

Title: Moove to Lowfat or Fat Free Milk Lesson Plan for Children

Target Audience: Children over age two and their caregivers

Objectives: The attendee will:

1. Identify what a cow sounds like and what a cow provides (milk).
2. Express why it is important to drink milk or eat dairy products.

Teaching Materials Needed, Including Handouts:

1. Carlos and Clarice Book, (can be found at: http://www.kansaswic.org/download/moovetolowfatmilk/Carlos_and_Clarice_book_moove_to_lowfat_en-sp.pdf)
2. Picture of a cow, milk jug, and a glass of milk and foods made from milk, (images available at: http://www.kansaswic.org/nutrition_education/lesson_plans.html.)
3. Cow hand puppets-one for each child and scotch tape and paper sack for each puppet, (template available at: http://www.kansaswic.org/nutrition_education/lesson_plans.html.)

Advance Preparation Needed:

1. Set up designated area to accommodate attendees
2. Print or gather enough of the Carlos and Clarice books to provide one for each family.
3. Assemble the needed pictures of a cow, milk jug, glass of milk and dairy foods.
4. Cut out cow hand puppets for each attendee and gather scotch tape for their assembly.

Class Outline and Methods:

1. Ask the children to sit in a circle on the floor. Sitting with the children, the leader holds up a photo or picture of a cow for all to see.
2. As the leader holds up the picture of the cow, she asks the children "What kind of animal is this?" The leader should congratulate the children when they announce that it is a cow. If they guess that the animal is a cow, ask them what noise a cow makes (Moo).
3. The leader shows the children a large picture of a milk jug or a glass of milk. The leader asks the children what the picture shows. The leader asks the children where milk comes from. She congratulates the children when they say that milk comes from cows.
4. She asks the children to raise their hands if they drink milk. The leader can lead a discussion about how many children eat cereal with milk or drink milk.
5. The leader questions the children about what other foods are made with milk. Possible answers might include cheese, ice cream, pudding, cottage cheese and yogurt. The leader could hold up pictures of different foods and say "Is this food made with milk?" A discussion could follow about who likes to eat different dairy products and what is their favorite.
6. The leader could ask the children "Why do you think we should drink milk?" The leader could guide them to say that milk is "good for you"—it helps make strong bones and teeth. Have the children open wide and show their teeth to each other.

7. Tell the children that they are going to read a book together—Carlos and Clarice. The leader can read the book, showing the pictures to the children along the way. During the parts with movement, the leader can lead the children in doing these movements as well.
8. At the end of the story, give each child a cow hand puppet to take home. If books are available, give each family a book.
9. Ask the children what new dairy food they want to try in the next month. Ask any caregivers present to share how they can add more low fat dairy products into their family's meals in the next month.
10. Thank the children and their caregivers for coming to the class and encourage them to drink more lowfat and fat free milk.
11. Upon completion of the lesson, a designated WIC staff person should record completion in the client's KWIC record. If the LA chooses, the client's goal can also be entered into KWIC.

Concepts and Key Points:

1. Cows give us milk.
2. Milk is used to make cheese, yogurt, pudding, ice cream, and cottage cheese.
3. Milk and dairy products keep our bones and teeth strong.

Interactive Component:

The client or their caregiver will interact with the WIC staff as specified in the *Class Outline and Methods* section. One or more interactive activities will be used in this lesson from the activities above.

Behavior Change Goal:

The designated staff person will assist the client/caregiver to set a goal based upon the information that was discussed. For example, ask the caregiver how they can add more low fat dairy products into their family's meals. (This can be their goal.) If the LA chooses, the client/caregiver's goal can also be entered into KWIC.

Procedure for Clients to Ask Questions of Trained WIC Staff:

The designated WIC staff person will either answer the questions or guide the client to the staff person qualified to answer a question posed by the client/caregiver.

Evaluation:

The evaluation will consist of the children interacting with the WIC staff as outlined in the *Class Outline and Methods* section above.

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Lesson Plan Revised By: Pat Dunavan, MS, RD, LD, 2012

Lesson Plan Approved By:

Date: