

**E**lementary  
Lesson  
Plan Handouts

MoOove to Low Fat Dairy



# What Dairy Foods Did I Eat Yesterday?



Cheese



Cottage Cheese



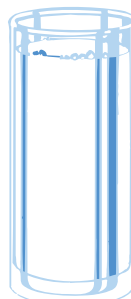
Pudding or Custard



Yogurt



Ice Cream



Milk







# Milk Cap Bar Chart Worksheet

Number of Milk Caps				
Milk Type	Whole Milk	Reduced Fat (2%)	Low Fat (1%)	Fat-Free (Skim)

Teacher, Using a corresponding colored marker, color in blocks for each cap brought in by children (or by count) or inlarge to poster size and have children glue their milk cap in a space above the appropriate milk type.

# Test Your Taste Buds

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Type of Milk	I like it!	I'm not sure.	I don't like it.
A			
B			

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## Look What I Learned Today!

### Dear Parents and Caregivers,

Your child participated in a nutrition class today. We talked about the importance of milk and the different kinds of milk. Children ages 2-8 need two 8-ounce servings of milk or a dairy equivalent every day, but children over the age of two do not need all the fat found in whole milk. In one of our class activities, the children were able to taste-test low fat (1%), and fat-free milk. See the results on the backside of this page to see which one your child liked!

Your entire family can benefit from “mooving” to low fat (1%) or fat-free milk. Diets high in fat are known to increase the risk for many health problems, like heart disease. High fat diets also make weight control a real challenge. Read along and see if you can make up your mind to try the “moove.”



### “Moove to Low Fat or Fat-free Dairy”

#### Did you know that . . .

Low fat and fat-free milk have the same amount of calcium and protein found in whole milk. Actually, those have a little bit more, glass for glass.

By “mooving” from whole to low fat or fat-free milk, you can save between 50 and 70 calories, 5 to 8 grams of fat, and 20 to 30 milligrams of cholesterol in each cup.

“Moove” to low fat or fat-free milk slowly. If your family is drinking whole milk now, try switching to 2% milk at first. This milk is not low fat, but it has less fat than whole milk. After a couple of weeks, try switching to 1% milk, and then consider the move to fat-free milk.

#### How can you help your family make the “moove” to low fat or fat-free milk?

Serve hot and cold cereals with low fat or fat-free milk.

Serve low fat or fat-free milk with dinner, instead of sweet drinks.

Include a glass of low fat or fat-free milk with an afternoon snack.

Prepare muffin, bread, and pancake batters with low fat or fat-free milk.

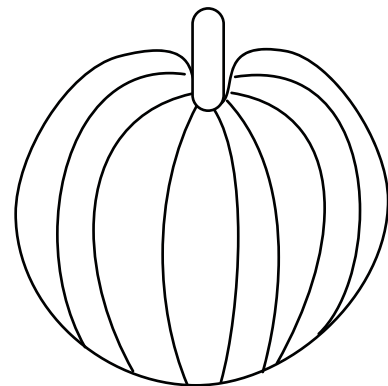
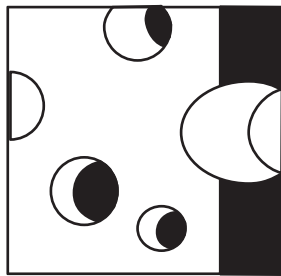
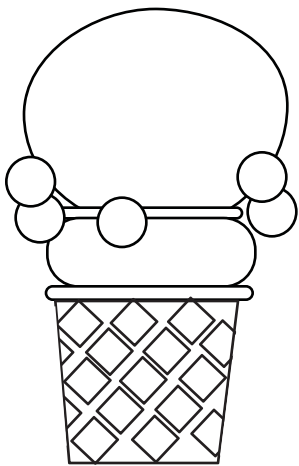
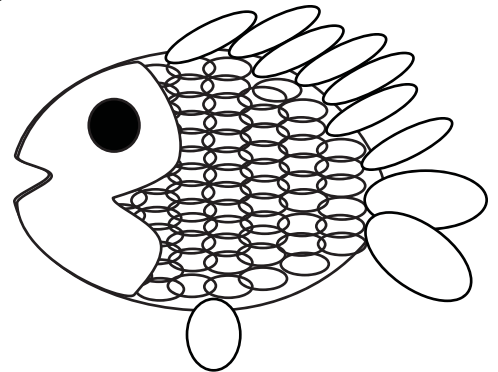
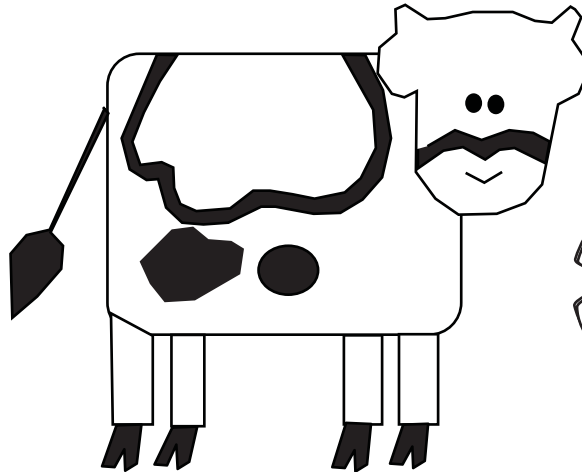
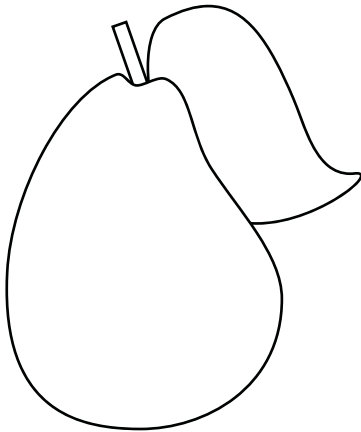
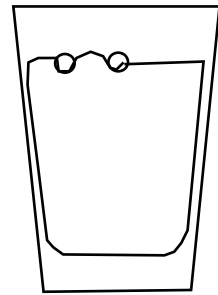
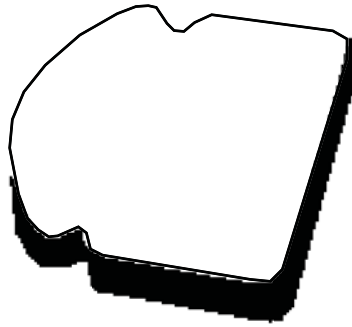
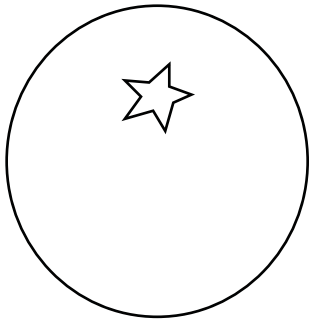
Use low fat or fat-free milk to prepare instant pudding and fruit shakes.

