

# Other Activities

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## Unit 5 - Greece and Milk

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### Reading

Explore magazines, newspapers, and other media to find ancient Greek or Roman gods used to sell modern products. An example is the Roman god Mercury used as the FTD florist symbol. What are other examples? Share what is discovered with the group.

Ask the group to use their imagination and put together a play using ancient Greek heroes as the characters in the play. Improvise a dramatic event where the heroes “save the day”!

### Nutrition

Ask each youth, “What kind of milk do you drink at home?” Compare the Nutrition Facts Label on their family’s milk choice with other types of milk such as no-fat, 1%, 2%, whole, soy, or goat milk. Make a list of how the different milk types compare in fat content, calories, vitamins, and protein content. Share the list with the group.

Make up a new jeopardy game based on the other three stripes of MyPyramid studied so far—Grains, Vegetables, and Fruits. Play these games to help the group remember what they have learned about MyPyramid, healthy eating, and physical activity.

### Culture

Create a “People and Dairy Products from Around the World” bulletin board. Use pictures of people who represent different ethnic and cultural backgrounds and milk products from magazines, newspapers, coloring books, etc. Combine each ethnic group or culture with the milk products they enjoy in a bulletin board collage.

