

Ohio SNAP-Ed Adult & Teen Programs

Dairy: It's Not Just for Breakfast

Task Topic:	Dairy
Task Title:	Dairy: It's Not Just for Breakfast
Teaching Message(s):	<input checked="" type="checkbox"/> When consuming dairy products like milk, cheese, yogurt, etc., choose low fat or fat free options. <input checked="" type="checkbox"/> Use MyPlate to make healthy food choices with a limited budget. <input checked="" type="checkbox"/> Make meals using mostly whole ingredients like vegetables, raw meats, rice, etc.
Resources:	Adapted from <i>ChooseMyPlate.gov</i> , <i>Dietary Guidelines</i> , American Dairy Association Mideast

Objectives for the Task:

1. Name 3 strategies for including dairy foods throughout the day.

Materials needed for the Task (including Handouts):

- Fact Sheet – Ideas for Calcium Rich Meals and Snacks
- Fact Sheet – Bone Up on Dairy
- Meal Station Cards (for Apply)

Food and Equipment for Demonstration and Sampling:

- [None for this task]

General Materials List:

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|--------------------|--------------------------------|---------------|
| • Flip chart paper | • Post-it notes | • Index cards |
| • Thought box | • Markers | • Pens |
| • Highlighters | • Masking tape | • Name tags |
| • VOICE principles | • Participant evaluation forms | |

Preparation:

- Set up four meal stations around the room. Place Post-It notes and pens at each station.
- On a table in the front of the room, set out a selection of the Dairy Council food models (combination dishes, dairy foods) for participants to utilize during the Apply if needed.

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 be learning about strategies to include dairy foods throughout the day. This will help us get the recommended amount of calcium, as well as other important nutrients like vitamin D, phosphorus, magnesium, and potassium.

We begin each of our lessons with a brief discussion on physical activity. With this in mind, who would like to share about a time they tried a new type of activity? What was your experience like? How did you feel after doing this activity? What motivated you to continue doing it, or stop doing it, depending on your experience?

Physical activity guidelines can be found at the following websites:

- Office of Disease Prevention and Health Promotion: 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/

Anchor

Which meal do you think is the easiest to get a serving of dairy? Which meal is the most difficult? Why? Let's discuss your thoughts.

Add

Many people find it easy to include dairy foods with their breakfast meal. A simple way to do this is to have a bowl of cereal with milk. However, there are many ways to include dairy foods at other meals as well, including snack time. Dairy foods make ideal snacks because of the protein they contain; when paired with a complex carbohydrate like whole grain crackers or granola, or with fruit or vegetables, you can have a healthy, balanced snack. Having a serving of dairy at each meal will help you reach the recommended intake of calcium each day, as well as provide key nutrients such as vitamin D, magnesium, phosphorus, and potassium. Many Americans don't get enough of these very important nutrients – making it essential to get enough dairy!

Dairy foods can be add-ons to a meal, like a cup of yogurt with your lunch meal, or they can be incorporated into a recipe, such as vegetable lasagna with cheese, where the cheese is one of the recipe's main ingredients. Dairy foods can also be used to enhance the flavor or texture of a dish. Sprinkle Parmesan cheese on oven roasted potatoes or add goat or feta cheese crumbles to a spinach salad for a flavor boost that adds calcium. Making meals at home with dairy not only gives you an added boost of important nutrients, you're also likely getting less



calories, sodium, and added sugars when you cook at home.

Remember that some dairy foods can be high in saturated fat, so choosing low-fat versions is important to keep saturated fat intake to a minimum. Low-fat cheeses still have many of the flavor and texture profiles of their full-fat counterparts but have less fat and calories.

What are your questions about adding dairy to meals? I am going to pass out two fact sheets that contain ideas for including dairy foods throughout the day. You can read over this information at home.

Pass out one copy of the two Fact Sheets – Ideas for Calcium Rich Meals and Snacks and Bone Up on Dairy to each participant.

Apply

If your participant group is small, you can do the Apply as one group. Otherwise, form small groups of 4-5 participants.

Now it's your turn! Around the room are 4 stations: one for breakfast, one for lunch, one for dinner, and one for snacks. There are Post-It notes at each station too. Working in your groups, write down at least one suggestion you have for a way to include dairy at each of the meal stations. It could be using the dairy food as an add-on, or it could be including the dairy food as an ingredient in a recipe. Be creative with your ideas! If you need help getting started, I have set out some food models you can use as you brainstorm your ideas.

As participants complete this activity, play music in the background. When they have finished, invite the participants to share one of their meal ideas for each of the stations.

Away

Think of a meal you rarely eat dairy foods with. Write down one strategy you will use over the next week to include dairy at that meal. If you need suggestions, you can look at some of the tips on the fact sheet I passed out earlier.

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?

