Grade 3 Art Challenge Category

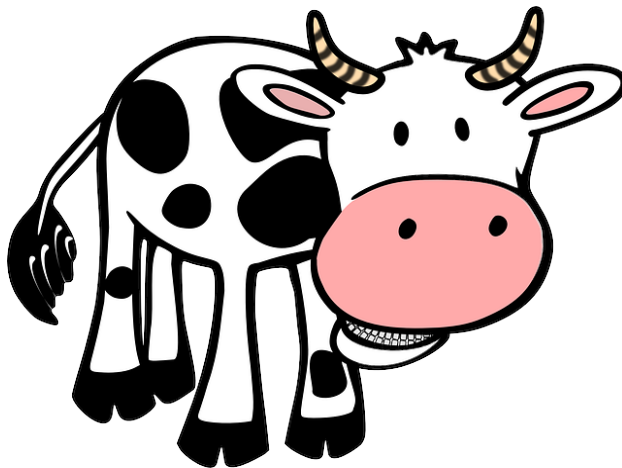
Category: Transport

-  Learners must create an item of transport.
-  Learners must use recycled dairy packaging such as dairy or milk sachets, plastic containers, cups, bottles or bags, bottle lids, etc.
-  Items for decoration can also be used, such as:

- pom poms
- paint
- pipe cleaners
- wool
- jewel stickers
- straws
- beads
- buttons
- tissue paper
- items from nature such as sticks, leaves or sand.



-  Learners must use a strong craft glue or wood glue to create the art piece.
-  Educators are to use the rubric included to mark the work submitted.



Lesson Plan 1

Activity: Create a classroom collection point for recyclable dairy product containers.

In this activity, teachers will create a central point for collecting recyclable dairy product containers in their classroom.

What you will need:

1. A large, old box or any large container suitable for collecting and storing recyclable dairy product containers.
2. Large sheets of A3 paper.
3. Coloured markers, pencils or crayons.

How to teach the lesson:

Obtain a large box or container. Divide the learners into groups and each group is to create 'poster labels'. Put the label information on the board so learners can copy it onto their poster labels.

Instructions:

1. The educator must place the learners into groups of 3 or 4. Ensure each group has a piece of A3 paper and coloured markers, pencils or crayons.
2. Learners must create a label for the large box or container. The label should read, 'Clean, dry containers go here'.
3. Learners can also create and place posters around the school to promote and encourage the collection. The signs can read, 'We need your help to recycle!' The educator can write the information and the learners can decorate by drawing pictures of yoghurt containers, milk bottles, cheese wrappers etc.
4. Learners must be guided to stick up the posters in appropriate locations around the school.
5. Educators must ensure that the collection begins as soon as possible.



Lesson Plan 2

Activity: What is composting and why is it important?

In this activity, educators will inform learners about a recycling concept known as composting and why it is crucial.

What you will need:

1. The composting information provided.
2. The composting worksheet provided.
3. The YouTube video links provided.

How to teach the lesson:

The educator must begin with an introduction asking the learners if they know what composting is – have they ever heard of a compost heap? Educators must explain what composting is and how it works. Educators must explain why composting is a good idea.

Instructions:

1. The educator can gather the learners to sit at their desks or on the floor carpet.
2. The educator guides a discussion with the learners by posing the following questions:
 - a. What is composting?
 - b. Has anyone ever heard of a compost heap?
 - c. Does anyone know of someone who has a compost heap?
 - d. Do you know why composting is important?
3. The educator is to provide examples to support the discussion.

Composting

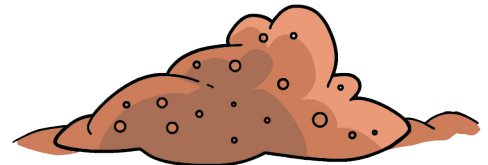
✓ What is composting?

Composting is a natural process that turns food scraps, garden waste, and other organic materials into nutrient-rich soil called compost. It's like making food for plants!



✓ How do I get started?

To start composting, you need a compost bin or pile. You can make one using a container or find a designated spot in your garden.



✓ What do I need?

In your compost pile, you'll add two types of materials: greens and browns. Greens include fruit and vegetable scraps, coffee grounds and grass clippings. Browns are dry materials like leaves, straw or shredded paper.

✓ What do I do?

Mix the greens and browns in your compost pile. It's essential to keep a balance between them so it's not too wet or too dry. Think of it like making a salad with the right mix of ingredients!

✓ What is the next step?

The next step is to let nature do its work. Microorganisms like bacteria, fungi, worms and bugs will start breaking down the materials in the pile. They eat the organic waste and turn it into compost over time.

✓ Is there anything else?

