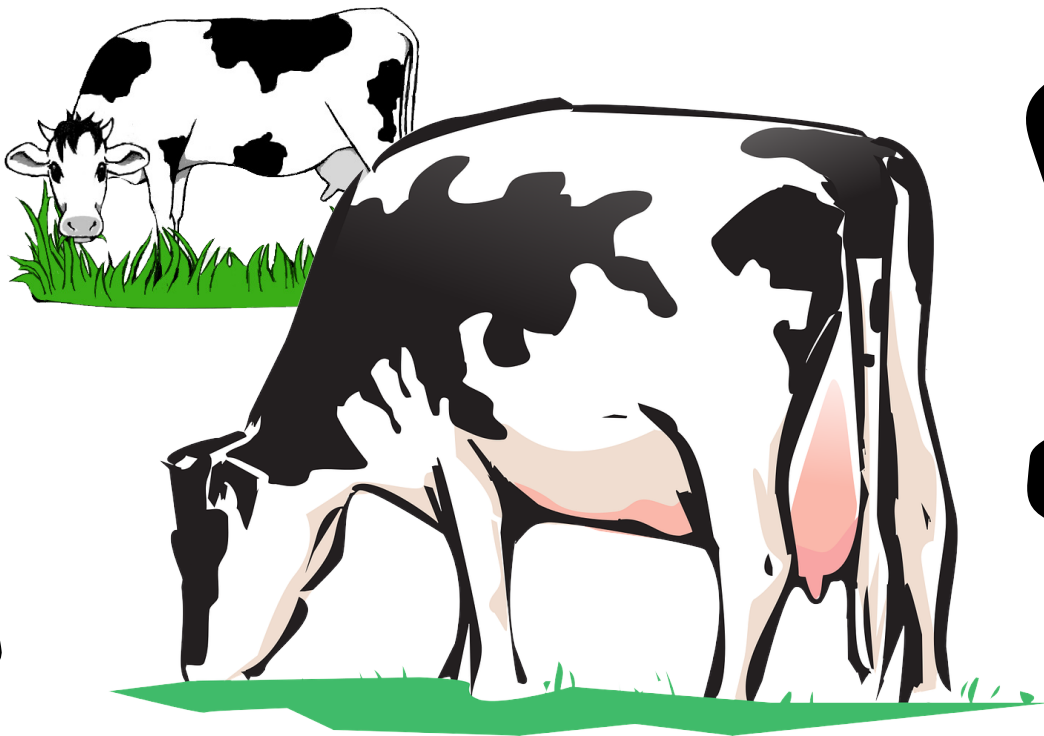
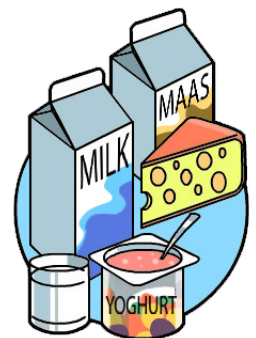
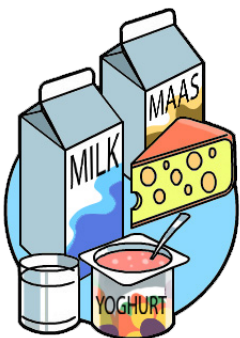


Recycling Art Challenge

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



*Teacher's Guide
Criteria and Challenge
Guidelines Booklet*



Grade 6

General Guidelines:








Topic introduction

Use nutritional information about dairy products during teaching time to inform learners about the importance of dairy - visit www.dairykids.co.za.

Dairy in our daily diet -

1. All dairy contains nine important 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 all very nutritious.
4. Some products like yoghurt and cheese have less lactose than milk but 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 are expected to do the work alone.

