

# Dairylicious

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**Audience: Teachers, Cooks & Administrators**

## Preparation Time

Activity 1: 10 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

## Handouts

*Calorie and Fat  
Content Comparison  
Dairy Product Cost  
Comparison  
Incorporating Low-  
Fat Dairy Products  
into a CACFP  
Reimbursable Meal*

## Goal

To increase knowledge and awareness of low-fat dairy products as important contributors to a healthy lifestyle for children and adults.


## Objectives

Participants will:

1. Identify three low-fat dairy products.
2. Name one benefit of switching from full-fat dairy products to low-fat dairy products.
3. Identify two ways to incorporate low-fat dairy products into the child care center menu without adding cost.
4. State one way the nutrients in low-fat dairy products support good health.
5. Describe how to store and serve low-fat dairy products safely.
6. Serve 1% or less milk and low-fat dairy products.



## Points to Cover/Trainer's Notes

Points to Cover	Trainer's Notes
<p>Current dairy recommendations</p> 	<p>According to the <i>Dietary Guidelines for Americans</i>, children two to eight years old should consume 2 cups per day of fat-free or low-fat milk or equivalent milk products. Children under two years of age need additional fat in their diets for normal growth and development. Children nine years of age and older, and adults should consume 3 cups per day of fat-free or low-fat milk or equivalent dairy products.</p>
<p>Examples of dairy products</p>	<p>Milk, yogurt, cheese and cottage cheese are creditable dairy products. Other dairy products which are not creditable include sour cream, cream cheese, ice cream, pudding and frozen yogurt.</p>
<p>Nutrient content of low-fat and full-fat dairy products</p>	<p>Dairy products contribute protein and essential vitamins (A and D if fortified) and minerals (calcium, phosphorus and magnesium) in the diet. These nutrients are essential for strong teeth and bones, healthy blood pressure, regular heartbeat and strong muscles. Low-fat dairy products contain the same amount of nutrients essential for good health as full-fat products.</p>

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<p>Health benefits of switching to low-fat milk (1% or less) and low-fat dairy</p>	<p>Dairy is the major contributor of fat in children’s diets. Extra fat in the diet can contribute to weight gain. Using low-fat dairy products rather than full-fat dairy products is an easy way to cut the fat and calories. When you use 1% or less dairy products, children get all the nutrients without the undesirable fat calories.</p>
<p>Taste differences between full-fat and low-fat products</p>	<p>There is no noticeable change in taste from 2% to 1% milk. Also, low-fat cream cheese, cottage cheese, sour cream and yogurt have a similar flavor as full-fat versions.</p>
<p>Cost differences between full-fat and low-fat products</p>	<p>Low-fat (1% or less) costs the same as or less than reduced- and full-fat milk. Wise buying suggestions to help control costs include using powdered milk in cooking, buying cheese in block form and shredding the cheese yourself, purchasing low-fat cheese when on sale and freezing what is not needed in recipe size quantities, purchasing other dairy products only in the amounts needed to reduce waste due to spoilage.</p>
<p>Safely storing and serving dairy products</p>	<p>Dairy products need to be refrigerated. The exception to this is UHT (Ultra High Temperature) milk in the brick pack. UHT milk can be stored without refrigeration until opened. Expiration dates of all dairy products should be checked before serving.</p>

## Activities

Activity 1: Milk Taste Test Challenge

Activity 2: Low-Fat Dairy Tasting

Activity 3: Menu Makeover – Incorporating Low-Fat Dairy Products

## Closing

1. Review participant objectives.
2. Discuss the next class.

## References

[1% or Less Toolkit](#)

[Dairy Dazzling Calcium Carnival 3 A Day Dairy Fun](#)

[A Healthier You](#)

[Nibbles for Health](#)

[Tickle Your Appetite](#)

[www.3aday.org](http://www.3aday.org)

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



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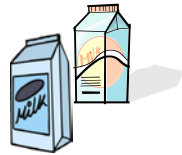
## Activity 1: Milk Taste Test Challenge

**Preparation Time: 10 min**

**Activity Time: 20 min**

### Ingredients

- 1% milk
- 2% milk



### Supplies

- small cups (2 colors or patterns)
- two thermos bottles or opaque pitchers
- napkins
- photocopies of *Calorie and Fat Content Comparison* handout

### 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. Ask participants what type of milk they usually drink at home and what type they serve at the child care center.
2. Review current dairy recommendations for children and the essential nutrients provided by dairy products. (See: Current dairy recommendations, Nutrient content of low-fat and full-fat dairy products\*)
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 (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 taster only after s/he has closed her/his eyes. 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 to 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.

\* Underline denotes Points to Cover discussed in the Trainer's Notes in the lesson plan.