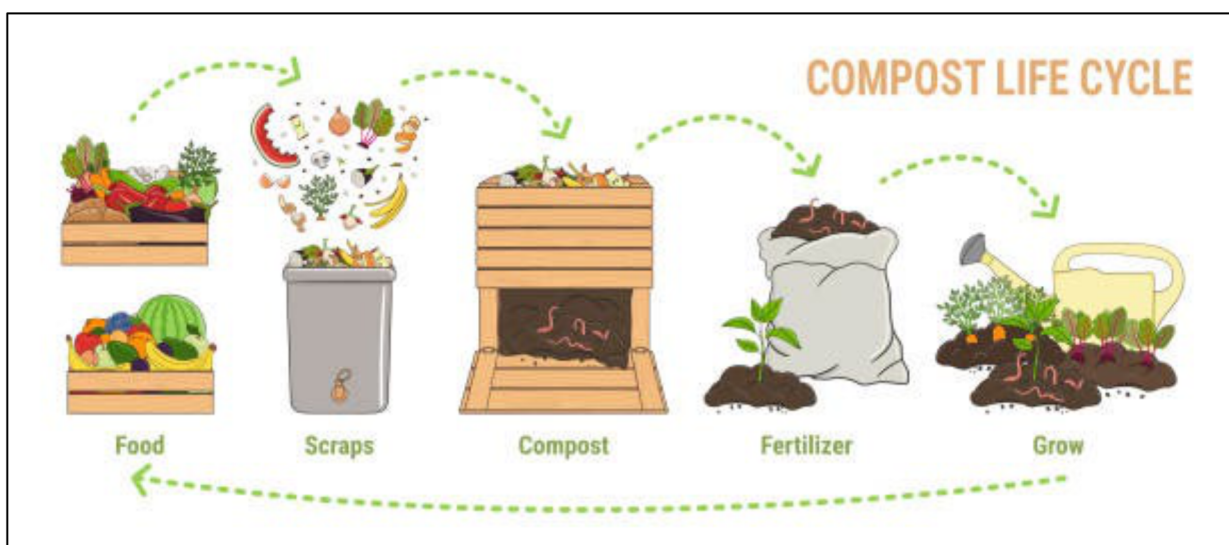
To help the process, you can occasionally turn or mix the pile to add air. This helps the microorganisms work faster. The compost pile will look dark, crumbly, and earthy as the materials break down. That's when you know it's ready!

✓ Now that it is ready, what do I do?

Once your compost is ready, you can use it in your garden or potted plants. Spread a layer of compost around your plants, giving them nutrients to grow strong and healthy.

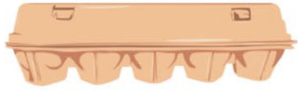
✓ Why is composting a good idea?

Remember, composting is a way to reduce waste, help the environment and make your plants happy. So, collect your food scraps, leaves, and other organic materials, mix them in your compost pile and let nature do its magic!



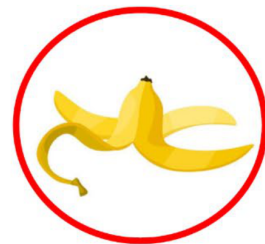
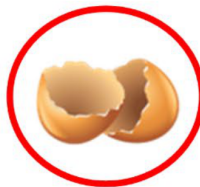
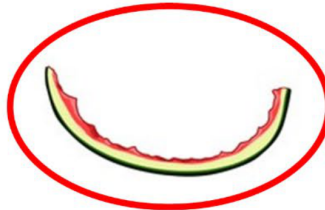
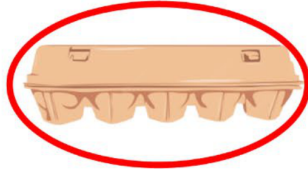
<https://bit.ly/3qYukBu>

Circle the items that belong in a
compost bin.



Memorandum

Circle the items that belong in a
compost bin.



<https://bit.ly/3NIEe7s>

Lesson Plan 3

Activity: Brainstorm ideas for an item of transport made using dairy product containers.

What you will need:

1. Examples of an item of transport constructed using dairy product containers.
 - ✓ Educator can make their example at home to bring in for a practical, 'hands-on' example.
 - ✓ Pictures of items of transport made using dairy containers – printed, shown in craft books or projected from the internet.
2. A variety of clean and dry dairy product containers.
3. A selection of art decorations such as pom poms, stickers, pipe cleaners, etc.
 - ✓ This is optional. Educators must encourage learners to see what they have at home before spending money unnecessarily.
 - ✓ The emphasis is on recycling, so purchasing supplies is counterproductive to the theme.
 - ✓ Educator must provide alternatives to store purchased art supplies – using a two-hole punch to punch coloured paper can create confetti. Shredding coloured paper in a paper shredding machine can create material for hair on the mask.
 - ✓ Educators to encourage learners to look to nature for materials too.

