

# Escape Box Template

## Introduction

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**Topic:** Dairy Festival

**Learning Objective:**

The students will be able to understand how to read nutrition labels and learn about the many different products that come from a Dairy Cow.

**Initial Materials for Provided to Escapees:**

- Video (Create-your-own video to describe the scenario and the location of the stations in your setting)
- Dairy Stations (5 pages)
- Numbers (1 page)
- Paper with name of Stations & Calcium Percent's (1 page)
- Black light
- 1 worksheet/person
- Dairy Ag Mag/ 1 per group

**Full Materials List:**

- Escape Box/ Black Lights/ Black Light Marker
- Directional lock, 3 number lock, 4 number lock and 5 letter locks OR (worksheets)
- Paper/Pencil to take notes
- Page with QR code to link to the video/ 1 per group
- 5 pages of Dairy Stations/ 1 set per group
  - Using your black light marker, write a letter on each Dairy Station with marker in the corner of each page.
    1. Butter – A
    2. Cheese – D
    3. Ice Cream – R
    4. Milk – I
    5. Yogurt – Y
- Scrambled Numbers/ 1 set of 10 for each group
- Page with Dairy Stations and their calcium percent's/ 1 per group
- Story/ 1 per group
- Dairy Ag Mags/ 1 per group

## Story

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### **Storyline Objective:**

Help Nancy and Jill solve the puzzles to unlock the box to find FREE ALL DAY passes to ride as many rides as they want from 10 am- 10 pm.

### **Story Background:**

*How did they get in this situation? Why are their clues to follow?*

Nancy and Jill have the entire day to spend at the Dairy Festival! They were given \$30.00, but were told that they could ONLY use the money to purchase Dairy products and they needed to come back with AT LEAST \$10.00. The first person they saw at the fair told them that if they visited ALL the Dairy stations in 30 minutes and followed the directions to each station correctly, that they would BOTH win FREE RIDES the entire day! They need your help to solve the puzzles while they are visiting each of these stations.

### **Initial Instructions:**

See script above

## Puzzles

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### **Puzzle 1.** – Directional Lock

**Solution:** left, up, right, right

**Materials:** (Lock, Resources)

- Directional lock (or worksheet)
- QR Code to Video
- Map of the festival? ← Maybe! (If there isn't a way to watch the video)

### **Story Connection:**

Visiting these stations will help the girls follow directions and learn more about Dairy.

### **Procedure:**

Scan the QR Code, which will link you to the video where you will learn the directions you are to follow to get to the stations.

***\*Special Note:*** Some directional locks are comprised of 5 inputs for the combination (i.e. the five-wheel lock similar to the letter lock). Possible accommodation for this type of lock includes:

- Include an "X" or blank space on fifth wheel and inform students ahead of time.

## **Puzzle 2. – Word Lock**

**Solution:** A-D-R-I-Y

**Materials:** (Lock, Resources)

- Black light and Black light marker
- 5 Dairy Station pages
- Video
- 5- Letter lock

### **Story Connection:**

Visiting each station is very important as is following directions.

### **Procedure:**

The girls will visit each station (in order). They will learn this order by listening to the video. On each station there will be an invisible marker with a letter. They will put those letters in order from which stations they were to visit. The letters COULD spell out Dairy, but that is a trick!

### **Puzzle 3.** 3- Digit lock

**Solution:** 1-6-0

**Materials:** (Lock, Resources)

- 5 pages of Dairy Stations/ 1 per group
- 3- Digit number lock
- Separate sheet with Dairy Stations listed on one side and their calcium percent's on the other/ 1 per group

### **Story Connection:**

A very important part of visiting each of these Dairy stations (with your friend) is to learn about the nutritional value of milk.

### **Procedure:**

They can begin by using their Dairy station pages to look at the nutrition labels for each product. There will be a separate sheet that has the stations listed on one side and a percent on the other side. They must find which ingredient the percent listed is for by comparing that sheet to the dairy station sheets. They also will multiply that percent by 2 because they are buying two of the products (one for them and one for their friend).