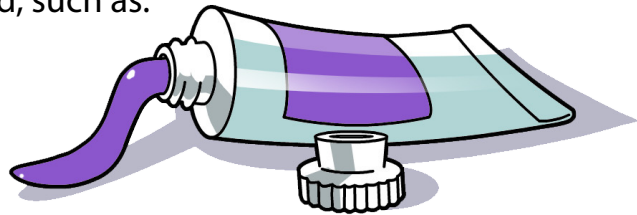



Grade 6 Art Challenge


Category: Fashion Item

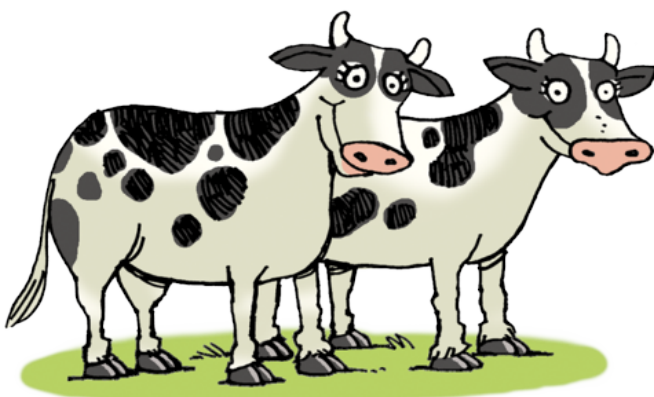
-  Learners participate individually.
-  Learners must create a fashion item.
-  Learners must use recycled dairy packaging such as dairy or milk sachets, plastic containers, cups, bottles or bags, bottle lids, etc.
-  Items for decoration can also be used, such as:

- Pom poms
- Paint
- Pipe cleaners
- Wool
- Jewel stickers
- Straws
- Beads
- Buttons
- Tissue paper
- Scraps of fabric



-  Learners must use strong craft or wood glue to create the art piece.

-  Educators are to use the rubric included to mark submissions.



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 posters around the school to promote and encourage the collection. The signs can read, 'We need your help to recycle!' The learners can write the information and decorate by drawing pictures of yoghurt containers, milk bottles, cheese wrappers etc. Learners can even stick dairy product packaging onto the posters to create a 3D poster.
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: Upcycling

In this activity, educators will inform learners how to upcycle.

What you will need:

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

How to teach the lesson:

The educator begins the lesson by asking the learners questions about upcycling. Answers can be written on the board. The educator must then use the information provided to inform the learners about upcycling.

Educators are to introduce the concept of upcycling. They must ask the learners for examples of upcycling and discuss them as a class.

Instructions:

1. The educator must gather the learners to sit at their desks.
2. The educator guides a discussion with the learners by posing the following questions:
 - a. What is upcycling?
 - b. Has anyone participated in an upcycling activity?
 - c. Do you think upcycling is a good idea? Why?
 - d. Would anyone like to try some ideas?
3. The educator is to provide examples to support the discussion.

You've heard of recycling – now try UPCYCLING.

Upcycling transforms old, unused, or discarded items into new and useful products with a higher value. It involves repurposing or creatively modifying existing materials instead of throwing them away. Upcycling encourages resourcefulness, creativity, and sustainability by giving new life to items that might otherwise end up in landfills.

Upcycling can be a fun and engaging way to express creativity while contributing to environmental conservation. It allows you to repurpose everyday objects or materials, such as clothing, accessories, household items, or even paper, into unique and functional creations. Upcycling empowers you to think outside the box, experiment with different techniques and develop a greater appreciation for reusing and reducing waste.

Upcycling is a great way to unleash creativity and contribute to a more sustainable lifestyle. Here are some upcycling ideas for teens:

T-Shirt Tote Bag:

Turn old T-shirts into stylish tote bags by cutting off the sleeves, reinforcing the bottom, and adding handles. You can decorate them with fabric paint or embroidery.

Jar Organisers:

Paint and decorate mason jars to create colourful desk organisers for storing pens, markers, or makeup brushes. You can also attach them to a piece of wood for a wall-mounted organiser.

Vinyl Record Art:

Transform old vinyl records into wall art or decorative bowls. Heat the record in the oven and mould it into the desired shape. You can paint the record or leave it as is for a retro look.

