

# Dairylicious

Dairylicious

# Dairylicious

**Audience: Children**

## Preparation Time

Activity 1: 5 min  
Activity 2: 10 min  
Activity 3: 5 min

## Duration of Lesson

Introduction: 10 min  
Activity 1: 20 min  
Activity 2: 20 min  
Activity 3: 20 min  
Closing: 5 min

## Take Home Handouts

*Parent Pages*  
*I tried a new dairy product today!*  
*Smoothies recipe*

## Goal

To increase knowledge and awareness of dairy in relation to strong teeth and bones, and other sources of dairy in addition to milk.

## Participant Objectives

Children will:

1. Identify at least two sources of dairy.
2. Understand the importance of dairy in relation to strong teeth and bones.

## Points to Cover

1. Describe sources of dairy: milk, cottage cheese, cheese, and yogurt.
2. Explain that dairy contains calcium and other nutrients that build strong bones and teeth.
3. Emphasize that milk and dairy products are great with meals and snacks.

## Activities

Activity 1: This is the Farmer

Activity 2: Dairy Tasting

Activity 3: Smoothies

## Closing

1. Review participant objectives.
2. Discuss the next class
3. Provide take home handouts.

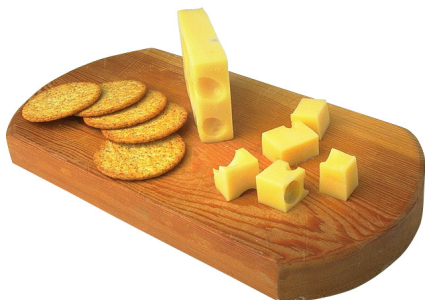
## References

[A Healthier You](#)

[This is the Farmer](#)

[Tickle Your Appetite](#)

[www.mypyramid.gov](http://www.mypyramid.gov)



NOTE: The concept of low-fat is difficult for young children to grasp. Consequently, the benefits of consuming low-fat dairy products will be reviewed with parents and child care center staff who control the type of dairy products that are purchased for the children. The children will be encouraged to consume dairy products, and their caregivers will be encouraged to serve them low-fat versions of these foods.

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**Audience: Children**

## **Activity 1: This is the Farmer**

**Preparation Time: 5 min**

**Activity Time: 20 min**

### **Supplies**

This is the Farmer by Nancy Tafuri  
cow puppet  
food models of milk and dairy products.

### **Preparation Prior to Class**

1. Familiarize yourself with the book.
2. Practice reading This is the Farmer while holding the book in such a manner that the children will be able to view the pictures while you read.

### **Implementation**

1. Read This is the Farmer to the children.
2. Review with the children that the milk they drink comes from the cows that farmers care for.
3. Introduce the children to your cow puppet and tell them that she is here to talk with them about her milk.
4. Using the puppet, discuss the points to cover in the lesson plan with the children, showing them food models of milk and dairy products.

### **Additional discussion during the activity**

Discuss highlights from the lesson plan:

- Milk comes from a cow, and yogurt, cottage cheese and cheddar cheese are made from milk.
- Dairy products are good for you and help your bones and teeth.

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**Audience: Children**

## Activity 2: Dairy Tasting

**Preparation Time: 10 min**

**Activity Time: 20 min**

### Ingredients (for 4 servings)

variety of low-fat dairy products:

- 4 ounces 1% cottage cheese
- 4 ounces low-fat vanilla or fruited yogurt
- 4 ounces 1% milk
- 4 ounces low-fat cheddar cheese.

### Supplies

small soufflé cups  
teaspoons  
napkins  
cutting board  
knife  
small cups  
crayons

*I tried a new dairy product today!*  
handout.

### Preparation Prior to Class

1. Cube low-fat cheese and place in soufflé cups.
2. Spoon low-fat cottage cheese and yogurt into soufflé cups.
3. Pour small samples of milk into small cups.

### Implementation

1. Ask the children to wash their hands.
2. Present each child with one sample of each low-fat dairy product, a napkin and a teaspoon.
3. Encourage, but do not force, children to taste each dairy product.
4. After the children have tasted the samples, ask them which products they liked.
5. Ask the children to tell you why these dairy products are good for them.
6. Provide each child with the *I tried a new dairy product today!* handout.
7. Help the children write their name on the page and list what product(s) they tried.
8. Provide them with crayons and ask them if they would like to draw a picture.

