

Milk and More

Developed by Kate Chesar, Montgomery County and Kim Frank; Clark County



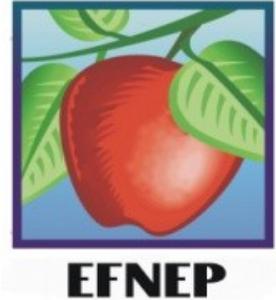
Introduction:

Hello, my name is _____.

I'd like to thank you for meeting with me. Do you know about the Ohio State University Extension?

We work with a federal grant through OSU. The Expanded Food and Nutrition Education Program helps families with children to eat more nutritiously, stretch their food dollars, handle food safely, learn to prepare simple delicious recipes, and increase physical activity.

We use the curriculum "Eating Smart, Being Active" from Colorado State University Extension. It is a series of 8 lessons that includes take-home tools and demonstrations/samplings of healthy food. I would like to show you a mini lesson. It will take around 15 minutes.



Anchor:

How can we get calcium with our lunch? What are some calcium rich foods?

-yogurt, cheese, orange juice, salmon, dark colored greens and vegetables

Add:

Show food pictures for participants to choose what they would have as part of their lunch.

-Have participants add the amount of calcium in their choices to determine the amount that would be consumed.

-Use flash cards to teach about recommended values of calcium and its prevention of osteoporosis.

Supplies Needed:

-Food models or pictures with the calcium value on the back. Be sure there are a variety of normal lunch choices including low fat and non-dairy sources of calcium.

-Flash cards as follows:

1. "Calcium and Vitamin D work hand in hand". Card with picture of joined hands and quoted text.
2. "Calcium builds strong bones and teeth". Card with picture of a bright smile showing teeth and quoted text.
3. "Calcium prevents osteoporosis". Card with picture of a spine affected by osteoporosis and quoted text.
4. "About 400 mg at each meal...the equivalent of one 8 ounce glass of milk at each meal". Card with picture of 3 glasses of milk and quoted text.

Apply:

Have participants compare their intake with the suggested values. Share how close their choices were compared to the recommended amount.

Away:

Have participants talk about appropriate changes in their lunch choices to reflect the suggested calcium requirements. Encourage them to think about increasing calcium rich foods as they plan family meals.

Closing:

Thanks for participating in a small sample of the type of lessons we teach in our series. Our classes allow parents to get together to share experiences and learn about ways to eat healthier, stretch their food dollars, handle foods in a safe way, prepare simple, delicious recipes and become more physically active. Would you like to look at our schedules and find a time to begin a series?

Adaptations:

-To a director of programs for pregnant women, present flash cards reflecting the Daily Requirements for pregnant women. Flash card #4. "Make sure to get the calcium available in four 8 ounce glasses of milk each day" Card with picture of four glasses of milk and quoted text.

-For children's programming, present flash cards reflecting the Daily Requirements for children. Flash card #4. "Make sure to get the calcium available in two 8 ounce glasses of milk each day." Card with picture of 2 glasses of milk and quoted text.

References:

- American Dietetic Association
- Encyclopedia of Foods, Academic Press
- "Eating Smart, Being Active" curriculum from Colorado State University Extension
- National Dairy Council, Rosemont, IL.
- US Department of Agriculture



Breakfast



Lunch

Dinner

Make sure to get the calcium available in two 8 oz glasses of milk each day



Breakfast



Lunch



Dinner

Make sure to get the calcium available in four 8 oz glasses of milk each day



**Calcium
prevents
osteoporosis**



Breakfast



Lunch



Dinner

**About 400 mg
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the equivalent of
one 8 oz glass of milk
at each meal**



**Calcium & Vitamin D
work
hand in hand**



**Calcium builds
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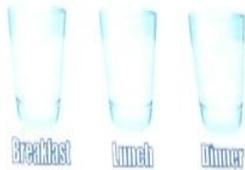
LUNCH ORDER



**Calcium & Vitamin D
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hand in hand**



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**Calcium
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