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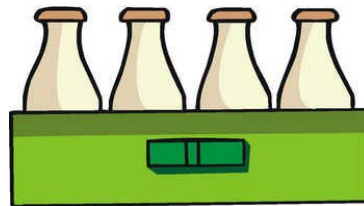
## **Activity 1: Milk Taste Test Challenge**

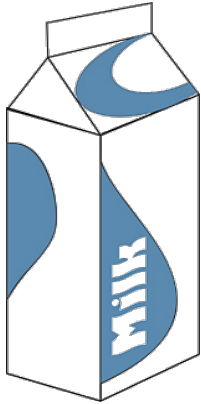
**Preparation Time: 10 min**

**Activity Time: 20 min**

7. Pass out a copy of *Calorie and Fat Content Comparison* handout to each participant and review it with the group. Explain the health benefits of serving low-fat dairy products instead of full-fat products. (See: Health benefits of switching to low-fat milk (1% or less) and low-fat dairy)
8. If the group is currently serving whole milk at the child care center, suggest that they switch to 2% milk for a few weeks before switching to 1%.
9. Just as they were unable to tell which was which, the children at the child care center will probably be unable to distinguish the difference between 1% and 2% milk. (See: Taste differences between full-fat and low-fat products)
10. Remember that new food may need to be offered repeatedly until children become familiar with it.

Adapted from 1% or Less-Yes Toolkit.

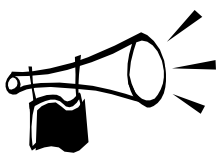




# Calorie and Fat Content Comparison

## 8-Oz Milk

Type of Milk	Calories	Fat (grams)
<b>Whole</b>	150	8
<b>2%</b>	120	5
<b>1%</b>	100	2.5
<b>Skim</b>	80	0
<b>Chocolate</b>	+60	varies



Lose the Fat and Cut the Calories  
**Lose the Fat and Cut the Calories**

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

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**Audience: Teachers, Cooks & Administrators**

## Activity 2: Low-Fat 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 yogurt
- 4 ounces low-fat cheddar cheese
- 4 ounces part-skim mozzarella



### Supplies

- small soufflé cups
- teaspoons
- napkins
- cutting board
- knife
- photocopies of *Dairy Product Cost Comparison* handout

### Preparation Prior to Class

1. Cube low-fat cheeses and place in soufflé cups.
2. Spoon low-fat cottage cheese and yogurt into soufflé cups.
3. Go to a local grocery store to complete the cost comparison on the *Dairy Product Cost Comparison* handout.

### Implementation

1. Ask the participants to wash their hands.
2. Explain that today they will be sampling four creditable low-fat dairy products. Emphasize the taste similarity between full-fat and low-fat dairy products and that low-fat dairy products have all the essential nutrients of the full-fat versions. (See: Nutrient content of low-fat and full-fat dairy products, Taste differences between full-fat and low-fat products\*)
3. Review the health benefits of using low-fat dairy instead of full-fat. (See: Health benefits of switching to low-fat milk (1% or less) and low-fat dairy)
4. Present each participant with one sample of each low-fat dairy product, a napkin and a teaspoon.
5. Encourage, but do not force, participants to taste each dairy product.
6. While participants are sampling, review proper storage and handling of dairy products. (See: Safely storing and serving dairy products)
7. After the participants have tasted the samples, ask them their opinions of the products they tried.
8. Pass out a copy of the *Dairy Product Cost Comparison* handout to each participant. Report the costs that you found at a local grocery store and have participants write them on their handouts.
9. Discuss the cost comparison and encourage participants to use the handout to compare costs where they shop. (See: Cost differences between full-fat and low-fat

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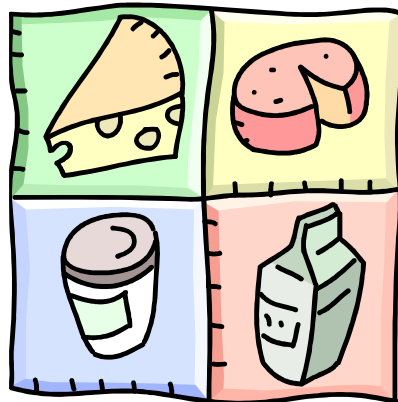
**Activity 2: Low-Fat Dairy Tasting**

**Preparation Time: 10 min**

**Activity Time: 20 min**

products)

10. Discuss other wise buying suggestions for controlling the cost of dairy products. (See: Cost differences between full-fat and low-fat products)
11. Ask the group to name two ways they can incorporate low-fat dairy products into their child care center menu without adding cost.





