

## Ohio SNAP-Ed Adult & Teen Programs

### Good Sources of Calcium to Put on *YOUR* Plate

**Task Topic:** Dairy

**Task Title:** Good Sources of Calcium to Put on *YOUR* Plate

**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.
- ☒ Make meals using mostly whole ingredients like vegetables, raw meats, rice, etc.

**Resources:** Adapted from *ChooseMyPlate.gov*, *Dietary Guidelines*, American Dairy Association Mideast

#### Objectives for the Task:

1. Define what a “good source” of a nutrient means.
2. Name two foods that are a good source of calcium.

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

- MyPlate poster
- Fact Sheet – 10 Tips Nutrition Education Series: Got Your Dairy Today?
- National Dairy Council food models:
 

– Spaghetti/meatballs	– Chicken stir fry	– Pizza
– Cheese omelet	– Cream tomato soup	– Lasagna
– Macaroni & cheese	– Taco	– Salmon
– Chef salad	– Burrito	– Tofu
– Sub sandwich	– Enchilada	– Broccoli
– Chow mein	– Chicken Caesar wrap	– Iceberg lettuce
– Muenster cheese	– 1% low fat strawberry milk	– Chocolate milkshake
– String cheese	– 1% low fat chocolate milk	– Squeezable yogurt
– Parmesan cheese	– Blueberry drinkable yogurt	– Chocolate candy bar
– American cheese	– Nonfat plain yogurt	– Chocolate cake
– Swiss cheese	– Low fat fruit-flavored yogurt	– Mashed potatoes
– Cheddar cheese	– Low fat plain yogurt	– Snow peas
– Mozzarella cheese	– Ice cream	– Spinach
– Cottage cheese		– Butter
– Cream cheese		– Pudding
– 2% reduced fat milk		– Hard cooked egg
– Fat free milk		– Scrambled egg



**Food and Equipment for Demonstration and Sampling:**

- [None needed for this task]

**General Materials List:**

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

**Preparation:**

- Hang up the MyPlate poster in the front of the room, or in a location visible to everyone.
- Spread out the selection of National Dairy Council food models for (see list on page 1) on a table in the front of the room. Later, participants will come up to select from these models to do the Apply activity.

**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:**

Last time we met, we discussed.... We also .... Who would like to share an example of ...?

Today we will discuss the Dairy group. We will define what the term “good source” of a nutrient means and how to identify foods that are a good source of that nutrient.

Before we start, let’s begin the lesson by talking about physical activity. Did you know that physical activity directly reduces the risk of heart disease – and this is more pronounced for women? As little as 75 minutes of light physical activity per week can reduce your heart disease risk by 14%. The more active you are, the greater the reduction in risk of heart disease. Make a plan to get 30 minutes of physical activity at least 3-4 days per week and you’ll be well on your way to protecting your heart!

*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

Think of a food that is a “good source” of calcium. What kind of food is it? How do you know this food is a “good source” of calcium? How often do you eat this food?

*Write responses on flip chart paper.*

Add

*Refer to the MyPlate poster hanging on the wall.*

Who has seen this before? Who would like to share what they know about this tool?

This tool is called MyPlate and it illustrates the five food groups that are the building blocks for a healthy diet, laid out as a place setting for a meal. The relative amounts of each food group can be seen on this image. Where is the Dairy Group on this plate? Why do you think it's located there?

The amount of dairy foods we need depends on our age. For children 2-3 years old, it's 2 cups. Children age 4-8 need 2 ½ cups of milk or milk products, and for all people age 9 and older, the amount is 3 cups. Most adults need about 1,000 milligrams of calcium each day, and dairy products are good sources of calcium. A food that provides at least 10% of the daily value of calcium (or 120 milligrams) is considered to be a “good source” of that nutrient. Most dairy foods provide at least 10% - and sometimes up to 45% - of your daily calcium needs, making them a good source of calcium.

Milk-based desserts, such as pudding or ice cream, do not have as much calcium as plain milk or yogurt, so in order to get the same amount of calcium, you need to eat a lot more of these foods, which can add a lot of calories and fat. Therefore, a good recommendation is to get your calcium from low fat or fat free milk, yogurt, and cheese.

Other foods that are not included in the Dairy Group can still be sources of calcium, although dairy foods typically contain the highest concentration of calcium. Vitamins A and D are also added to dairy foods to ensure adequate intake of these vitamins. Leafy green vegetables, some beans and lentils, and soy products (like tofu) can be good sources of calcium, though they are not dairy foods.

What are your questions about dairy foods, MyPlate, and how much to eat?

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 set out several kinds of food models on the table. We are going to look at “combination foods” and other, non-dairy foods like vegetables and grain products, in addition to the food models showing dairy foods.



Working in small groups, put together some meals that follow the MyPlate meal pattern. Your meals can be breakfast, lunch, or dinner. A good goal is for the each meal you put together to contain 300 milligrams of calcium. As you create your meals, note which foods would be considered a “good source” of calcium. (Hint: flip the models over to see each food’s calcium content.)

Who would like to share the meal they created? How much calcium did your meal provide? Which foods would be considered a “good source” of calcium in your meal?

### Away

*Pass out a copy of the Fact Sheet – 10 Tips Nutrition Education Series: Got Your Dairy Today? to each participant.*

This fact sheet was developed by the USDA and contains 10 ways to include dairy in your daily diet. Circle one of the tips you think you might try this week.

### **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?