How to teach the lesson:

1. Educators must use examples of transport items to show the learners and inspire some ideas.
2. Examples can be an actual transport item that the educator has created.
 - a. This is an excellent idea.
 - b. The learners will respond very well to touching and holding a real-life example.
 - c. Educators must use this opportunity to show how important it is to properly glue and staple the items and ensure their vehicles are strong and sturdy.
3. Educators can hold up dairy product containers and ask questions to spark the learners' imagination:
 - a. Hold up a bottle top, for example, and ask the learners what that can be used for.
 - b. Educators may write the answers down on the board.
 - c. Educators can ask the learners to come up and choose a dairy product container and then inform the class what that item can be used for.

4. Educators must instruct learners to draw a transport item plan on paper.
5. Learners must label their plan and use that information to create a list of items they need to construct their masks.

Teacher resources – How to get paint to stick to plastic

	<p>Step 1</p> <p>Wash your milk jug with soap and water.</p>
	<p>Step 2</p> <p>Dry your milk jug thoroughly.</p>
	<p>Step 3 (recommended option)</p> <p>Use a piece of fine grit sandpaper and lightly sand the outside of your milk jug. (This will help the paint stick even more).</p>
	<p>Step 4</p> <p>Wipe the dust off your milk jug using a soft, dry cloth or rag. (You could even use a feather duster!)</p>
	<p>Step 5</p> <p>Mix equal parts of acrylic/poster paint with equal parts of craft/wood glue in a bowl.</p>
	<p>Step 6</p> <p>Paint your milk jug using your special mix of paint and glue.</p>

Examples of transport items made using dairy product containers.



<https://bit.ly/448iVx9>

<https://bit.ly/3qVZucF>



<https://bit.ly/44fmAsP>

Lesson Plan 4

Activity: Create an item of transport using recycled dairy product containers.

In this activity, educators will introduce the art project whereby learners will create an item of transport using recycled dairy product containers. This activity aims to facilitate the learner's creation of an art piece that can be submitted to the art challenge.

What you will need:

1. Clean, empty dairy product containers.
2. Scissors.
3. Glue – craft or wood.
4. Stapler and staples (optional).
5. Decorative items.
6. Coloured paper.
7. Paint and paint brushes.
8. Toothpicks, straws or cotton buds (to make wheel axles).

How to teach the lesson:

Educators must oversee the learners while they construct their item of transport. Educators must ensure that the learners have their design plan and that they follow it.

TOP TIP – Each class should choose the same transport item; for example, all learners in Grade 3 A will make a car, all learners in Grade 3 B will make a boat etc.

1. Educator must oversee the cutting of the items. Learners must be reminded about scissor safety and to ask for help if they struggle.
2. Once all the components are prepared, learners must glue their components together. Educators must put old newspapers (or the equivalent) to protect the desks from damage.
3. Educators can provide pegs or clips to help the parts adhere to each other appropriately. Educators may also assist with stapling parts together for extra reinforcement.
4. Decorating can commence once all the parts of the transport item are set and dry. Refer to the instruction sheet to make paint that will stick to plastic. Learners can also stick coloured paper or tissue to their transport item instead of using paint.
5. Once everything is dry, learners can stick on decorative items such as stickers, pom poms, buttons, foil etc.
6. Educators must create and provide each learner with a label that includes their name, surname and grade. This label must be secured to each learner's transport item.

Teacher's Resources

Milk carton craft DIY school bus

<https://bit.ly/3Pyuv0e>

How to make a Simple Car using a Milk Carton

<https://bit.ly/46gY38C>

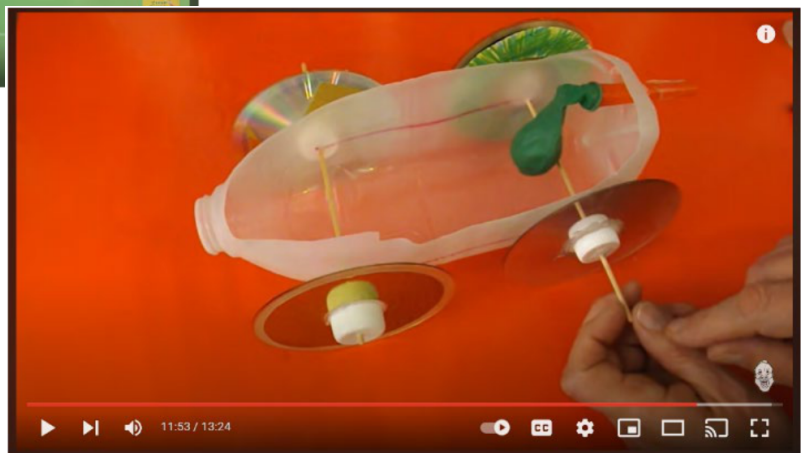


How to Make a Balloon-Powered Car | Easy Steps Balloon Car using Milk Box

<https://bit.ly/3Xj9Z5U>

Milk Carton Balloon Powered Car

<https://bit.ly/44w2ZVN>



Lesson Plan 5

Activity: Teach the importance of dairy in our diets.

