

Activity:

I like this milk! (Taste-testing)

Purpose

To encourage participants to try lowfat or fat free milk and to decide which one of these lower fat milk types they like.

Materials needed

Different types of milk: whole, reduced-fat (2%), lowfat (1%), and fat free (stored in refrigerator or a cooler)

3 oz cups

Napkins



Description and Instructions:

➡ *To reduce time and cost of the taste testing, just use two types of milk, whole and lowfat (1%), instead of all four types.*

- Label each milk A, B, C, and D (or A and B if you are using only two types of milk.) **Make sure the milk is very cold.**
- Each participant needs four (or two) 3-ounce disposable cups. If the children can write, ask them to label their cups A, B, C, and D. If not, label the cups before distributing.
- Pour a small amount of milk in each cup for each participant. Be sure to pour milk A into cup A, and so forth.
- Ask participants to try each milk and discuss their opinion of each. Then use the vegetable shortening to “show” the fat content of each type of milk, as in the following activity.

Activity:**Can you see the fat in your glass of milk?****Purpose**

To provide a visual aid of the fat content of the different types of milk in order to encourage participants to choose lower fat milk.

**Materials needed**

Measuring spoons
Vegetable shortening

Disposable plates
Various types of milk

Description and Instructions

Compare the four basic types of milk. All contain about the same amount of protein, calcium, and other minerals. The only difference is the amount of fat. Using measuring spoons, disposable plates, and vegetable shortening, measure the amount of fat found in a 1 cup serving of each type of milk. You can choose to measure the amount of fat in 3 cups of milk, the amount recommended for children every day.

Depending on age group and developmental level, have children participate by holding measuring spoons, measuring the fat, or counting out loud the number of teaspoons of fat.

Type of Milk	Calories	Fat, grams	Fat per cup, teaspoon
Whole milk	150	8	2
2% milk	120	5	1
1% milk	100	2 1/2	1/2
Fat free milk	80	0	0

Source of nutritional data: *It's What's Inside That Counts*, Ohio State University Extension, 1996.