

Lesson Plan
Mooove to 1% Lowfat and Fat Free Dairy
September 2006

Objectives:

1. The participant will identify the nutrients found in dairy foods. (Protein, Calcium, Vitamins)
2. The participant will list two functions of calcium in the body. (Keep teeth strong and healthy. Reduce bone loss and osteoporosis in later life.)
3. The participant will name two reasons that 1% lowfat and fat free dairy products should be used by adults and children 2 years and older. (Lower in calories and helps lower the risk of heart disease.)
4. The participant will list three ways to decrease fat in dairy products. (Use 1% lowfat milk, reduced fat cheese, lowfat or fat free yogurt, lowfat cottage cheese, pudding made with lowfat milk, and lowfat ice cream or frozen yogurt)
5. The participant will list three ways to obtain calcium from food for people who are lactose intolerant. (Do not drink milk on an empty stomach. Eat lowfat yogurt. Drink lowfat and fat free milks that are lactose-free or lactose-reduced. Drink lowfat or eat lowfat dairy products after taking lactase enzyme pills or drops.)

Concepts:

1. Everyone, no matter their age, needs calcium.
2. Adults and children age 2 and older should consume lowfat or fat free dairy foods that are high in calcium and low in fat.
3. People who are lactose intolerant can still enjoy dairy foods.

Key Points:

1. Foods that contain calcium and that are low in fat are found in lowfat or fat free milk, cheese, yogurt, and milk products.
2. There are a number of ways to have lowfat or fat free dairy foods even if an individual has lactose intolerance.

Evaluation:

Pre and Post Test

Learning Activities:

1. Pre-test.
2. Discuss the reasons that everyone needs calcium.
3. Show the chart "How Much Calcium do Kids Need?" found in Milk Matters (http://www.nichd.nih.gov/milk/prob/calcium_need.cfm).
4. Encourage 1% lowfat or fat free dairy products listed on "Mooove to 1% Lowfat and Fat Free Dairy!" handout. Adults should encourage lowfat and fat free milk and other calcium rich foods for children over age two. This practice helps to teach children about healthy food choices. Show containers of 1% lowfat milk, lowfat yogurt, lowfat cottage cheese, and lowfat ice cream.
5. Discuss lactose intolerance. Define lactose intolerance as someone who has trouble digesting lactose, the natural sugar found in dairy foods. Symptoms of lactose intolerance include stomach pain, diarrhea, bloating and gas. Show containers of lowfat and fat free milks that are lactose free or lactose reduced. Show yogurt container. State that even if someone has problems digesting

- lactose, he or she can probably still drink an 8-ounce glass of lowfat milk along with other foods. Do not drink milk on an empty stomach.
6. Post-test.

References:

1. www.nichd.nih.gov/milk/
2. Florida Nutrition Training Guide. Basic Nutrition Module. Florida Department of Health, Bureau of WIC and Nutrition Services. Revised November 2001, pages 55-59 and page 110.
3. Florida Nutrition Training Guide. Prenatal & Postpartum Nutrition Module. Florida Department of Health, Bureau of WIC and Nutrition Services. Revised December 2003 pages 39 and 41 and page 61.
4. Florida Nutrition Training Guide. Preschool Child Nutrition Module. Florida Department of Health, Bureau of WIC and Nutrition Services. Revised December 2003, pages 26, 69 and 70.