

## Ohio SNAP-Ed Adult & Teen Programs All About Dairy

**Task Topic:** Dairy

**Task Title:** All About Dairy

**Teaching Message(s):** ☒ When consuming dairy products like milk, cheese, yogurt, etc., choose low fat or fat free options.  
☒ Use MyPlate to make healthy food choices with a limited budget.

**Resources:** Adapted from *ChooseMyPlate.gov*, *Dietary Guidelines*

### Objectives for the Task:

1. Identify which foods belong in the Dairy Group.

### Materials needed for the Task (including Handouts):

- National Dairy Council food models:
 

<ul style="list-style-type: none"> <li>– Muenster cheese</li> <li>– String cheese</li> <li>– Parmesan cheese</li> <li>– American cheese</li> <li>– Swiss cheese</li> <li>– Cheddar cheese</li> <li>– Mozzarella cheese</li> <li>– Cottage cheese</li> <li>– Cream cheese</li> <li>– 2% reduced fat milk</li> <li>– Fat free milk</li> </ul>	<ul style="list-style-type: none"> <li>– 1% low fat strawberry milk</li> <li>– 1% low fat chocolate milk</li> <li>– Blueberry drinkable yogurt</li> <li>– Nonfat plain yogurt</li> <li>– Low fat fruit-flavored yogurt</li> <li>– Low fat plain yogurt</li> <li>– Ice cream</li> </ul>	<ul style="list-style-type: none"> <li>– Chocolate milkshake</li> <li>– Squeezable yogurt</li> <li>– Chocolate candy bar</li> <li>– Chocolate cake</li> <li>– Mashed potatoes</li> <li>– Snow peas</li> <li>– Spinach</li> <li>– Butter</li> <li>– Pudding</li> <li>– Hard cooked egg</li> <li>– Scrambled egg</li> </ul>
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### Food and Equipment for Demonstration and Sampling:

- [None needed for the task]

### General Materials List:

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| <ul style="list-style-type: none"> <li>• Flip chart paper</li> <li>• Thought box</li> <li>• Highlighters</li> <li>• VOICE principles</li> </ul> | <ul style="list-style-type: none"> <li>• Post-it notes</li> <li>• Markers</li> <li>• Masking tape</li> <li>• Participant evaluation forms</li> </ul> | <ul style="list-style-type: none"> <li>• Index cards</li> <li>• Pens</li> <li>• Name tags</li> </ul> |
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### Preparation:

- Set out the Dairy Council food models for task (see list above) on a table in the front of



the room. (If you anticipate a larger group, set up two tables, with similar sets of food models on each table. Each table should contain a mix of food models that are, and that are not, included in the dairy group.)

### Key Points to Review:

- Introduce yourself. Give brief description of the program (program name, length of sessions, duration of program).
- Include your purpose as the facilitator (i.e. to introduce ideas that are supported by research, to give them the tools to make informed decisions about areas that affect their health & nutritional needs, and to identify topics that might be covered based on the curricula used in the program).
- Review the V.O.I.C.E. Principles.
- Ask participants to sign in on the SNAP-Ed sign-in sheet.
- Remember to pass out the appropriate participant evaluation form at the end of the session, making sure to read the questions out loud to the participants.

### Transition:

Today we will learn about the Dairy group. We will discuss things like which foods provide calcium, choosing low fat or fat free dairy options, and including more calcium-containing foods in our daily meals.

But before we start, let's begin the lesson by talking about physical activity. Physical activity is an integral part of a healthy lifestyle, right along with proper nutrition and adequate sleep. Many people do not get enough physical activity. One reason may be due to the outside environment: maybe there is not sufficient space, or the weather is bad. Fortunately, there are some great indoor activities you can do to get daily activity. Some examples include dancing to your favorite music; borrowing an exercise DVD from the local library; or doing light weight-bearing exercises using objects around your house (cans of soup are great!). What are some other ideas you have for indoor exercise?

*Physical activity guidelines can be found at the following websites:*

- Office of Disease Prevention and Health Promotion: [www.health.gov/paguidelines/](http://www.health.gov/paguidelines/)
- CDC: <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>
- President's Council on Fitness, Sports, and Nutrition: [www.fitness.gov/be-active/physical-activity-guidelines-for-Americans/](http://www.fitness.gov/be-active/physical-activity-guidelines-for-Americans/)

### Anchor

When you think of the term "dairy foods," what comes to mind? Call out a few examples. How often do you eat these kinds of foods?

### Add

Dairy foods include fluid milk and foods made from milk, including cheese and yogurt, which retain the calcium from the milk. Milk-based desserts such as pudding, as well as soy milk, also are included in the Dairy group. Cream cheese, cream, and butter, which are all made from milk, are not part of the Dairy group because they contain little or no calcium and are



high in fat.

Historically, the Dairy Group used to be known by different names. When the Food Guide Pyramid was used in the 1990s, the Dairy Group was called the Milk, Yogurt, and Cheese Group. With the advent of MyPyramid, the name changed to the Milk Group. However, with the migration to MyPlate in 2011, the name changed to the Dairy Group.

Foods in the Dairy Group are good sources of calcium and other important nutrients. Who can name a few other nutrients in dairy products? *Additional nutrients include potassium, Vitamin D, and protein, as well as phosphorus, Vitamin A, and various B vitamins.*

Because most dairy foods are derived from animal sources, they can contain a lot of fat, especially saturated fat. Therefore, to keep fat intake in check, it's a good idea to choose dairy foods that are either fat free or low fat. These include skim milk, 1% milk, soy milk, fat free or low fat yogurt, or cheeses made with fat free or low milk.

### Apply

*Instruct participants to gather around the table containing the assortment of Dairy Council food models. For larger groups, have 2 tables set up, each with an assortment of Dairy Council food models.*

I have laid out several kinds of food models on the table. Working with the other participants, decide which of these foods belongs in the Dairy Group. As you consider each food, look at things like calcium and fat content. Which of the foods would be better choices? What else do you notice?

### Away

Choose one food model that is a good source of calcium and low in fat that you have not yet tried, and make a plan to try it before the next session.

### **Facilitator's Notes:**

### **Facilitator's Checklist:**

- ☐ Have I gathered all of the pertinent materials needed for the lesson?
- ☐ Did I spend the requisite amount of time covering each targeted message?
- ☐ Did I apply the principles of adult learning to my program?
- ☐ Did I create a comfortable and functional learning atmosphere?
- ☐ Did I fill out a Program Log with the necessary program information?
- ☐ Did I ensure that all participants signed the sign-in sheet?
- ☐ Did I read the survey instrument out loud to the participants?
- ☐ Did I collect all requisite survey instruments needed for today's lesson?