Magazine Collage Art:

Cut out interesting images and words from old magazines and create collages on canvas or cardboard. You can make themed collages or abstract designs.

Denim Patchwork:

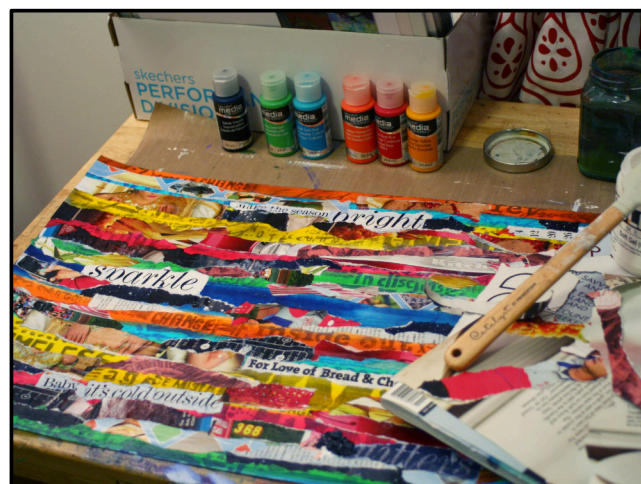
Give new life to old jeans by cutting out interesting sections and sewing them together to create a patchwork design. You can make a denim pillowcase, a bag, or a quilt.

Bottle Cap Magnets:

Collect bottle caps and turn them into magnets by gluing small magnets to the back. You can paint or decorate the caps with images or patterns.

Jewellery from Scraps:

Use leftover fabric, leather, or paper scraps to make unique jewellery pieces like earrings, bracelets, or necklaces. You can add beads, buttons, or charms for extra flair.



Repurposed Planters:

Turn old containers like teapots, mugs, or tin cans into quirky planters for succulents or small plants. Paint them or decorate them with adhesive vinyl.

Upcycled Wall Art:

Use discarded materials like old CDs, scrap wood, or bottle caps to create mixed-media wall art. Combine different textures and colours for a visually striking piece.

Book Page Art: Instead of throwing away old or damaged pages, use them to create art. Cut out interesting illustrations or quotes and frame them, or make paper sculptures.

Upcycling is about thinking creatively and giving new life to items that would otherwise be discarded. Let your imagination run wild and have fun while positively impacting the environment!



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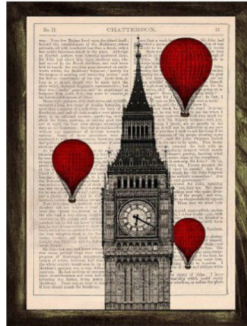
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Using the upcycling information provided, label the pictures in the following table.

MEMO



Jar organisers



Vinyl record art



Magazine collage art



Denim Patchwork



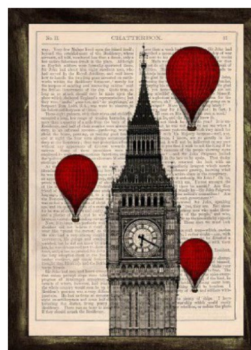
T-Shirt tote bag



Jewellery from scraps



Repurposed containers



Book page art



Bottle cap magnets

Lesson Plan 3

Activity: Brainstorm ideas for a fashion item made using dairy product containers.

What you will need:

1. Examples of a fashion item constructed using dairy product containers.
 - ✓ Educator can make their own example at home or school to bring in for a practical, 'hands-on' example.
2. A variety of clean and dry dairy product containers.
3. A selection of art decorations such as pom poms, stickers, pipe cleaners, shredded paper, ribbon, wool, string 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.
 - ✓ Educators to encourage learners to look to nature for materials too.

How to teach the lesson:

1. Educators must use pictures of items made from recyclables to show the learners and inspire some ideas.
2. An excellent example is a fashion item created by the educator.
 - a. This is a very good 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, staple or sew the items and ensure their fashion items are strong and of sturdy construction.
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 on the board to create a mind map. Learners may also do the same.
 - 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 their fashion items on paper.
5. Learners must label their drawings and use that information to create a list of items they need to construct their fashion items.