Make creamy soups like potato soup with low fat milk.

Have one type of milk available for the whole family (except for children under the age of two, who need the higher fat and cholesterol content of whole milk).

# Drink Milk Everyday

Draw a line from the cow to foods that belong in the MILK GROUP.



Adapted from *Wellness Ways Resource Book: Materials for Teaching Nutrition and Healthy Lifestyles!* University of Illinois Extension, College of Agricultural, Consumer and Environmental Sciences.

Elementary Lesson Plan Handout for Activity 4 for Kindergarten to Second Grade.

## How Much Calcium Are You Getting Each Day?

Think about what you ate yesterday. To the left of each question, fill in the appropriate points for each answered question.

1. Did you drink milk? If so, give yourself 3 points for every glass (8 fluid ounces) of milk.
2. Did you eat yogurt? If so, give yourself 4 points for each cup (8 fluid ounces you ate).
3. Did you eat fortified cereal with milk? If so, give yourself 4 points for each ½ cup of milk you had.
4. Did you eat another serving of (non-fortified) cereal with milk? If so, give yourself 2 points for each 1/2 cup of milk you had.
5. Did you drink calcium-fortified juice? If so, give yourself 2 points for each 6 oz. serving.
6. Did you eat canned salmon with bones, or tofu? If so, give yourself 3 points for each 3 oz. serving (1/2 cup tofu).
7. Did you eat cheese? If so, give yourself 2 points for each 1 oz. serving.
8. Did you eat cottage cheese? If so, give yourself 1 point for each ½-cup serving.
9. Did you eat broccoli, kale, collards, spinach or bok choy? If so, give yourself 1 point for each 1 cup serving (raw or cooked).
10. Did you eat ice cream, pudding or frozen yogurt? If so, give yourself 1 point for each 1-cup serving.

**NOW ADD UP ALL OF YOUR POINTS: \_\_\_\_\_ TOTAL POINTS**

Multiply your total points x 100. This gives you the approximate number of milligrams of calcium you ate yesterday. .  
\_\_\_\_\_mg calcium

Adapted from *Wellness Ways Resource Book: Materials for Teaching Nutrition and Healthy Lifestyles!* University of Illinois Extension, College of Agricultural, Consumer and Environmental Sciences.

Elementary Lesson Plan Handout for Activity 2 for third through fifth grade.

## Recommended Daily Calcium Intake

Age	Adequate Intake (mg)
Birth – 6 months	210
6 months – 1 year	270
1 – 3 years	500
4 – 8 years	800
9 – 18 years	1300
19 – 50 years	1000
51 years	1200
Pregnant/lactating female	1300
18 years	1300
19 + years	1000

## Calcium in Your Foods

### Natural Dairy Sources of Calcium (Approximate Calcium Amounts)

Milk (1 cup).....	300 mg
Cheese (1 ounce).....	175-275 mg
Cottage cheese (1 cup).....	140 mg
Yogurt (1 cup, low fat/no fruit).....	415 mg
Yogurt (1 cup, low fat/fruit).....	315 mg
Ice Cream, frozen yogurt .....	150 mg

### Natural Nondairy Sources of Calcium (Approximate Calcium Amounts)

Calcium-enriched orange juice (1cup).....	300 mg
Tofu (with calcium sulfate, ½ cup).....	324-434 mg
Sardines/salmon (with bones, 3 ounces).....	250 mg
Broccoli (cooked, 1 cup).....	240 mg
Greens (turnip & beet) and okra (1 cup).....	150 mg
Cooked dried beans (1 cup).....	50-150 mg

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University of Illinois Extension, College of Agricultural, Consumer and Environmental Sciences.

Elementary Lesson Plan Handout for Activity 2 for third through fifth grade.