### Additional discussion during the activity

Discuss highlights from the lesson plan:

- Milk comes from a cow, and yogurt, cottage cheese and cheddar cheese are made from milk.
- The dairy products you sampled today are needed for your bones and teeth.



\_\_\_\_\_ tried a new dairy product today!



# Dairylicious

**Audience: Children**

## Activity 3: Smoothies

**Preparation Time: 5 min**

**Activity Time: 20 min**

### Ingredients

banana  
frozen fruit (blueberries, strawberries, etc.)  
low-fat yogurt (vanilla or fruited)  
low-fat (1% or less) milk.

### Supplies

recipes  
cutting board  
knife  
plastic bowl  
blender  
measuring cup  
small cups  
napkins.

### Preparation Prior to Class

Pre-measure the fruit and low-fat milk needed for the recipe.

### Implementation

1. Ask the children to wash their hands.
2. Explain to the children that they will be making smoothies, and show them the ingredients.
3. Peel the banana and cut into one-inch chunks. Place banana chunks into a small plastic bowl.
4. Ask the children to put the bananas, frozen berries, yogurt and low-fat (1% or less) milk into the blender.
5. Cover the blender and blend on high speed for about 1 minute or until the mixture is smooth.
6. Pour smoothie into the cups.
7. Ask each child to take a napkin and a smoothie sample.
8. Ask the children how they like their smoothie.
9. Offer them another sample if they wish.
10. Ask the children why this yogurt and milk-based drink is good for them.
11. Provide each child with a copy of the recipe.

### Additional discussion during the activity

Discuss highlights of the lesson plan:

- Yogurt, milk, cottage cheese and cheddar cheese are all different kinds of dairy products.
- Dairy products like the yogurt and milk in your smoothies are good for you and help your bones and teeth.

## Smoothies

Yield: 24 ounces

Serves: 4 adults

### Ingredients

- 1 small ripe banana
- 1 cup frozen fruit (blueberries, strawberries, etc.)
- 1 8-ounce carton low-fat yogurt (vanilla or fruited)
- 3/4 cup low-fat (1% or less) milk.

### Steps

1. **Peel banana. Using cutting boards and butter knife, cut banana into 1-inch chunks. Place the banana chunks into the blender.**
2. Measure the frozen fruit and milk needed.
3. **Put the measured fruit, yogurt and milk into the blender with the bananas.**
4. Cover the blender, and blend on high speed for about 1 minute or until the mixture is smooth.
5. Pour smoothie into cups, and **enjoy!**

**Have your child help you do the bold steps.**

# PARENT PAGES

## Dairylicious

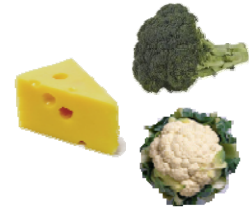


### Tips to Enjoy Low-Fat Dairy

1. Top wheat crackers with low-fat mozzarella cheese.
2. Make **cheesy veggies** for your family.
3. Try low-fat cottage cheese with canned fruit.
4. Pour low-fat milk over frozen berries for a cool snack.
5. Choose cheese with less fat. Look for “low-fat” or “reduced-fat” on the label.
6. When recipes call for sour cream, use plain yogurt instead.
7. Use fat-free evaporated milk instead of cream.

**Today at child care your child learned about dairy products and why they are important.** Milk, cheese, and yogurt contain calcium and vitamin D, which children need for strong bones and teeth. Help your child grow strong. Switch to fat-free or low-fat (1%) milk for children 2 years or older. They learn from watching you. Drink milk and your children will too. You need 3 cups and your child needs 2 cups of dairy products each day.

