

Lesson Plan: FSNE Curriculum

Milk and Dairy Group



Learning Objectives

At end of lesson participants will be able to:

- Identify recommended number of servings from the milk group.
- Name three foods in the milk group.
- Name two healthy consequences from getting recommended daily servings of milk products.
- Identify 3 main nutrients found in milk products.
- Name a health risk associated with low calcium intake.
- Identify a cup equivalent for 3 dairy foods.
- Name 3 ways to increase dairy foods in daily diet.

Lesson Preparation Tips:

Review lesson and all handouts. Be familiar with the content of the lesson and accompanying handouts. Practice the lesson and activity ideas so that you are comfortable with the material.

Choose handouts according to participants' needs and make enough copies of handouts for all in attendance.

If cooking or demonstrating gather the food and equipment necessary to prepare recipe.

Gather items needed for any activity ideas you will use.

Refer to references at the end of the lesson (citations page) to gain additional information about this subject material.

Suggested Materials To Aid in Teaching Lesson:

- DVD Player *
- DVD: Milk and Dairy
- Milk and Dairy Lesson Script (available in color or black & white)
- Milk and Dairy Handouts (available in color or black & white)
- Supplemental Materials: May be printed in color or grayscale
 - Wonderful Ways to Get 3 A Day
 - Cheese Crepes with Berries
 - 3-a-Day
 - SOS – Soups or Sauces (booklet published by USU extension - not available on CD; see extension website)

* In some cases material may be more effectively taught with flip charts rather than in DVD format

Activity Ideas:

Help participant make yogurt dip, vegetable dip, or smoothie recipe from 'Wonderful Ways to Get 3 A Day' handout, or SOS mix.

Bones without calcium demonstration – show participant an example of a bone with calcium (normal chicken leg bone) and a bone with little calcium (chicken bone soaked in vinegar for two days).

With participant, logon to www.nationaldairycouncil.org. Navigate through site and find a new recipe.

Use food models, measuring cups or sample amounts in dishes to demonstrate cup equivalents for milk, yogurt, and cheese (6 dice = 1 ½ ounces of cheese = 1 cup milk; 1/3 cup grated cheese = 1 cup milk; 1 cup yogurt = 1 cup milk).

Help participant set one specific, measurable, realistic goal to attain recommended servings of the milk group based on MyPyramid recommendations.