#### **Puzzle 4. 4-Digit Number Lock**

**Solution:** 2-2-6-0

**Materials:** (Lock, Resources)

- 4-digit number lock
- 5 Pages of Dairy stations
- Scrambled numbers (10 per set)

#### **Story Connection:**

An important part about visiting each of these Dairy stations is not only to look at the nutrition label, but also the cost of each item.

#### **Procedure:**

They will have the 5 pages of stations that have the amount it costs for each Dairy item included on each station. They will go to each station with a friend and **each** purchase one item. They will multiply the amount by **2** to see how much each station will be (because they will be purchasing two items at each station with their \$30.00 they came to the festival with. They will add up their total amount spent and will come up with \$22.60. Included in the scrambled numbers will be \$11.30, which would be the amount they would have left over (trick).



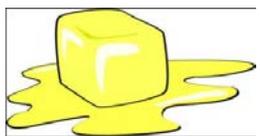
# WELCOME TO THE BUTTER FACTORY

## What is butter?

Butter is a dairy product made from churning cream. All butter sold commercially in the US must be made from pasteurized milk and be at least 80% butterfat milkfat.

## What's the best way to cook with butter?

Medium heat is best to allow the butter to enhance the flavors and perfectly brown the food you're cooking. High heat needs to be watched closely and may result in burned butter.