### Cheesy Veggies



Yield: 4 cups  
Serves: 8 adults

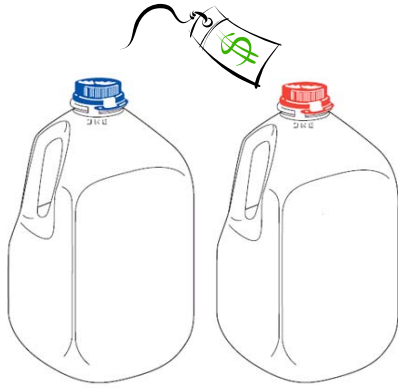
#### Ingredients

4 cups chopped vegetables (such as broccoli or cauliflower)  
1 tablespoon flour  
1 cup low-fat milk  
dash of pepper  
4 ounces shredded low-fat sharp cheddar cheese (1 cup).

#### Steps

1. Cook vegetables until tender and set aside.
2. **Using a fork, blend flour into low-fat milk until flour can no longer be seen and there are no lumps.**
3. Heat milk and flour mixture in a pan over medium heat, stirring constantly, until it begins to bubble.
4. Continue cooking and stirring until sauce thickens, about 1-2 minutes.
5. Reduce heat to low and add pepper and shredded cheese.
6. Stir until cheese melts.
7. Remove from heat and pour over the cooked vegetables.
8. **Enjoy!**

**Have your child help you do the bold steps.**



# Milk Cost Comparison

The next time you go shopping, take this chart along with you and write down the milk prices.

Type of Milk	Cost of One Gallon
Whole	
Reduced-Fat (2%)	
Low-Fat (1%)	
Fat-Free (Skim)	

## Lose the Fat—Keep the Nutrients at No Extra Cost!

Low-fat (1%) or fat-free milk gives you all of the protein, calcium and vitamin D that 2% and whole milk provide, with less fat and calories. And low-fat (1%) or fat-free milk usually costs the same or less than 2% or whole milk.

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**Audience: Adults**

## Preparation Time

Activity 1: 5 min  
Activity 2: 15 min  
Activity 3: 10 min

## Duration of Lesson

Introduction: 15 min  
Activity 1: 20 min  
Activity 2: 15 min  
Activity 3: 20 min  
Closing: 5 min

## Take Home Handouts

*Cottage Cheese Dip recipe*  
*Easy No-Bake Mac and Cheese recipe*



## Goal

To increase knowledge and understanding of the importance of dairy to the growth of children's bones and the development of teeth and to reinforce the importance of low-fat dairy to health.

## Participant Objectives

Participating adults will:

1. Name at least one benefit of eating low-fat dairy to their family's health.
2. Identify at least one way to incorporate low-fat dairy into their family's diet without adding cost.
3. Describe how to store and serve low-fat dairy products safely.

## Points to Cover

1. Explain that milk, yogurt, cheese, cottage cheese, frozen yogurt, sour cream and ice cream are all examples of dairy products.
2. Explain that low-fat dairy (1% or less) and full-fat dairy products all contain the same amount of calcium and nutrients that are essential for strong teeth and bones.
3. Explain that there is no noticeable change in taste from 2% to 1% milk.
4. Explain that low-fat dairy products generally cost the same as or less than their full-fat counterparts.
5. Explain the recommendation that all healthy people over the age of two drink low-fat (1% or less) milk.
6. Explain that milk is the major contributor of fat in children's diets. Extra fat in the diet can contribute to weight gain and incorporating low-fat dairy products into your family's diet instead of full-fat dairy is an easy way to cut the fat.
7. Describe the current dairy product recommendation of 2 cups per day for children two to eight years of age and 3 cups per day for adults.
8. Inform parents that every little step they take in consuming more low-fat dairy products really does help their families be at their best today and in the future.
9. Explain that dairy products contribute protein in the diet.
10. Explain that dairy products need to be refrigerated, and expiration dates should be checked before serving.

# Dairylicious

**Audience: Adults**

## Activities

Activity 1: Milk Taste Test Challenge

Activity 2: Cottage Cheese Dip

Activity 3: Easy No-Bake Mac & Cheese

## Closing

1. Review participant objectives.
2. Discuss the date, location and subject of the next class.
3. Provide take home handouts.