Examples of fashion items made using recyclables:



<https://bit.ly/3r2nVFp>
<https://bit.ly/3CPSUXS>
<https://bit.ly/46mxNd9>
<https://bit.ly/3PrGsoG>

Lesson Plan 4

Activity: Create a fashion item using recycled dairy product containers.

In this activity, educators will introduce the art project whereby learners create a fashion item using recycled dairy product containers. This activity aims to facilitate the learner's creation of an art piece that can be submitted to the MILKSA 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. Needle and thread (optional).
6. Decorative items.
7. Coloured paper.
8. Paint and paint brushes.
9. Decorative or craft items.



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How to teach the lesson:

Educators must oversee the learners while constructing a fashion item. They must ensure the learners have their design plan and that they follow it.

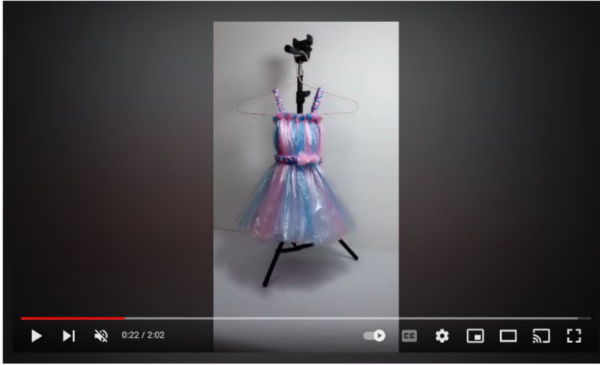
TOP TIP – Each class could choose to do the same fashion item to make things easier for all involved.

1. Once all the components are prepared, learners must glue, staple, or sew them together. Learners must put old newspapers (or the equivalent) to protect the desks from damage when using glue or paint.
2. Educators can provide, or learners can bring, pegs or clips to help the parts adhere to each other properly.
3. Learners can also stick coloured paper or tissue to their landscape instead of paint.
4. Learners can stick on decorative items such as stickers, pom poms, buttons, string, ribbon, wool, stickers, sequins, etc.
5. 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 fashion item.

Teacher's Resources

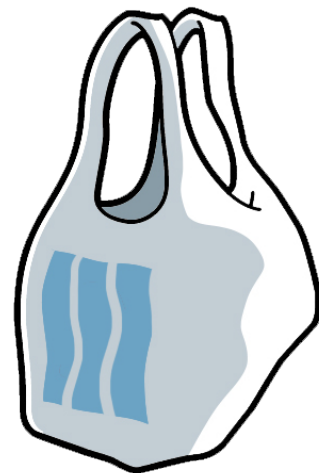
Creative Works by Garbage Bags

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



POMPOMONS Flowers from PACKAGES DIY

<https://bit.ly/3XpC23z>



Learn to make paper bag from WASTE!!!!

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



Lesson Plan 5

Activity: Dairy Products and Calcium

Milk and milk products are often considered beneficial for young teenagers 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 by asking the learners questions about dairy products. Educators can make notes on the board of the examples provided by the children. Once the discussion is complete, the educator must recap the benefits of consuming dairy as per the information provided in this document.

Instructions:

1. The educator must gather the learners to sit at their desks.
2. The educator guides a discussion with the learners by posing the following questions:
 - ☒ Is eating a healthy diet important?
 - ☒ Why is a healthy diet important? What will happen if you have an unhealthy diet?
 - ☒ Which foods do you think are healthy to eat?
 - ☒ Are dairy products an important part of a healthy diet?
 - ☒ Which mineral is found in large amounts in dairy products?
 - ☒ Why is this mineral so important?
 - ☒ Explain the disease osteoporosis.
3. The educator must read through and teach the information provided about the mineral calcium and why it is an important part of a healthy diet.

