

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

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. Copyright 1991 by Center for Science in the Public Interest. Reprinted with permission of Henry Holt and Company, LLC.

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."
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**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.