**Today's Special:**

**Buttery Popcorn  
\$5**

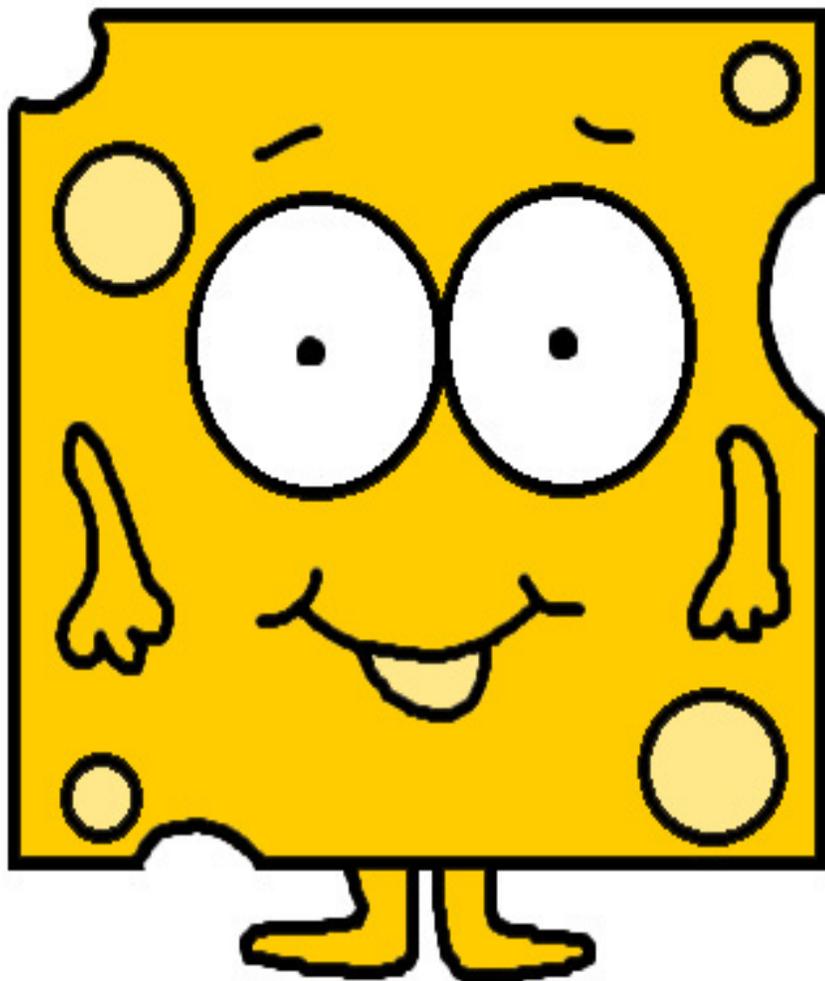
**Butter Nutrition:**

| NUTRITION FACTS  |                  |
|--|------------------|
| Servings per container   | About 32 per lb. |
| Serving Size   | 1 Tbsp (14g)     |
| <b>Amount Per Serving</b>  |                  |
| <b>Calories</b>  | <b>100</b>       |
|  | % Daily Value    |
| <b>Total Fat</b> 11 g  | 14 %             |
| Saturated Fat 7 g  | 35 %             |
| Trans Fat 0 g  |                  |
| <b>Cholesterol</b> 30 mg   | 10 %             |
| <b>Sodium</b> 90 mg  | 4 %              |
| <b>Total Carbohydrate</b> 0 g  | 0 %              |
| Dietary fiber 0 g  | 0 %              |
| Total sugar 0 g  |                  |
| Includes 0 g Added sugars  | 0 %              |
| <b>Protein</b> 0 g   |                  |
| <b>Vitamin D</b> 0 mcg   | 0 %              |
| <b>Calcium</b> 0 mg  | 0 %              |
| <b>Iron</b> 0 mg   | 0 %              |
| <b>Potassium</b> 0 mg  | 0 %              |
| <b>Vitamin A</b> 90 mcg  | 10 %             |
| * The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                  |
| Claim:<br>Gluten Free  |                  |

## THE BUTTER FACTORY

100 Melted Ln.  
Buttertown, IL 55555  
Butterfactory.com

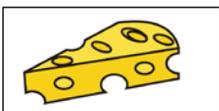
Open  
Monday – Friday  
10 AM – 8 PM



# THE CHEESE SHACK

## It's a fact!

Quality cheese begins with one key ingredient – quality milk. Before the cheesemaking process begins, incoming milk is first tested for quality and purity. It takes approximately 10 pounds of milk to make one pound of cheese!



Today's Special:

String Cheese  
\$1.50

### Nutrition Facts

Serving Size 1 piece (28g)  
Servings Per Container 12

Amount Per Serving

Calories 80    Calories from Fat 50

% Daily Value\*

**Total Fat** 6g    **9%**

Saturated Fat 3.5g    **17%**

Trans Fat 0g

**Cholesterol** 15mg    **5%**

**Sodium** 200mg    **8%**

**Total Carbohydrate** <1g    **0%**

Dietary Fiber 0g    **0%**

Sugars 0g

**Protein** 6g    **13%**

Vitamin A 4%    •    Vitamin C 0%

Calcium 20%    •    Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|               |           | Calories: 2,000 | 2,500   |
|---------------|-----------|-----------------|---------|
| Total Fat     | Less than | 65g             | 80g     |
| Sat Fat       | Less than | 20g             | 25g     |
| Cholesterol   | Less than | 300mg           | 300mg   |
| Sodium        | Less than | 2,400mg         | 2,400mg |
| Total Carb    |           | 300g            | 375g    |
| Dietary Fiber |           | 25g             | 30g     |

Calories per gram:  
Fat 9    •    Carbohydrate 4    •    Protein 4

## THE CHEESE SHACK

201 Cow Blvd.  
Dairyville, IL 00000  
Cheeseforyou.com

Open  
Monday – Friday  
10 AM – 8 PM



# PRARIE FARMS DAIRIES

## Check the Facts!

~Illinois dairy cows produce almost 2 billion pounds of milk per year

~Each day, a single dairy cow produces enough milk to fill about 99 school milk cartons

~The USDA recommends people age 9 or older to drink at least three cups of milk per day.

2% Reduced Fat Milk  
1 Pint - \$1.30

| <b>Nutrition Facts</b>   |                             |
|--|-----------------------------|
| Serving Size 1 Cup (240 mL)  |                             |
| Servings Per Container   |                             |
| Amount Per Serving   |                             |
| <b>Calories 120</b>  | <b>Calories from Fat 45</b> |
| <b>% Daily Value*</b>  |                             |
| <b>Total Fat 5g</b>  | <b>8%</b>                   |
| Saturated Fat 3.5g   | 18%                         |
| Trans Fat 0g   |                             |
| <b>Cholesterol 25mg</b>  | <b>8%</b>                   |
| <b>Sodium 120mg</b>  | <b>5%</b>                   |
| <b>Total Carbohydrate 11g</b>  | <b>4%</b>                   |
| Dietary Fiber 0g   | 0%                          |
| Sugars 11g   |                             |
| <b>Protein 8g</b>  | <b>16%</b>                  |
| Vitamin A 10% • Vitamin C 2%   |                             |
| Calcium 30% • Iron 0% • Vitamin D 25%  |                             |
| * Percent Daily Values are based on a 2,000 calorie diet.<br>Your daily values may be higher or lower depending on your calorie needs: |                             |
|  | Calories: 2,000 2,500       |
| Total Fat  | Less than 65g 80g           |
| Sat Fat  | Less than 20g 25g           |
| Cholesterol  | Less than 300mg 300mg       |
| Sodium   | Less than 2,400mg 2,400mg   |
| Total Carbohydrate   | 300g 375g                   |
| Dietary Fiber  | 25g 30g                     |
| Calories per gram:   |                             |
| Fat 9  | Carbohydrate 4 • Protein 4  |