All About Calcium

Dairy products are high in calcium. They are a common and significant source of dietary calcium for many people. Milk, yoghurt, and cheese are rich in calcium and are often recommended as part of a balanced diet to meet calcium needs.

Calcium is essential for young teens for several important reasons:

Bone Development:

Calcium is a vital mineral for developing and maintaining strong bones and teeth. During the teenage years, bones are still growing and reaching their peak bone mass. Adequate calcium intake during this period is crucial to support proper bone formation and reduce the risk of osteoporosis later in life.

Osteoporosis:

Osteoporosis is a disease that causes bones to become weak, fragile, and more susceptible to fractures. It occurs when the body loses too much bone, makes too little bone, or both.

Several factors can increase the risk of developing osteoporosis, including a lack of calcium and Vitamin D in the diet, insufficient physical activity, certain medical conditions, use of certain medications, family history of osteoporosis, and hormonal imbalances.

Kids can take steps to prevent osteoporosis by adopting healthy habits early on. This includes consuming calcium-rich foods such as dairy products, leafy green vegetables and fortified plant-based milk and getting adequate vitamin D from sunlight exposure or supplementation.

Engaging in weight-bearing exercises, such as running, jumping rope, or playing sports, helps strengthen bones and promote bone density.

Muscle Function:

Calcium plays a key role in muscle contraction and relaxation, including the muscles involved in physical activities, sports, and exercise. It helps maintain muscle tone, coordination, and strength.

Nerve Function:

Calcium is involved in transmitting nerve impulses throughout the body. It helps release neurotransmitters essential for proper communication between nerve cells. Adequate calcium levels ensure efficient nerve function and support overall neurological health.

Blood Clotting:

Calcium is necessary for the normal process of blood clotting. When there is an injury or damage to blood vessels, calcium ions help form blood clots to prevent excessive bleeding.

Hormonal Regulation:

Calcium is involved in regulating various hormones in the body. It helps in the secretion and function of important hormones, such as insulin, responsible for regulating blood sugar levels.

To ensure sufficient calcium intake, it is recommended that young teens consume calcium-rich foods such as dairy products (milk, yoghurt, cheese), fortified plant-based milk, leafy green vegetables (spinach, kale), tofu, and certain fish (like salmon and sardines).

In some cases, calcium supplements may be recommended by healthcare professionals if dietary intake is insufficient. However, consulting with a healthcare provider or registered dietitian for personalised guidance on calcium intake based on individual needs is important.

Facts on calcium and bone health

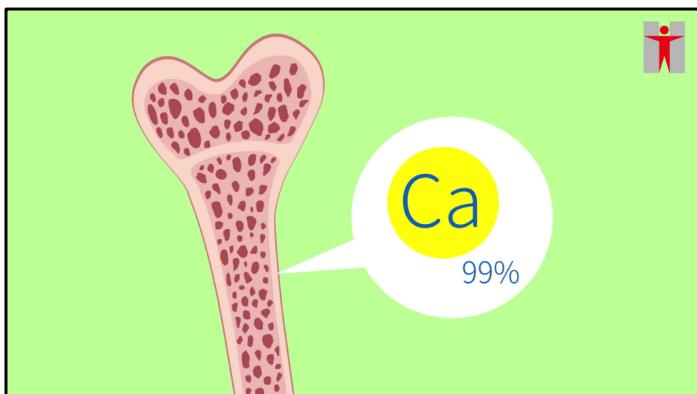
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Importance of Calcium in Human body

