

Elder Lesson Plan

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Goal

To encourage older persons to consume low fat (or fat-free) dairy products, including milk, yogurt and cheese.

Objectives

Older persons who participate in this lesson will:

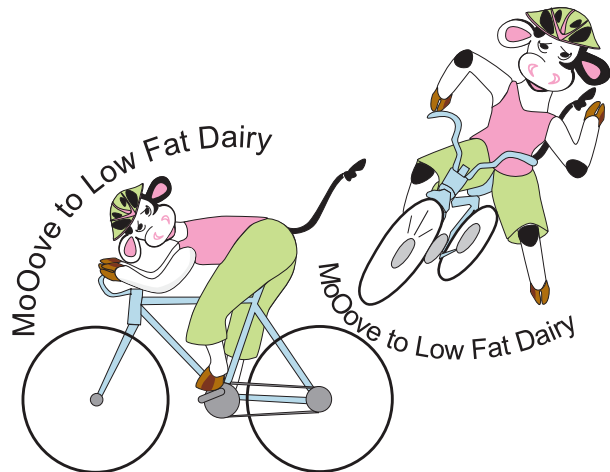
- Know the health benefits of choosing low fat and fat-free dairy products.
- Know the health risks associated with a lifetime of consuming high fat diets, that include whole and reduced fat dairy products.
- Know the nutrient differences in high fat, low fat and fat-free dairy products.
- Be motivated to select low fat and/or fat-free dairy products.
- Share information learned with friends and/or family.

Background Information

Dairy foods play an important role in a healthy diet. They contain calcium, which is required by the body to build and maintain strong bones and teeth. Heart muscles and the nervous system also need calcium to function properly. A calcium-rich diet may lower the risk of developing the bone-thinning disease, osteoporosis.

Dairy products also provide protein, B vitamins and other essential nutrients needed by the body. Most milk is fortified with vitamin D, which helps the small intestine absorb calcium. Low fat, fat-free milk and milk products are typically fortified with vitamin A, necessary for optimal vision and immunity. Some dairy products contain beneficial bacteria, sometimes referred to as probiotics. Probiotic bacterial cultured dairy products, such as yogurt and buttermilk help maintain bacterial balance in the digestive tract. Individuals, who have trouble digesting lactose (milk sugar), find cultured dairy products easier to digest. The beneficial bacteria found in these products may help protect against cancer and high cholesterol.

High fat dairy products made with whole and reduced fat milk add significantly to the fat and saturated fat consumption in the United States. High intakes of fat and saturated fat contribute to obesity, diabetes, cardiovascular disease, and some cancers. Changing dairy consumption patterns to low fat or fat-free choices reduce fat and saturated fat intakes while maintaining consumption of important nutrients like protein, vitamin D, and calcium. Although it is best to begin development of healthful eating habits at a young age, it is never too late to make positive changes. By making only one change, older adults can move toward or maintain a healthy body weight, thereby decreasing their risk for diabetes and heart disease.



Introduction

Dairy foods play an important role in our diets. What are some of your favorite dairy foods? **[Give them a chance to answer before going on.]**

Make a list together

Note: If participants identify butter, cream cheese, cream, or sour cream, as favorite dairy foods, remind them that although these foods are made from milk, they are not included in the dairy group, which is based on nutrient content of the foods. These dairy foods contain primarily fat and contribute few other nutrients to the diet.

Foods in the dairy food group are our best sources of calcium. They also are good sources of protein, vitamins A and D, and riboflavin, and the minerals phosphorus and potassium. Some dairy products, like whole and reduced fat milk, contain large amounts of fat, saturated fat and cholesterol.

Why do we need calcium? **[Give them a chance to answer before going on.]**

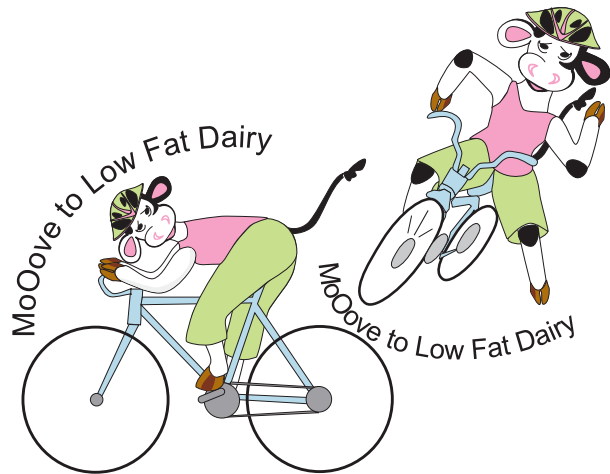
Calcium is a mineral that the body needs every day to:

- Keep bones and teeth healthy.
- Help muscles relax and contract.
- Assist in blood clotting.
- And, it may reduce the risk of developing osteoporosis and high blood pressure.

Your body cannot make its own calcium, so your diet must supply it on a regular basis. Dairy products, such as low fat or fat-free milk, yogurt, and cheese are the best sources of calcium.

Show poster of MyPyramid or refer them to MyPyramid Handouts

MyPyramid recommends three cups of fat-free, low fat milk, or milk foods for everyone over the age of eight – and that includes you!



Why do you think the food guide recommends low fat or fat-free milk instead of reduced fat or whole milk? [Give them a chance to answer before going on.]

Handouts are found in the “Lesson Plan Handouts and Activities” section of this manual.

