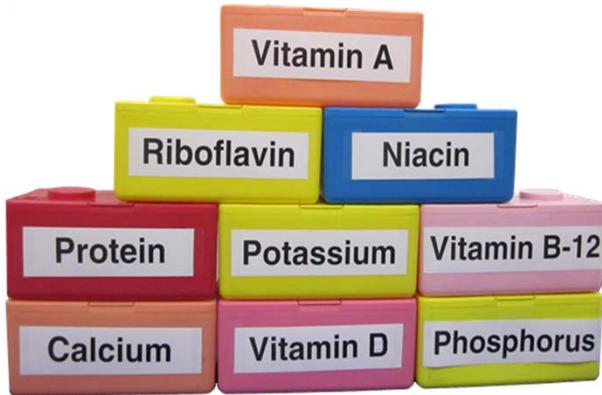


Building Blocks of MILK

Teaching Activity Outline



PURPOSE: Help students visualize milk's role in building and maintaining healthy bodies, with its powerful package of vitamins, minerals and protein.

Create actual building blocks or draw them on a smart board, dry erase or bulletin board.

Assemble demonstration pieces - milk cartons from the cafeteria (all flavors) and other examples of milk with meals.

Illustrate how milk fits into *My Plate* nutrition guide.



Teaching Template for Cafeteria Managers, Health and PE or other Classroom Teachers

Introduction (reference the MyPlate.gov icon):

- **Milk** is one of the choices we have every day at home, in the cafeteria or in restaurants.
- Milk is part of a balanced, nutrient-rich meal along with fruits, vegetables, whole grains and lean protein.
- Let investigate why it's so important to get 3 servings of milk or foods made with milk every day!

Identify the *Building Blocks for a Healthy Body* that milk provides:

- **Calcium, Vitamin D and Phosphorus** work together to build strong bones, so they go on the bottom of our stack to provide the foundation! Feel the bones in your arms and legs that help provide the foundation for your body.
- **Protein** helps build and maintain our muscles. Flex one of your arm muscles and feel how strong it is!
- **Potassium** helps us maintain a normal blood pressure and **vitamin B-12** helps our blood carry oxygen to our muscles. We can't see the results, but it is important work going on in our bodies all day long!
- **Riboflavin and Niacin** both help our body use the food we eat to provide the energy we need to be active. Everyone stand up and we'll jog in place to the count of 10. That's using energy our food provides!
- **Vitamin A** helps us maintain normal vision and have healthy skin. Our eyes are very important, so we'll put that block on the very top! Let me see everyone use your eyes to look to the left, now look to the right.
- Did you realize how important milk is to building strong bodies and keeping you healthy?

Demonstrate how to **Fuel Up with Milk and Dairy Foods** in every day meals (display examples):

- Breakfast - Milk with your cereal or make a yogurt & fruit parfait.
- Lunch – Milk with school lunch or purchase milk if you bring lunch from home.
- Snack – Milk in smoothies with yogurt and fruit or top off whole wheat crackers with cheese.
- Dinner – Milk with your meal whether at home or at a restaurant.



Summary:

- 3 servings of Milk (or food made with milk like yogurt or cheese) every day!
- White, chocolate or strawberry – ALL have the same healthy building blocks!
- Choose to Fuel Up with Milk - the Powerhouse choice!



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