PRAIRIE FARMS  
1100 Broadway  
Carlinville, IL 62626  
[icebox@prairiefarms.com](mailto:icebox@prairiefarms.com)



# SWEET TREATS ICE CREAM SHOPPE!

## Here's the Scoop!

- ~Illinois ranks #4 in ice cream production!
- ~It takes 12 pounds of milk to make 1 gallon of ice cream.
- ~The average American consumes 24 pounds of ice cream a year!



Vanilla Ice Cream

1 Scoop~ \$2.50

### Nutrition Facts

Serving Size 1 3.0 oz cup (62g)  
Servings Per Container 12

Amount Per Serving

**Calories** 130      **Calories from Fat** 60

% Daily Value\*

**Total Fat** 7g      **10%**

Saturated Fat 4g      **21%**

Trans Fat 0g

**Cholesterol** 25mg      **8%**

**Sodium** 50mg      **2%**

**Total Carbohydrate** 15g      **5%**

Dietary Fiber 0g      **1%**

Sugars 14g

**Protein** 3g

Vitamin A 6%      • Vitamin C 0%

Calcium 10%      • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    |           | Calories | 2,000   | 2,500 |
|--------------------|-----------|----------|---------|-------|
| Total Fat          | Less Than | 65g      | 80g     |       |
| Saturated Fat      | Less Than | 20g      | 25g     |       |
| Cholesterol        | Less Than | 300mg    | 300 mg  |       |
| Sodium             | Less Than | 2,400mg  | 2,400mg |       |
| Total Carbohydrate |           | 300g     | 375g    |       |
| Dietary Fiber      |           | 25g      | 30g     |       |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

SWEET TREATS  
ICE CREAM SHOP  
204 Dairy Ave.  
Dairyville, IL 00000

Hours

Monday-Saturday

11 AM-9 PM



## Strawberry Yogurt

1 Container~ \$1

| <b>Nutrition Facts</b>   |                      |
|--|----------------------|
| Serving Size 1 container                                       |                      |
| Amount Per Serving   |                      |
| <b>Calories</b> 150  | Calories from Fat 15 |
| % Daily Value*   |                      |
| <b>Total Fat</b> 2g  | <b>3%</b>            |
| Saturated Fat 1g   | <b>5%</b>            |
| Trans Fat 0g   |                      |
| <b>Cholesterol</b> 10mg  | <b>3%</b>            |
| <b>Sodium</b> 95mg   | <b>4%</b>            |
| <b>Total Carbohydrate</b> 25g                                  | <b>8%</b>            |
| Sugars 18g   |                      |
| <b>Protein</b> 6g  | <b>12%</b>           |
| Vitamin A 15% • Calcium 20%                                    |                      |
| Vitamin D 20% • Phosphorus 15%                                 |                      |
| Not a significant source of dietary fiber, vitamin C and iron. |                      |
| * Percent Daily Values are based on a 2,000 calorie diet.      |                      |

## YAYA YOGURT SHOPPE!

### Check the Facts!

~Yogurt is one of the most popular fermented dairy products in the world.

~Yogurt is an excellent source of several vitamins and minerals, such as vitamin B12, calcium, phosphorus, and riboflavin.

~Yogurt sales in the United States amount to over 7 billion dollars!

YAYA YOGURT  
SHOPPE  
312 Yogurt Ave.  
Dairyville, IL 00000

Hours

Monday-Saturday

11 Am-9 PM