## References

[A Healthier You](#)

[1% or Less Toolkit](#)

[www.mypyramid.gov](http://www.mypyramid.gov)

## Miscellaneous

Be prepared to discuss the following:

- Lactose intolerance/milk alternatives (i.e. soy milk).
- Milk allergies.
- Milk in association with weight loss.
- Milk in association with blood pressure.
- Infants need breast milk or iron-fortified formula.
- Children between the ages of one and two years need the fat in whole milk to promote neurological development.
- Daily dairy recommendation for older children and pregnant/nursing women.



# Dairylicious

**Audience: Adults**

## **Activity 1: Milk Taste Test Challenge**

**Preparation Time: 5 min**

**Activity Time: 20 min**

### **Ingredients (for 10 participants)**

- 1 pint 1% milk
- 1 pint 2% milk.

### **Supplies**

- small cups (2 colors or patterns)
- two thermos bottles or opaque pitchers
- napkins
- sunglasses (optional).

### **Preparation Prior to Class**

1. Keep milk refrigerated. If possible, chill the thermoses or pitchers as well.
2. Pour only the amount of milk that you think you will need into well-cleaned thermoses or pitchers.
3. Set up your demonstration area with one set of cups next to one container, and the other set (which should have a different color or pattern) next to the other, so that you will consistently pour the same milk into the same color cup each time.

NOTE: Most people are accustomed to seeing whole milk in containers with red labels. If your cups or thermoses are red, make sure that you do not put the higher-fat milk in the red container or participants may easily guess which milk is which, based on the colors of the containers.

### **Implementation**

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Ask participants what type of milk they usually drink at home and if the entire family drinks the same kind of milk.
3. Explain to participants that they are going to be taste testing two different kinds of milk. One is 1% (also called low-fat), which has very little fat, and one is 2% (reduced-fat), which has more fat.
4. Pour a small amount (only about 1 ounce) of each type of milk for each participant. The milk should be kept very cold and freshly poured for each taster. Place the milk samples in front of the tasters only after they have closed their eyes or put on sunglasses. Do not pressure anyone who is not a milk drinker to participate.
5. After the participants taste each sample, ask them to identify what type of milk it was and say whether or not they like it before trying the next sample.
6. When all participants have completed the taste test, thank them and explain which type of milk was in each cup.
7. Tell them the type of milk that their children consume at the child care center.

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**Audience: Adults**

## **Activity 1: Milk Taste Test Challenge**

**Preparation Time: 5 min**

**Activity Time: 20 min**

8. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

### **Additional Discussion During the Activity**

1. Discuss sanitation issues:
  - The importance of keeping dairy products refrigerated.
  - The importance of checking expiration dates and purchasing the freshest dairy products.
2. Discuss wise buying suggestions:
  - Low-fat (1% or less) milk costs the same as or less than reduced- and full-fat milk.
  - Powdered milk can be used in cooking to save additional money.
3. Discuss highlights from the lesson plan:
  - The nutritional benefits of dairy products for their family.
  - When they use 1% or less dairy products, they get all of the nutrients without the undesirable fat calories.
  - Drinking low-fat (1% or less) milk instead of whole milk after the age of 2, reduces dietary fat intake by 400 pounds over a lifetime.
  - Just as parents were unable to tell which milk was which, other family members will probably be unable to distinguish between 1% and 2% milk either. Switch to 1% or less milk.
  - If participants are currently using whole milk, encourage them to switch first to 2%, and wait a few weeks before changing to 1% milk.
4. Discuss the Food Stamp Program:
  - Benefits of participation.
  - How to find out if they are eligible for this benefit and receive assistance completing the application.
  - Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

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**Audience: Adults**

## Activity 2: Cottage Cheese Dip

**Preparation Time: 15 min**

**Activity Time: 15 min**

### Ingredients

low-fat cottage cheese  
dried dill or parsley  
onion powder  
garlic powder  
black pepper  
fresh vegetables of choice:  
– broccoli  
– carrots  
– celery  
– green pepper  
– green beans.

### Supplies

recipes  
blender  
measuring cups  
measuring spoons  
small bowl  
spoon  
plastic wrap  
cutting sheets  
knives  
platter  
small plates  
napkins.

### Preparation Prior to Class

1. Wash fresh vegetables if teams won't have access to a kitchen sink.
2. Place ingredients needed by each team in one container and supplies needed by each team in a second container.
3. Place ingredient containers in the refrigerator until class time.