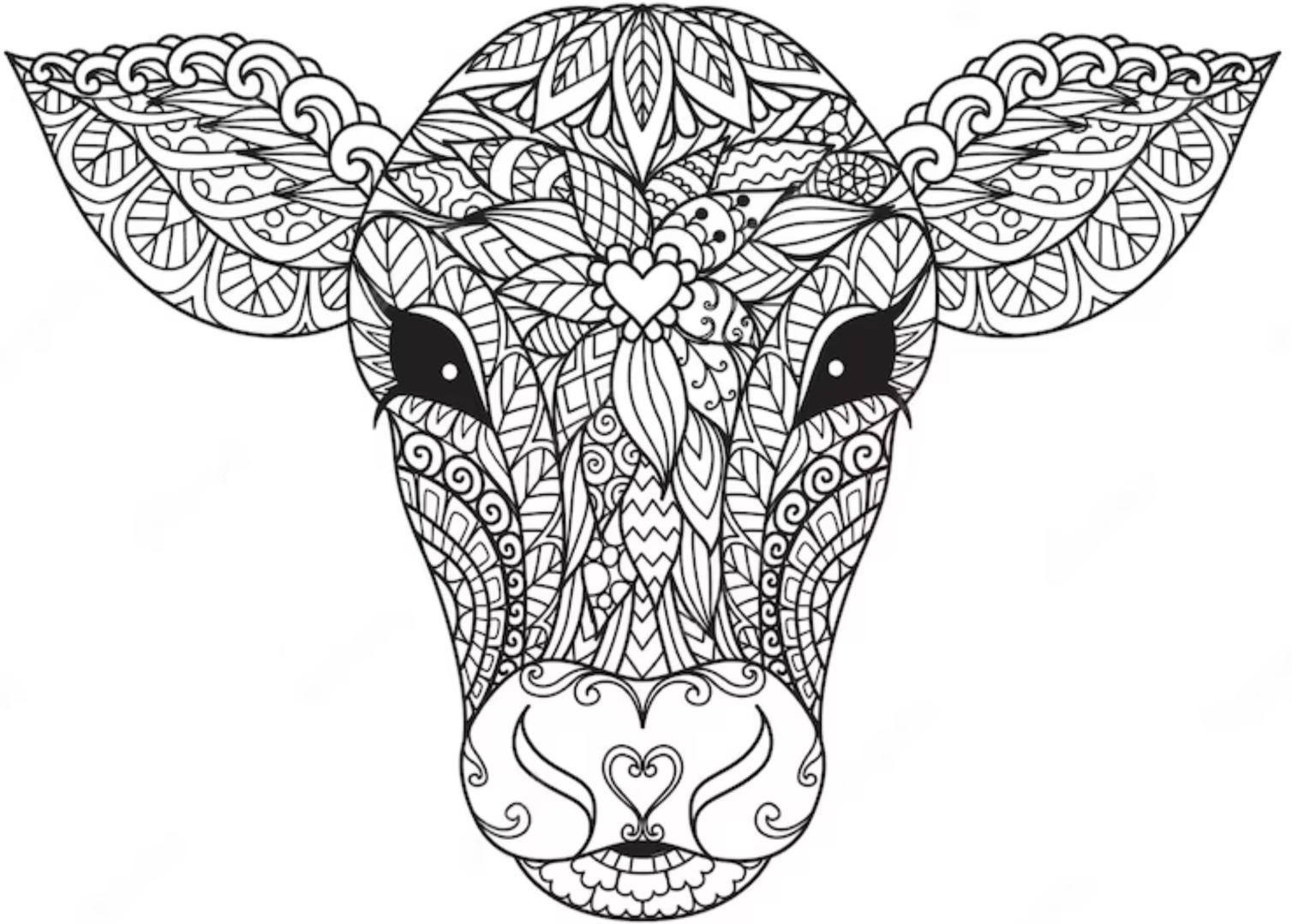
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Osteoporosis 101: What is Osteoporosis and What You Need to Know

<https://bit.ly/3XpT6GL>



Complete this cow mandala colouring page.



Educator Resources:

Recycling Challenge Rubric

Name of the learner: _____

Grade: 6

Name of the School: _____

District/Circuit: _____

Province: _____

Category: Fashion Item

	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; not entirely hidden by paint. 					
4. Composition and Technical Level <ul style="list-style-type: none"> The construction of the fashion item is sturdy and strong yet comfortable to wear. The fashion item can be worn. The design is well thought out. The fashion item is unique, colourful and eye-catching. 					
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:					