

Ohio SNAP-Ed Adult & Teen Programs Power-Packed, Calcium-Rich Snacks

Task Topic:	Dairy
Task Title:	Power-Packed, Calcium-Rich Snacks
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.
Resources:	Adapted from <i>ChooseMyPlate.gov</i> , <i>Dietary Guidelines</i> , American Dairy Association Mideast

Objectives for the Task:

1. Create snacks that are good sources of calcium.

Materials needed for the Task (including Handouts):

- Recipe Cards – Fruit Yogurt Parfait and Fruit Smoothie (copy double-sided)
- National Dairy Council food models:
 - Dairy models (milk, yogurt, and cheese models – all kinds)
 - Fruit models (fresh and canned fruit models – all kinds)
 - Vegetable models (those appropriate for snacks, such as raw vegetables; e.g. avocado, broccoli, cauliflower, bell pepper, celery, carrots, and tomato)
 - Grain models (crackers, pita, tortilla, granola, oats, English muffins)
 - Protein models (nuts & nut butters, lunch meats, soy products, eggs)
- Fact Sheet – 33 Tasty Snack Ideas

Food and Equipment for Demonstration and Sampling:

- Plain or vanilla low-fat or fat-free yogurt
- Medium banana
- Grapes, peaches, strawberries, or pineapple chunks
- Granola or other crunchy cereal
- 2-oz. disposable cups
- Serving spoon
- Disposable spoons (for sampling)
- Napkins

Some ingredients may not be available in your area. Feel free to make ingredient substitutions as necessary. If you decide to make a recipe substitution, please use a SNAP-Ed approved recipe from the What's Cooking? USDA Mixing Bowl website:

<http://www.whatscooking.fns.usda.gov/>



THE OHIO STATE UNIVERSITY

OHIO SNAP-Ed PROGRAM

Revised 04/21/15

General Materials List:

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

Preparation:

- Cut the grapes, peaches, strawberries, or pineapples into small pieces for the fruit yogurt parfait demonstration.
- Set out food models on a table in the room. Organize models by category (e.g. Dairy, Fruits, Vegetables, Grains, and Proteins).

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 present some power-packed snacks that deliver a healthy calcium punch and why having dairy foods as snacks can be a good alternative to the traditional MyPlate meal pattern.

As part of each lesson, we take the time to discuss physical activity because it is an important component of a healthy lifestyle. Regular physical activity helps us to balance our calories by burning them for fuel. Physical activity is also a great way to boost your energy levels – no caffeine necessary! Try it out – plan for 2-3 “mini-sessions” of physical activity for 3 or 4 days in a week’s time. A mini-session is 10-15 minutes of activity. At the end of the week, note how you are feeling – do you have more energy? Are you sleeping better at night?

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

What are some of your favorite snacks? What are some of your family's favorite snacks?
Record responses on flip chart paper.

Let's look at this list. Which of these snacks might be good sources of calcium? *Circle responses.*

Add

The *Dietary Guidelines for Americans* suggest that Americans get 2-3 servings of calcium-rich foods each day to maintain good health. The MyPlate graphic depicts a serving of dairy as the beverage in a typical MyPlate meal pattern. However, not everyone likes to drink milk with their meals. Mealtime is not the only time that dairy foods can be eaten. Snacks are a great way to include daily dairy servings. In addition to supplying bone-building calcium, dairy products also are a good source of protein, which helps you feel fuller longer. Including dairy-based snacks is a simple strategy that helps you meet the recommended servings of dairy and nutrients found in dairy products.

Today we are going to talk about different ways we can include dairy products as a snack. A great snack that also makes a tasty dessert is a yogurt parfait. Yogurt parfaits are not only nutritious, providing 20% of your calcium requirements, but they are also very adaptable – you can be very creative when you make them, by using different kinds of yogurt, fruit, or cereal toppings.

Pass out a copy of the Recipe Cards – Fruit Yogurt Parfait and Fruit Smoothie to each participant.

A quick, simple recipe for a fruit and yogurt parfait is on the recipe cards I passed out. This recipe calls for 4 ingredients and can be made with minimal kitchen equipment. It's a versatile recipe that can be made with many kinds of fruit.

Demonstrate how to make the Fruit Yogurt Parfait recipe. Use small (2 oz.) cups for sampling.

What are your thoughts about this parfait snack? How might you change it to suit your own preferences or those of your family?

Apply

There are numerous examples of nutrient-dense, low fat dairy snacks. Obvious choices are yogurt, which comes in many forms and flavors, and cheese, which can be sold in individually-wrapped packages (like string cheese) or already cut into cubes – although you can buy a block of cheese and cut it up yourself to save extra money.

Dairy foods can be combined or paired with other foods to make a tasty and nutritious snack. An example of this would be cheese and apple slices.



We are going to practice making other dairy snacks using food models. Up in the front of the room I have set out a variety of food models from different food groups. Work in small groups and come up with some ideas for snacks that include dairy products. Try to see if you can come up with snacks that have less than 250 calories and supply at least 10% of the recommended calcium.

Let's share the ideas we came up with for snacks.

Allow participant groups to share their snack ideas. Compare to the flip chart paper from the Anchor activity and point out any snack ideas that were on the original list of "favorite snacks."

Away

Pass out a copy of the Fact Sheet – 33 Tasty Snack Ideas to each participant.

This fact sheet lists over thirty snack ideas that incorporate dairy. Circle 1-2 ideas on this sheet that you might like to 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?

