

Title: Moove to Lowfat or Fat Free Milk Interactive Nutrition Education Center Lesson Plan

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

Objectives: The attendee will:

1. Identify at least two reasons to move to lowfat or fat free milk
2. Name two ways to get more milk into family meals
3. Name two nutrients that remain the same between all fat levels of milk

Teaching Materials Needed, Including Handouts:

1. Moove to lowfat or fat free milk display center (provided by State WIC Office - see attached display layout)
2. Recipes using low fat and fat free dairy products
(<http://www.nationaldairycouncil.org/recipes/Pages/RecipeLanding.aspx>)
(http://www.kansaswic.org/nutrition_education/nutrition_edu_resources.html)
3. Learning Survey (attached)
4. Moove to lowfat and fat free milk handouts
(http://www.kansaswic.org/nutrition_education/nutrition_edu_resources.html)
5. Optional: Taste test materials and supplies
(http://www.kansaswic.org/nutrition_education/nutrition_edu_resources.html)

Advance Preparation Needed:

1. Copy sufficient handouts and surveys for all clients using the interactive center
2. Set up the Moove to lowfat or fat free milk display
3. Optional: Gather materials for taste test
4. Optional: Prepare a recipe using at least one dairy food item, for clients to taste

Class Outline and Methods:

1. The interactive display and handouts will be available during clinic hours. Direct clients to review the interactive display and handouts.
2. A knowledgeable staff member should be available for client questions regarding the interactive display. See background information on this topic below, under *Concepts*.
3. Clinics are encouraged to include an optional interactive component. Examples listed under *Interactive Component* below.
4. Once the client reads through the materials and completes the survey, the client should show the completed survey to the delegated WIC staff person (e.g. clerk).
5. The delegated WIC staff person should ask the client if they have any questions. If yes, refer them to the staff person that can answer their questions.
6. The delegated WIC staff person should ask the client, "What is one thing you will try to do, based upon what you learned today?" For example, "What were your ideas for adding more milk to your family's diet from the survey?" (This is the client's goal.)
7. 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. Adults and children 2 years and older should move to lowfat milk. Breast milk is best for babies, whole milk is for children 12 months to 2 years old.
2. Using lowfat or fat free milk can lower calories, help lower risk of heart disease and stroke, keep bones and teeth healthy.
3. Milk is a great source of calcium, protein, and vitamins and minerals such as vitamin D and potassium. All of these nutrients are the same in whole milk, 2%, 1%, and fat free milk.
4. It is incorrect that only whole milk is “vitamin D milk”, as all types of milk include vitamin D and have the same amount of vitamin D.
5. Milk can be used in soups, pudding, in a smoothie and by itself as a beverage.

Interactive Component:

The client or caregiver must interact with the WIC staff as specified in the *Class Outline and Methods* section. At a minimum, the delegated WIC staff person should ask the client, “What is one thing you will try to do, based upon what you learned today?” For example, “What were your ideas for adding more milk to your family’s diet from the survey?” (This is the client’s goal.)

Additional interactive activities can be used, such as:

1. Conduct a taste test. Have the client try different types of milk (whole, 2%, 1%, and fat free milk) and try to identify the fat level of each type of milk using the guidelines in the taste test packet.
(http://www.kansaswic.org/nutrition_education/nutrition_edu_resources.html)
2. Offer the client recipes and handouts to reinforce the concepts on the display.
3. Prepare a recipe using at least one dairy food item, for clients to taste

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.

Behavior Change Goal:

The designated staff person will assist the client/caregiver to set a goal based upon the interactive display as outlined in the *Methods* section above.

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 completing the survey on the use of low fat milk and interacting with the WIC staff as outlined in the *Class Outline and Methods* section above.

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Lesson Plan Approved By:

Date:

Learning Survey—Mooove to Lowfat or Fat Free Milk

Look at the display. Name two reasons you should mooove to lowfat milk.

1. _____

2. _____

Milk is a great source of protein, vitamins and minerals. Name 2 nutrients that are in both whole milk and lowfat milk.

1. _____

2. _____

The display offers some suggestions for adding more milk to your diet. How could you add more milk into your family's meals?

What type of milk do you plan to use for your family in the next month?

Whole milk

2% milk

1% milk

Fat free (skim) milk

Do you have any questions about using milk in your family meals?

Choose one or more recipes you would like to make for your family

Sample 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 low fat 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

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