

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

Target Audience: Pregnant, Breastfeeding, Postpartum Women, Caregivers of children two years old and older

Objectives: The attendee will:

1. State two health benefits of drinking lowfat or fat free milk for persons over age two.
2. Identify some ways to add lowfat dairy products into their family's diet.

Teaching Materials Needed, Including Handouts:

1. Chairs for attendees, in a circle
2. Moove to Lowfat Milk display (provided by State WIC Office - see attached display layout)
3. Pictures of hot dog, bacon, candy bar and fast food hamburger and the amount of fat contained in each
4. Cow coloring and activity sheets (try these possible sites: <http://www.free-preschool-activities.com/cow-coloring-pages.html> , <http://www.coloring-pages-kids.com/coloring-pages/animal-coloring-pages/farm-animals-coloring-pages/cows-coloring-pages-gallery.php>)
5. 1 gallon plastic milk jug cut in half. Use the handle half to make a scoop. (Put tape around the cut edges for safety) and a soft ball or pair of socks rolled up (for optional activity). Make 1 or 2 scoops.
6. Moove to lowfat or fat free milk handout (see [Nutrition Education Resources](#))
7. Containers from various types of milk (whole, 2%, 1% and skim)
8. Recipes using lowfat or fat free dairy products (possible recipe source: <http://www.nationaldairycouncil.org/recipes/Pages/RecipeLanding.aspx>)
9. If possible, samples of 1% and skim milk

Advance Preparation Needed:

1. Set up chairs in a circle for the discussion
2. Copy or gather handouts for each attendee

Class Outline and Methods:

1. Set up chairs in a circle for the facilitated group discussion
2. Facilitated group discussion questions and guidance ideas for discussion:
 - a. **What type of milk do you regularly drink or buy for your family?** Show cartons/containers of the various types of milk. Tell them that the color of the container caps vary depending upon the fat level, but not every milk producer uses the same colors (for instance, the pink cap may not always be skim milk).
 - b. **Why is milk an important food for children and adults?** Milk is an important food for children and adults providing calcium, Vitamin D and protein for growth, as well as helping to prevent osteoporosis. Point out that all types of milk have Vitamin D, not just whole milk.
 - c. **Why is lowfat milk a better choice than whole milk for people over age 2?** Compared to whole milk, low fat or fat free milk has more calcium and protein per cup than whole milk while its Vitamin D content remains the same. It also significantly reduces the

amount of fat in the diet (8 grams of total fat in a cup of whole milk compared to 2.5 grams in a cup of 1% milk).

d. **What are some health benefits of switching from whole milk to 1% or fat free milk?**

Reducing fat in the diet can help prevent overweight and obesity, heart disease, cancer, stroke and type 2 diabetes.

e. **Can you name some foods that have the same amount of saturated fat as one cup of whole milk?** One cup of whole milk has the same amount of saturated fat as one hot dog, 5 strips of bacon, a Snickers candy bar, or a small fast food hamburger.

f. **What are some ways to make it easier to switch from whole milk to a lower fat milk?**

Some ideas: blend in a banana, eat with cereal, make a strawberry smoothie, mix whole milk or 2% milk with 1% or fat free milk, use a flavoring in milk, use the milk in cooking soups, sauces, or pudding.

g. **So, if you are not already choosing a lowfat or fat free milk, how many of you are willing to try?** Suggest that parents and children who have not already tried lowfat or fat free milk try one container and see how it tastes.

3. Tossing Game (see *Optional Activity* section below)

4. Closing

a. Thank the families for attending. Offer them any handouts or recipes that you may have as they leave.

b. Ask each attendee to share one thing they will do to add more low fat dairy products to their family's meals in the next month. (This is the client's goal.)

c. 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. If a family uses whole milk, it may be the largest source of saturated fat in a child's diet. Saturated fat contributes to heart disease.
2. Adults and children age 2 and older should consume lowfat or fat free dairy foods that are high in calcium and low in fat.
3. People who are lactose intolerant can still enjoy dairy foods.
4. Foods that contain calcium and that are low in fat include lowfat or fat free milk, lowfat cheese, yogurt, and some milk products.

Optional Activity:

1. Show parents and children an empty 1 gallon plastic milk container. Ask them if they know of any games or crafts that can be made from the container.
2. Pass around 1 tossing scoop made from the empty plastic milk jug. Ask parents and children what kinds of games they could play with the container. Ask them why the edges of the tossing scoop have tape on them. Explain that the tape helps prevent people from being cut on the sharp edges of the container.
3. Tell parents and children that a tossing game can be played using the tossing scoop and a soft ball or even a pair of socks rolled up. Show them how to toss the ball in the air. You may also want to have 2 scoops and show how to play a tossing game with 2 scoops. You can use the flat bottom half of the milk jug as a tossing receptacle, if child is playing alone (similar to bean bag toss).

Interactive Component:

The client or caregiver will interact with the WIC staff as specified in the *Class Outline and Methods* section. If time allows, do the Optional Activity above.

Behavior Change Goal:

Ask each attendee to share one thing they will do to add more low fat dairy products to their family's meals in the next month. (This is the client's goal.) If the LA chooses, the client'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 participating in the facilitated discussion and interacting with the WIC staff as outlined in the *Class Outline and Methods* section above.

Comments/Other:

The Move to Lowfat Milk display was provided to local agencies by the State WIC Office in 2009. A sample of the text of each poster in the display is attached. Most other resource materials for this lesson can be found on the Kansas WIC website at http://www.kansaswic.org/nutrition_education/nutrition_edu_resources.html.

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Lesson Plan Revised By: Pat Dunavan, MS, RD, LD, 2012 and Julie Ornelas, RD, LD, 2013

Lesson Plan Approved By:

Date:

Sample Three Panel Layout Using the Moove to Lowfat Milk Display provided by State WIC Office

When to Moove to Lowfat Milk

Adults and children 2 years and older should move to lowfat milk

Breastmilk for Babies, whole milk for kids 12 months to 2 years

Set a good example and drink lowfat milk with your kids.

Whole Milk	Reduced Fat (2%)
160 calories	130 calories
72 calories from fat	45 calories from fat
8 grams protein	8 grams protein
30% calcium	30% calcium
25% Vitamin D	25% Vitamin D
Fat per 1 cup serving	
1½ teaspoons	1 teaspoon

Moove to 1% lowfat or fat free milk

Why Moove to lowfat milk?

Lower in calories for healthier weight

Helps lower risk of heart disease and stroke

Keeps bones and teeth strong and healthy

Great source of calcium, protein, vitamins and minerals

Moove from whole milk to lowfat milk- calcium stays the same, Vitamin D stays the same

Ways to Moove to Lowfat Milk

Use lowfat milk in soup instead of water

Drink lowfat milk with your meal when eating out

Try flavored lowfat milk for a snack

Serve pudding, custard or tapioca for dessert

Add lowfat milk to coffee

Lowfat (1%)	Fat Free (Skim)
110 calories	90 calories
22.5 calories from fat	0 calories from fat
8 grams protein	8 grams protein
30% calcium	30% calcium
25% Vitamin D	25% Vitamin D
Fat per 1 cup serving	
½ teaspoon	0 teaspoons!