### Implementation

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe, being open and honest.
2. Ask the participants to wash their hands.
3. Divide the participants into teams and give each team their two containers.
4. Pass out the recipe and review the steps with the participants. Explain that their children may help with the bold steps when they prepare this at home.
5. Encourage participants to prepare dip first, so it can chill while they prepare the vegetables to dip in it.
6. Circulate among the participants to assist or answer questions as needed.
7. Discuss additional information as participants are cooking.
8. Explain that this smooth cottage cheese dip may be more acceptable to their children than cottage cheese as some children do not like the texture of cottage cheese. Remind parents to monitor children when they eat. Children should be seated and should chew on raw vegetable sticks carefully to prevent choking.
9. Help them feel good about themselves, and remind them that they are powerful as

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**Audience: Adults**

## **Activity 2: Cottage Cheese Dip**

**Preparation Time: 15 min**

**Activity Time: 15 min**

each small action they take can make a positive difference in the lives of their children.

### **Additional discussion during the activity**

1. Discuss sanitation issues:
  - Wash hands thoroughly before cooking or eating and whenever they become contaminated.
  - Wash all fresh produce with cold running water. Wash regardless of whether the produce will be served whole, peeled or cooked.
  - Keep dairy products and leftover dip refrigerated.
  - Check expiration dates and purchase the freshest dairy products.
2. Discuss wise buying suggestions:
  - Shop for seasonal and local produce for the best price and quality.
  - Locations where Food Stamp EBT cards may be used to purchase fresh vegetables economically.
  - Purchase whole vegetables and cut them rather than already prepared vegetables.
  - Purchase store brands rather than the more expensive brand name items.
  - Check the unit price to determine which container size of cottage cheese is the best buy (as long as it can be used while fresh).
  - Review unit pricing.
3. Discuss highlights from the lesson plan:
  - The nutritional benefits of dairy products for their family.
  - When they use 1% or less milk and dairy products, they get all of the nutrients without the undesirable fat calories.
  - Ways to incorporate low-fat dairy into their diets without adding cost.
4. Discuss the Food Stamp Program:
  - Benefits of participation.
  - How to find out if they are eligible for this benefit and receive assistance completing the application.
  - Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

## Cottage Cheese Dip

Yield: 1 cup

Serves: 5 adults

### Ingredients

- 1 cup low-fat cottage cheese
- 1/4 teaspoon dried dill or parsley
- 1/4 teaspoon onion powder
- 1/8 teaspoon garlic powder
- 1 pinch black pepper
- fresh vegetables of choice:
  - broccoli
  - carrots
  - celery
  - green pepper
  - green beans.

### Steps

1. **Place first 5 ingredients in a blender** and mix only until smooth, about 1-2 minutes. Note: over-mixing will result in a dip that is too thin.
2. Pour the mixture into a small bowl. Cover with plastic wrap and **place into the refrigerator.**
3. While the dip is chilling, **wash the fresh vegetables.**
4. Cut the carrots, celery, green pepper and green beans into small sticks.
5. Break broccoli into florets.
6. **Dip vegetables in chilled dip and enjoy!**

**Have your child help you do the bold steps.**

Adaptation of Cottage Cheese Dip recipe from [Healthy Cooking for Kids](#) by Michael Jacobsen, Ph.D., and Laura Hill, R.D.  
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**Audience: Adults**

## **Activity 3: Easy No-Bake Mac and Cheese**

**Preparation Time: 10 min**

**Activity Time: 20 min**

### **Ingredients**

cooked elbow macaroni  
low-fat (1% or less) milk  
flour  
pepper  
low-fat sharp cheddar cheese.

### **Supplies**

recipes  
measuring cups  
measuring spoons  
small mixing bowls  
whisk  
medium saucepans  
spoons  
small plates  
forks  
napkins.

### **Preparation Prior to Class**

1. Place ingredients needed by each team in one container and supplies needed by each team in a second container.
2. Place the ingredient containers in the refrigerator until class time.

