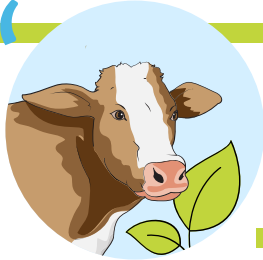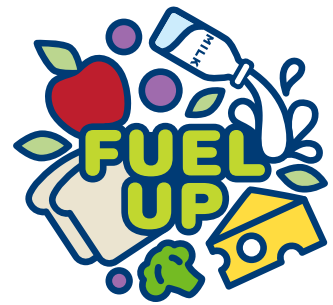# SCIENCE THROUGH THE LENS OF FOOD AND AGRICULTURE

Feeding Curiosity, Nourishing Minds: Explore the Science of Food and Agriculture with Our New NGSS-Aligned Educational Resources!

FUEL UP

> **Treatment of farm animals (61%) and earth-friendly food production (58%) are among the most important food topics to students.**
>
> – GENYOUth's Insights – Youth Survey with 6th-12th grade, Feb 2020

FULL UNIT

High School, Biology
Units are individual blocks of instruction organized in a logical progression to cover specific topics within a subject over the course of an academic year. A course, such as biology, is made up of a series of units building a progression of concepts and skills.

HIGH QUALITY NGSS DESIGN — NEXTGENSCIENCE.ORG

Postgame Analysis

How can milk help athletes recover from physical exercise?

» In this high school 5E unit, students investigate how milk helps athletes recover from intense exercise. Across a series of four modules, students learn about nutrient digestion and absorption, explore feedback mechanisms in exercise recovery, discover how cellular energy is produced for exercise, and understand muscle soreness and recovery.

Anchor Phenomenon - Students watch a series of videos that show various athletes choosing milk products for recovery to generate questions and ideas on how milk products help after exercise.

Performance Task – Students create presentations to describe how milk helps with exercise recovery to an audience of their choosing.

Click or scan here to access

Module 1
Digestion of Milk

Module 2
Feedback Mechanisms During and After Exercise

Module 3
Internal Processes from Exercise

Module 4
Muscle Recovery

Including food and agriculture in science curriculum can help:

Increase knowledge in the scientific principles behind production decisions related to nutrition, environmental stewardship, breeding, genetics, and more.

Build understanding on the value of agriculture products, including dairy, as part of a healthy and sustainable lifestyle.

Fuel an interested and qualified future workforce for nutrition research, food production, and processing.

NDC
NATIONAL DAIRY COUNCIL™

For more classroom-ready resources, visit **FuelUp.org**