

# Mooove to Lowfat or Fat Free Milk

Lesson and Activity for Elementary Age Children



## Concept:

USDA's Food Guide Pyramid recommends two to three servings from the Milk, Yogurt & Cheese Group daily for adults and children over the age of two years. Foods in the milk group contribute important nutrients needed for bone health and overall growth and development. Milk and milk products are naturally high in fat. A diet high in fat, especially saturated fat, is considered a risk factor for various health problems. Exposing children to lowfat and fat free milk choices is one step toward a lifetime of healthy eating habits.

## Objectives:

- ★ Children mention the health benefits of a lowfat diet.
- ★ Children identify nutrients found in milk.
- ★ Children compare the fat content of different types of milk.
- ★ Children are motivated to switch from whole or reduced fat (2%) milk to lowfat (1%) or fat free milk.

## Teaching Aids:

- ★ Transparencies
- ★ Food replicas of milk, cheese, and yogurt (optional)
- ★ Empty cartons of different types of milk
- ★ Food Guide Pyramid poster (optional)
- ★ Available at USDA's Center for Nutrition Policy and Promotion, <http://www.usda.gov/cnpp/>
- ★ "Mooove to Lowfat or Fat Free Milk" campaign poster

## Handout:

- ★ Look What I Learned Today! (for parents)

## Activities:

- ★ I like this milk!
- ★ Can you see the fat in your glass of milk?

## Food Demonstration (optional):

- ★ Mix, Whisk and Serve: Instant Pudding Anyone?

## Lesson

➔ *Display the Food Guide Pyramid poster and/or the “Moove to Lowfat or Fat Free Milk” poster during the lesson.*

? How many of you like to drink milk?  
What kind of milk do you like?  
How many glasses of milk do you drink each day?  
Do you have any favorite foods made of milk or milk products?

Milk and milk products are important players in the good nutrition team. Looking at the Food Guide Pyramid we see that milk, together with cereals, vegetables, fruits, and meats, help us grow and be healthy.

? Milk helps us have strong what?

Milk helps us grow strong bones and teeth. It's the calcium in milk that makes them strong. Milk also gives us protein for strong muscles.

? Why should you drink milk?

Because you are growing!! During this growing period you are building strong bones. Adults also need foods with calcium because they need to keep their bones strong.

? How many cups of milk do you think you need each day?

You need at least 3 cups of milk every day (2 cups for those ages 2-8). Foods made with milk like lowfat cheese and lowfat and fat free yogurt also give your body the calcium and protein you need to grow strong.

➔ *If you have food replicas of milk, cheese, and yogurt, show them to the children now. If you use an 8 oz glass of milk, let the children know that they need three of those (or 2 cups if you are teaching children under 9). If you use a 4 oz glass, they will need six of those (or 4 of those if you are teaching children under 9).*

? Do you know what makes them different?

There are four different types of “white” milk. (Show the four empty milk containers.)

The amount of fat they have! Too much fat in the foods we eat can affect our health. Keeping fatty foods under control can help keep our hearts healthy.

Let's do a group activity now so you can see how much fat is in different types of milk!

**Activities:                    I like this milk!**  
**Can you see the fat in your glass of milk?**

Now that we've seen how much fat is in the different kinds of milk and we've tasted them, let's prepare a quick, healthy snack using lowfat milk.

**Food Demonstration:        Mix, Whisk and Serve: Instant Pudding Anyone?**

**Closing:** Today we've talked about the importance of milk in our diets and the different types of milk. Now we know that we don't need all the fat found in whole milk. For a healthy heart we are better off choosing lowfat or fat free milk. (*Ask for a show of hands of children that plan on asking their parents to buy lowfat or fat free milk.*)

➡     *Distribute the handout for parents.*

Take this handout to your parents. They are going to need your help with the word search on this handout, so be prepared to help them!

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