### **Implementation**

1. Warmly welcome participants, creating a comfortable environment where they feel valued and safe being open and honest.
2. Ask participants to wash their hands.
3. Divide the participants into teams and give each team their two containers.
4. Pass out the recipe and review the steps with the participants.
5. Explain that their children may help with the bold steps when they prepare this at home.
6. Circulate among the participants to assist or answer questions as needed.
7. Discuss additional information as participants are cooking.
8. When everyone has completed their cooking assignment, invite them to sample the macaroni and cheese.
9. Help them feel good about themselves, and remind them that they are powerful as each small action they take can make a positive difference in the lives of their children.

### **Additional discussion during the activity**

1. Discuss sanitation issues:

# Dairylicious

**Audience: Adults**

## **Activity 3: Easy No-Bake Mac and Cheese**

**Preparation Time: 10 min**

**Activity Time: 20 min**

- Washing hands thoroughly before cooking and whenever they become contaminated.
  - Refrigerating ingredients and leftovers.
2. Discuss wise buying suggestions:
- Review grocery advertisements for specials and make a list of what you wish to buy.
  - Buy only the amount of dairy products that you will use while still fresh.
  - Purchase low-fat cheese when on sale. Freeze what is not needed for this recipe in meal size quantities.
  - Buy cheese in block form rather than shredded, and shred yourself.
3. Discuss highlights from the lesson plan:
- Importance of dairy products in the diet and the current daily recommendations.
  - Benefit of using low-fat dairy products.
  - Those who do not drink much (or any) milk can incorporate low-fat cheese and yogurt into their diets to provide them with calcium and vitamin D.
4. Discuss the Food Stamp Program:
- Benefits of participation.
  - How to find out if they are eligible for this benefit and receive assistance completing the application.
  - Contact information for the local Nutrition Outreach and Education Program (NOEP) agency.

## Easy No-Bake Mac and Cheese

Yield: 4 cups

Serves: 4 adults

### Ingredients

- 1/2 pound uncooked macaroni (2 cups)
- 1 1/2 cups low-fat (1% or less) milk
- 2 tablespoons flour
- dash of pepper
- 8 ounces shredded low-fat sharp cheddar cheese (2 cups).

### Steps

1. Follow package directions to cook macaroni.
2. **Using a fork, blend flour and low-fat milk in a small mixing bowl until flour can no longer be seen and there are no lumps.**
3. Heat milk and flour mixture in a saucepan over medium heat, stirring constantly, until it begins to bubble.
4. Continue cooking and stirring until sauce thickens, about 1-2 minutes.
5. Reduce heat to low and add pepper and shredded cheese.
6. Stir until cheese melts. Remove from heat.
7. Stir cheese sauce and cooked macaroni together until blended.
8. **Enjoy!**

**Have your child help you do the bold steps.**

# Staff Pages

This Week's Topic: Dairylicious  
This Week's Lesson: Dairy Dip-a-licious

**Today in your classroom children learned about dairy products and why they are important.** Milk, cheese, and yogurt contain calcium and vitamin D, which helps make strong bones and teeth. Fat-free or low-fat (1%) has all the goodness of whole milk, with less fat.

- On the back of this page is your lesson plan for this week's lesson "Dairy Dip-a-licious." Use this lesson to reinforce the concepts from the Eat Well Play Hard in Child Care Settings (EWPHCCS) lesson provided to your class this week.
- Attached is a parent letter that explains what the children learned from this lesson and includes a fun activity to complete at home. Please make copies and send home following your lesson.

## 5 Dairylicious Ideas for Your Classroom



1. **Switch to fat-free or low-fat (1%) milk.**
2. **Be a good role model.** Enjoy fat-free or low-fat milk, yogurt, and cheese.
3. **Visit a local dairy farm** for a field trip.
4. **Make a smoothie** with low-fat yogurt, milk and frozen fruit with the class.
5. **For birthday parties try a fruit sundae** made with low-fat vanilla yogurt, fruit, and cereal. Children can make their own!



