

Teacher Guide: MILK GROUP

Key Messages

- Milk and milk products (dairy foods) are our best source of calcium.
- The calcium from dairy foods is easily absorbed by our body in the presence of vitamin D which is found in milk. Calcium is needed to build and maintain strong bones and teeth.
- Teens and adults should have 3 cups and children (ages 2 to 8) 2 cups of fat-free milk, low-fat milk, or equivalent milk products (yogurt and cheese) every day.
- Choose fat-free and low-fat dairy foods for good health.

Objectives

Participants learn:

- examples of dairy foods (regular, low fat and fat free).
- foods (dairy and non-dairy) that are good sources of calcium.
- calcium is best absorbed from dairy foods in the presence of vitamin D.
- the recommended daily servings of milk and milk equivalent products (yogurt, cheese).

Suggested teaching materials:

- Plastic food models or pictures of dairy foods.
- Empty dairy food containers or package labels.
- Sample sizes of milk and cheeses- measuring cup, samples of cheeses (1 1/2 oz. natural cheese, 2 oz. processed cheese)
- Milk Group handout

Activities

- Practice planning meals for a day/week to include the recommended number of dairy servings.
- List ideas/ways to include more calcium-rich foods (dairy and non-dairy) in meals and snacks. Ex. Add nonfat dry milk powder to meat loaf, soup, pudding, etc.
- Discuss ways to get the recommended amount of calcium each day if a person is lactose intolerant.
- Practice reading food labels using empty dairy containers or food package labels.

Daily menu of milk, yogurt & cheese

MyPyramid suggests you have 3 servings from the Dairy Group each day. Using this chart, plan a daily menu being sure to include at least 3 servings from this food group.

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack

Counts as a 1-cup serving of milk: 1 cup yogurt, 1 ½ ounces hard cheese (cheddar, mozzarella, Swiss, parmesan), 2 ounces processed cheese (American)

Mini-goals

1. _____

2. _____



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