Milk and milk products are often considered beneficial for growing children for several reasons. Educators will inform learners about how dairy products benefit our diets in this activity.

What you will need:

1. The included information.
2. The included dairy product worksheet and memo.
3. The YouTube links provided.

How to teach the lesson:

The educator must begin with an introduction asking the learners if they know what dairy products are. Once this has been discussed, educators are to ask the learners for examples of dairy products. Educators must teach the learners that dairy products are essential to their growth and development.

Instructions:

1. The educator can gather the learners to sit at their desks or on the floor carpet.
2. The educator guides a discussion with the learners by posing the following questions:
Are dairy products an important part of our diet?
Why do we think that?
3. The educator must provide explanations and examples to support the discussion.

How are dairy products vital to our growing and developing bodies?

Calcium and Bone Health

- ✓ Milk is an excellent source of calcium, essential for developing and maintaining strong bones and teeth in children.

Protein for Growth

- ✓ Milk has particular proteins that help strengthen muscles, build vital tissues and make important things like enzymes and hormones.

Vitamins and Minerals

- ✓ Vitamin D, that we get from sun-exposure, is like a superhero that helps our bodies use calcium from our food.

- ✓ Vitamin B12 is like a little helper that our bodies need to make red blood cells, which carry oxygen to all body parts.
- ✓ Eating foods with these nutrients, like milk, ensures our bodies get what they need to stay strong, have energy and grow well.

Energy and Nutrient Density

- ✓ Milk gives children lots of energy because it has calories in it.
- ✓ There are different things called carbohydrates, proteins, and fats inside milk.
- ✓ These things help our bodies in different ways:
 - ✓ Carbohydrates give us instant energy.
 - ✓ Proteins help us build strong muscles and bones.
 - ✓ Fats give us stored energy to use later.

Hydration

- ✓ Milk is an excellent and refreshing drink that keeps you hydrated.
- ✓ When you play sport, or it's hot outside, you sweat and need water.
- ✓ Milk is an excellent choice because it contains water, which helps quench your thirst and hydrate your body.

Teacher resources

1. **Nina's Nutrition Tips: Benefits of Milk.**
<https://bit.ly/44bgJop>
2. **How Milk is Made.**
<https://bit.ly/3Jn1voj>
3. **How do vitamins work? - Ginnie Trinh Nguyen.**
<https://bit.ly/3CG7vov>



Fill in the missing rhyming words in the following poem.

Use the word bank to help you.

udder	still	cream
-------	-------	-------

The Cow on the Hill - Kenn Nesbitt

The cow that you see
eating grass on a hill
is doing a lot more
than just standing _____.



She nibbles the grass
and sips from the stream,
to make into milk
and convert into _____.



And that's how we get
all our milk, cheese and butter.

The grass goes in one end
and milk out the _____.

Educator Resources:

Recycling Adjudication Rubric

Name of the learner: _____

Grade: 3

Name of the School: _____

District/Circuit: _____

Province: _____

Category: Transport Items Using Dairy Product Containers

	Excellent	Good	Average	Poor	Criteria not Met
Criteria:	5	4	3	2	1
1. Theme/Subject Matter/Category <ul style="list-style-type: none"> The theme is clear and well-presented. The project shows detail. The learner has followed all instructions. 					
2. Creativity <ul style="list-style-type: none"> The art produced is original and shows creativity. All the graphics and objects used adhere to the design brief. A good variety of materials have been included. 					
3. Use of Dairy Product Packaging <ul style="list-style-type: none"> There is evidence that dairy product has been used. Packaging is identifiable and not completely hidden by paint. 					
4. Composition and Technical Level <ul style="list-style-type: none"> It is easy to identify the kind of transport item that has been constructed. The construction of the transport item is strong and sturdy. The transport item has moving parts such as wheels, wings or propellers. 					
5. Overall Presentation <ul style="list-style-type: none"> The art shows a high level of creativity and originality. The art is very indicative of artistic ability and competence. The overall quality and standard of work are successful in all areas. 					
Total score:					