For more EWPHCCS lessons go to: [http://www.nyhealth.gov/prevention/nutrition/cacfp/ewphccs\\_curriculum/index.htm](http://www.nyhealth.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm)

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## This Week's Lesson: Dairy Dip-a-licious

**Goals & Objectives:** To provide children with knowledge and awareness of the importance of dairy foods.

**Prep Time:** 15 minutes

**Activity Time:** 15 minutes

### Supplies You Will Need

- Low-fat (1%) cottage cheese, dried dill or parsley, onion powder, garlic powder, and black pepper if dipping with vegetables (see recipe below). Use flavored yogurt if dipping with fruit slices.
- Vegetables (ex. broccoli, sweet bell peppers) or fruit (ex. apple slices, melon cubes) for dipping.
- Cutting board and knife, serving plate or bowl, small cups and plates, napkins, small tongs.

### Preparation for Activity

- Read through entire lesson.
- Purchase ingredients for Cottage Cheese Dip or flavored yogurt and vegetables or fruit.
- Wash and prepare vegetables or fruit to dip. Place on serving plate or in serving bowl.
- Prepare Cottage Cheese Dip using recipe below or put flavored yogurt in serving bowl.

**COTTAGE CHEESE DIP RECIPE**      Yield: 2 cups      Serving size: ¼ cup      Serves: 16 children

2 cups low-fat cottage cheese, ½ teaspoon dried dill or parsley, ½ teaspoon onion powder, ¼ teaspoon garlic powder, 1 pinch black pepper

**Steps:** Place ingredients in a mixing bowl or blender. Mix with a fork or in a blender, until cottage cheese is smooth. Pour mixture in serving bowl, cover and store in the refrigerator.

**Children can help with the bold steps.**

Adaptation of Cottage Cheese Dip recipe from Healthy Cooking for Kids by Michael Jacobsen, Ph.D., and Laura Hill, R.D.  
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### Activity



1. Ask the children to wash their hands.
2. Ask the children what they remember from the nutritionist's visit. Remind them of the following points:
  - Dairy foods are foods made from milk and milk comes from a cow.
  - Dairy foods include milk, cottage cheese, cheese, and yogurt.
  - Dairy contains calcium that builds strong bones and teeth.
  - Dairy foods are great with meals and snacks.
3. Tell them they are going to taste a delicious dip made from cottage cheese (or yogurt).
4. Provide each child with a napkin, small cup for the dip and a small plate for the veggies or fruit.
5. Pass the serving bowl of dip, serving spoon, separate bowl or plate of veggies or fruit and small tongs. Allow children to serve themselves dip and veggies or fruit.
6. While enjoying the snack, talk with the children about milk and the foods made from milk.

### Extension Activity

Taste three types of fat-free or low-fat (1%) dairy foods such as yogurt, mozzarella cheese, and cottage cheese. Describe and compare the taste, appearance, and texture of each food.

### Options

For a CACFP creditable snack, prepare enough dip for each child to have a ¼ cup portion and serve an additional component such as ½ cup of sweet bell pepper strips to meet CACFP Healthy Child Meal Pattern. Water must be served with a snack if no beverage is provided.




## Dear Parent,

Your child is learning that a strong and fit body needs healthy food and lots of physical activity. Children learned that milk, yogurt, and cheese are foods that help to keep bones strong and healthy.

**Home Activity:** Make a delicious fruit and dairy smoothie with your child. Put 1 cup of yogurt, 1 cup of frozen fruit,  $\frac{3}{4}$  cup of milk, and one small banana in a blender and blend until smooth.



### Tips

-  **Let your child help by measuring and pouring ingredients into the blender.** With supervision, preschool children can cut the banana using a plastic knife.
-  **Children love to count and cooking gives them lots of opportunities to practice counting.** While you are making the Smoothie, ask your child to count the pieces of banana after they cut them. They can also count how many pieces of frozen fruit fit into the measuring cup.
-  **Try the Smoothie together.** It's best to offer a small portion at first and let them ask for more if they want it. Remember to allow your child to say "No, thank you."

Switch to fat-free or low-fat (1%) milk.  
Drink water instead of sugary drinks.



**Choose your drink! Drink milk at meals  
and your children will too.**



- We switched to fat-free or low-fat (1%) milk at home for everyone 2 years and older. (Children 1 to 2 years old need whole milk.)
- We choose water instead of sugary drinks.

Directions: Place a ✓ in the boxes above as you make these changes.