# Dairy Product Cost Comparison

## CACFP Creditable Foods



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

Dairy Product Full-Fat	Purchase Unit	Cost of Purchase Unit	Dairy Product Low-Fat	Purchase Unit	Cost of Purchase Unit
Whole milk	1 gallon		1% milk	1 gallon	
2% milk	1 gallon		Skim milk	1 gallon	
Regular yogurt	8-oz container		Low-fat yogurt	8-oz container	
			Nonfat yogurt	8-oz container	
Regular cheddar cheese	pound		50% fat cheese	pound	
			75% fat cheese	pound	
Mozzarella cheese	pound		Made with skim milk	pound	
Regular cottage cheese			Low-fat cottage cheese		

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## **Activity 3: Menu Makeover - Incorporating Low-Fat Dairy Products**

**Preparation Time: 5 min**

**Activity Time: 20 min**

### **Supplies**

photocopies of the child care center's menu for one week  
photocopies of *Incorporating Low-Fat Dairy Products into a CACFP Reimbursable Meal* handout  
pens/pencils  
easel  
easel pad  
marker



### **Preparation Prior to Class**

1. Photocopy appropriate number of handouts and menus.
2. Prepare one page of the easel pad for each day's menu: Draw a line down the center of the paper and label the left column "Old" and the right column "New." Write one day's menu under the "Old" column on each sheet and leave the "New" column blank.
3. Assemble the easel and place the pad on the easel.

### **Implementation**

1. Pass out the *Incorporating Low-Fat Dairy Products into a CACFP Reimbursable Meal* handout and one week menu.
2. Review current dairy recommendations for children and the essential nutrients provided by dairy products. (See: Current dairy recommendations, Nutrient content of low-fat and full-fat dairy products\*)
3. Review the health benefits of using low-fat dairy instead of full-fat. (See: Health benefits of switching to low-fat milk (1% or less) and low-fat dairy)
4. Refer participants to the *Incorporating Low-Fat Dairy Products into a CACFP Reimbursable Meal* handout. Review creditable low-fat dairy products and where they can be included in the meal pattern. Review examples of non-creditable low-fat dairy products. (See: Examples of dairy products\*)
5. Divide the group up into teams of two or three participants. Depending on the number of groups, assign one or more days of the week to each group. More than one group may also work on the same day of the week.
6. Ask the groups to perform a dairy menu makeover for their assigned day(s). Have participants substitute any full-fat dairy products currently on the menu with low-fat versions.
7. If fluid milk is the only dairy product for the day assigned, ask groups to substitute or add two low-fat dairy products to the day's menu. Refer groups to the suggestions on the handout and encourage them to add their own ideas. Tell the groups that if they

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**Preparation Time: 5 min**

**Activity Time: 20 min**

have extra time, they can feel free to makeover other days.

8. Give the groups a few minutes to jot down their menu makeovers. Then ask the group(s) who made over Monday for their new dairy ideas. Record their responses on the easel pad.
9. Ask groups why they made the changes they did. If any full-fat dairy products were missed, provide the groups with a hint.
10. Repeat this process for each day of the week.

### **Additional Discussion during the Activity**

- Mention that water can be used as the beverage at snack if the meal pattern has already been met.
- Discuss other aspects of menu planning such as variety, texture, color and shape.
- Allow participants to volunteer other suggestions for improving the menu, but keep the discussion focused on low-fat dairy.
- Tell participants that they would not have to include this much dairy in one week's menu, but this exercise should give them ideas on how to incorporate other low-fat dairy in addition to fluid milk on a regular basis.



# Incorporating Low-Fat Dairy Products into a CACFP Reimbursable Meal

**Milk** is a required component at breakfast, lunch and supper. It can be one of the required two components to be served at snack. Serve 1% milk or less to children over 2 years of age. Use 1% or non-fat milk in cooking.

**Cottage cheese, natural cheese, and yogurt** are meat alternates that can be served at lunch and supper to meet requirements. They can also be one of the required two components to be served at snack.

## Serve low-fat versions of these products.

For example:



1. Serve low-fat cheese cubes with crackers or fruit as a snack.
2. Make marvelous macaroni and cheese with low-fat cheese.
3. Top pizza with low-fat mozzarella cheese
4. Make a Mexican Pizza with a tortilla, 1/8 cup tomato sauce, 1/4 cup refried beans, topped with 1/2-oz low-fat cheese.
5. Serve low-fat yogurt with pieces of fresh fruit as a snack.
6. Wrap low-fat cheese slices around a breadstick for snack
7. Make a pancake sandwich with low-fat fruit yogurt and berries as the filling
8. Melt reduced-fat Swiss cheese over lean ham on a English muffin
9. Melt low-fat American cheese on an open faced tuna fish sandwich
10. Melt low-fat cheddar cheese on a whole-wheat tortilla
11. Create a nonfat milkshake with skim milk, fruit, and vanilla in a blender.
12. Create a fruit smoothie by combining plain nonfat yogurt with fruit

Sour cream, cream cheese, frozen yogurt, and ice cream are other dairy products but they are not creditable food items. They do contribute vitamins and minerals to the daily diet and can be served as an extra food item; however they **do not count toward meeting CACFP meal pattern requirements**. Use light or nonfat sour cream in recipes. Top bagels or other items with lite cream cheese or Neufchatel cheese. If serving frozen yogurt or ice cream, purchase low-fat variations of these products.

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