

CAPTAIN CREATE™

Discovering Dairy Foods 4-6th grade



UTAH HEALTH EDUCATION CORE STANDARDS:

4.N.4: Examine how health can be managed through healthy eating and physical activity

5.N.4: Explain the role of healthy eating and physical activity in maintaining health.

PE 4.5.1 Examine the health benefits of participating in physical activity.

PE 5.2.2 Use movement strategies in small game situations.

PE 6.5.5 Demonstrate respect for self and others in activities and games by following the rules, encouraging others, and playing in the spirit of the game or activity.

MATERIALS NEEDED:

- MyPlate plate, MyPlate poster or MyPlate chart
- Print Dairy True and Dairy Don't Believe It ½ page signs
- Tape to put signs on wall
- Captain CREATE Grades 4-6 Discovering Dairy Worksheet for each student
- Optional: Serving size examples kit (CD, deck of cards, dice, etc) in ziplock bag (Given to counties spring 2019 regional trainings) OR serving size examples: 1 ounce cheese = two dice or tube of lipstick; 1 slice cheese = 1 CD case; 8 ounces yogurt = app 1 baseball; ½ cup pudding or ice cream = half of baseball
- Tasting Experience Ingredients for 3 – Cheese Crisps

Objective 1: Children will be able to identify which nutrients are found most in dairy foods (protein, calcium, vitamin D and potassium.)

Objective 2: Children will learn that for their age group they need 3 cups of dairy. They will have an idea of serving sizes for things like cheese, yogurt, etc.

Nutrition Message:

Hello class, my name is _____ and I am a Create Better Health educator with Utah State University Extension. How many of you like dairy foods? What are some of your favorite dairy foods? Allow children to give some answers. Dairy is a food group in MyPlate. How many of you are familiar with MyPlate? What is the point of MyPlate? Can anyone tell me? Allow students to give some answers. Following the USDA Dietary Guidelines, MyPlate gives us a model for how to eat to keep us healthy. There are five food groups- fruit, vegetables, protein, grains and dairy.

MyPlate recommends a certain number of servings for each food group. For most of the food groups, it depends on age, whether you are a boy or girl and how physically active you are. For the Dairy group, boys and girls your age should eat 3 cups of dairy a day. How do you measure string cheese by the cup? I'll show you some easy ways to estimate what a serving is for different dairy foods. We will also work to plan a day's worth of dairy foods in meals. Hand each student a copy of "Captain CREATE Grades 4-6 Discovering Dairy Worksheet". Use notes on handout to help students list 3 cups of dairy foods for a day.

ON THE MOVE:

Sample text for instructor is in blue font.

Dairy Truth or Dare

There are many myths about dairy foods nutrition, serving sizes and more. Today we are going to see if you know which things are Dairy True and which things are Dairy Don't Believe It. Everyone start in a line in the middle of the room here. When I read a statement, if you think it is true – walk towards the Dairy True sign; if you think it is false walk towards the Dairy Dare to Believe sign. If you aren't quite sure, you can walk part of the way. We will talk about it after everyone picks a spot. No pressure if you don't know- we will talk about it after we determine if it is true or false.

- 1) All foods in dairy group contain calcium. Calcium is important for building and keeping strong bones and teeth. **TRUE.** Calcium is the main nutrient for in the Dairy group. Although protein, potassium and Vitamin D are also found in the Dairy group.
- 2) The nutrient potassium helps to maintain a healthy blood pressure. Dairy foods do not have any potassium in them. **FALSE.** Dairy milk, yogurt and fortified soy milk provide potassium.
- 3) There are different kinds of milk including whole, 2%, 1%, skim and chocolate. It is recommended that adults drink whole milk. **FALSE.** One of the main messages for the dairy food group is to recommend drinking skim or 1% milk because it has less saturated fat but the same amount of calcium. Skim or 1% milk is a healthier choice.

- 4) Drinking and eating dairy foods is important for kids because their bones and teeth are still growing but teens and adults don't need to eat or drink very much dairy foods. **FALSE**. It is important to continue eating dairy foods. Calcium helps to keep bones and teeth strong throughout lifespan.
- 5) Calcium fortified soy milk can be found in the Dairy group. **TRUE**. For those who are lactose intolerant, fortified soy milk can help them meet daily recommendations. Although not technically in the dairy group, almond/rice/coconut milk that is fortified can also add calcium to the diet.
- 6) Butter, cream, cream cheese and sour cream are not in the Dairy group. **TRUE**. Although they are made with dairy, they have little calcium and a high fat content.

TASTE EXPERIENCE:

Before giving a snack, make sure you ALWAYS check for any allergies. If teaching in a school make sure to get a list of food allergies in the school. If any child in the school has an allergy to a certain food do not use it as part of the snack.

3 - Cheese Crisps

Makes 16 bite size sample crisps

1 cup cheddar cheese shredded
½ cup parmesan cheese, shredded
½ cup mozzarella cheese, shredded

Preheat oven to 400 degrees and line a baking sheet with parchment paper. Arrange cheese shreds in small circles, about ¼ Tbsp each. Leave about ½ inch between piles of cheese. Lay cheddar cheese first, then parmesan, and finally mozzarella cheese. Bake for 5-7 minutes. Allow to cool completely before removing from baking sheet. Store leftover crisps in refrigerator for up to one week.

While enjoying snack, ask a few students to present what foods they selected to complete 3 cups of dairy in a days menu.

References:

U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).

U.S. Department of Agriculture. [ChooseMyPlate.gov](https://www.myplate.gov) Website. Washington, DC. Accessed August 13, 2021. <https://www.myplate.gov/eat-healthy/dairy>.



Captain CREATE Grades 4-6 Discovering Dairy Worksheet

Plan 3 cups of dairy in a daily menu

List some of your favorite Dairy foods:

Now place 3 cups servings throughout the day in meals and snacks:

Breakfast

Lunch

Dinner

Snacks

Serving Size Guide:

Ice cream/frozen yogurt; pudding – $\frac{1}{2}$ cup (about half baseball)

Cheese cubes – 1 ounce (app two dice or a tube of lipstick)

1 slice cheese (app 1 CD)

Yogurt – 8 ounces (app 1 baseball)

Milk – 8 ounces – 1 cup

Dairy True

**Dairy Don't
Believe It**