Activity 1:

Who Cares about High Fat Diets? Take a LOOK – You Might! [Pass around clogged artery model.]

Regularly choosing foods from the milk group that are high in fat can affect your health. Diets high in saturated fats raise the LDL or “bad” cholesterol levels in the blood. This increases the risk for coronary heart disease. Many cheeses, whole milk, reduced fat milk and other products made from these foods are high in saturated fat.

To keep your arteries from looking like the model, you can limit your intake of high-fat foods as whole or reduced fat milk and cheese. You can “moove” to low fat or fat-free dairy foods. Remember low fat milk is 1% fat and fat-free milk is also called skim or no fat milk.

Activity 2: What is a Low Fat Dairy Food?

Display various empty dairy food containers, some high fat and some low fat or fat-free products. Discuss milk labels and how milk names changed on January 1, 1998.

- Whole milk is still called Whole Milk or Milk
- 2% milk is now called Reduced Fat Milk or Less Fat and is **no longer** considered low fat.

- 1% milk is now Low Fat Milk
- Skim milk is called Nonfat Milk, No-Fat Milk, or Fat-Free Milk
- Skim Plus Milk is Fat-Free Milk with added calcium and vitamins.

[Label three containers as “High Fat,” “Low Fat” and Fat-Free.” Ask participants to classify the displayed dairy foods into the appropriate groups.]

Activity 3: How Much Fat is in Dairy Products?

[Use a chart (overhead or poster) to compare the amounts of fat in different milk products.]

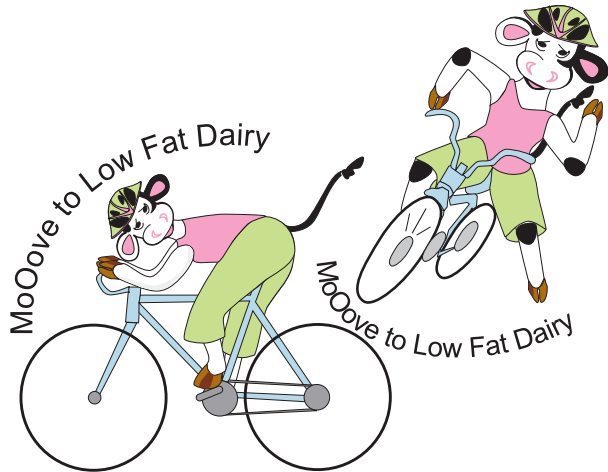
[Ask for four volunteers. Ask each volunteer to measure into a teaspoon the amount of fat in one cup of whole, reduced fat, low fat and fat-free milks. Use as many teaspoons as necessary. Pour measured amounts into an empty clear plastic cup.]

1 cup whole milk	2 teaspoons fat
1 cup reduced fat milk	1 teaspoon fat
1 cup low fat milk	½ teaspoon fat
1 cup skim milk	0 teaspoons fat

Activity 4: Low Fat Dairy Taste Testing Fair

[Suggested items to taste: Various milk foods including chocolate skim milk, skim milk, reduced fat cheese, fat-free yogurt, drinkable fat-free yogurt, and fat-free and low fat pudding.]

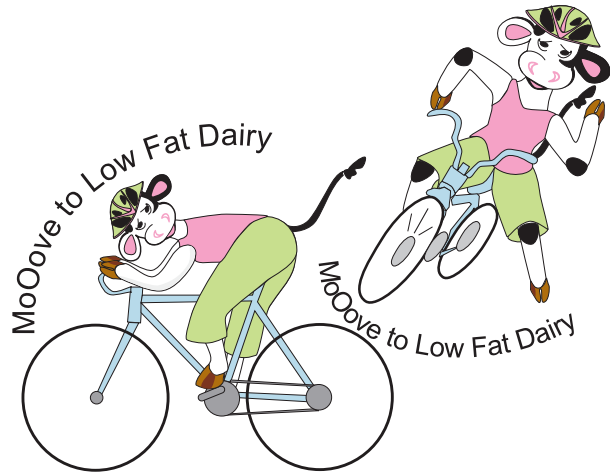
1. Distribute the Low Fat Dairy Taste Test Evaluation Form.
2. At each station set up a low fat or fat-free dairy food with a small table tent that gives its name.
3. Ask participants to taste the products at each station
4. Use the Evaluation Form and describe the taste of each food item.



Activity 5: Review and Complete the Evaluation Form

Materials needed:

- Clogged artery models (available from Nasco)
- Various empty dairy containers with clear labels – milks, cheeses, yogurts (some high fat, some low fat or fat-free)
- Measuring spoons
- Butter flavored shortening (more visible than plain shortening)
- Various low fat and fat-free dairy products for tasting
- Small cups and spoons for tasting
- Low fat Dairy Taste Test Evaluation Form



Suggested handouts

Finding Your Way to a Healthier You. A pdf file can be downloaded at www.MyPyramid.gov.

Ideas for Calcium-Rich Meals and Snacks. Available at:

www.nichd.nih.gov/milk/can/upload/calcium-rich-ideas.pdf.

References

Bobroff LB. *ENAFS Healthy Living Program, Lesson 4 – Mooove to Low Fat or Fat-free Milk.* University of Florida IFAS Extension, Dept. of Family, Youth and Community Sciences. Available at: www.doh.state.fl.us/family/mooove/07/index.html

USDA. *My Pyramid Food Guidance System.* Available at: www.MyPyramid.gov