



# Milk It Up!

## Celebrate at Your School

Throughout the month of September, UA Nutrition Network schools will be celebrating the health benefits of milk and milk products. **We encourage you to work with your administrators, other teachers, and staff to join the celebration.** Select a day (or week) that you want to celebrate milk and other nutritious foods from the milk group and let the fun begin! You can get free incentives from the UA Nutrition Network, and below are some ideas to help get you started.

### Morning Announcements:

- Ask your principal **read nutrition tips** about milk and milk products every day during morning announcements (we've included some in your event kit).
- Go on a fact finding mission and have students come up with more facts to be read.
- Have a student in each grade read a dairy **"fact of the day"** throughout the week.



### Class Contests:

- Order free **Go Low Kids 2010 posters** from your UA Network coordinator and have teachers post them in the hallways. For every 5 students who bring an empty milk carton back from lunch or bring them in from home, color in a milk circle in Bobby's cup on the poster. The first class to fill their cup wins a prize or an extra recess.
- Challenge classes to **create a dairy-themed poster** for outside their classrooms.
- Host a **poetry contest** using milk and milk products as the theme.
- Go over milk facts with students every day throughout the week. On Friday, host an assembly where students participate in the school-wide **Milk Trivia contest**.



### Sampling Events:

- Encourage teachers to host a **dairy product taste test**, using different yogurts, low-fat cheeses (mozzarella, cheddar, bleu, pepper jack, brie) or smoothies.
- Visit <http://www.eatwellbewell.org/parents/resources/recipes> and ask the food service staff to provide samples of some of the delicious dairy recipes, including **Carrot Dip, Honey Nut Yogurt, and Liquid Gold**.
- Host a **school-wide blind milk taste test** before or after school or at lunch to see if students can tell the difference between whole milk, 2% milk, 1% milk and skim milk.
- Have students bring in or come up with ideas and **recipes for yogurt**, then taste them.
- Have students **journal about their tasting experiences** and describe what they liked.
- In every taste test, ask students which they liked the best and create bar graphs, pie charts or venn diagrams.



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## In the Classroom



As UA Nutrition Network schools Milk It Up, **Middle and High** school teachers can join in the festivities and celebrate Milk It Up Month in their classrooms in a variety of ways. Below are some ideas for celebrating this tasty and nutritious food group in the classroom.

### Classroom Activities

- Have students **compare and contrast** calcium and Vitamin D content in foods by reading food labels. They can also compare calcium content versus calorie content in various foods.
- Milk is rich in nutrients other than calcium. Some of these include vitamins D, A, and B<sub>12</sub>, potassium, magnesium, phosphorous, riboflavin, and protein.
- Ask the students to research how nutrients in milk products help with **growth and development**.
- Find resources from on the *Calcium: Get it? Got it!* campaign at:

[http://www.oregondairyCouncil.org/calcium\\_checkup/cagigi/](http://www.oregondairyCouncil.org/calcium_checkup/cagigi/).



### Classroom Games:

- Go to the Milk Matters website at: <http://www.nichd.nih.gov/milk/teachers/index.cfm> and present the Great Calcium Challenge material or have the students play the Calcium Collector game.
- Give each student a large clear plastic cup. Have them make a line indicating what they believe to be one serving of milk. Then, have students fill their cups to the line and pour low fat or non fat milk into Go Low cups (order cups through your school's UA Network coordinator). See how close students come to **correctly estimating** one serving of milk.

### Subject Integrations:

- Ask students to research and report on the benefits of low-fat dairy foods, serving sizes, calories, and/or the calcium content in foods.
- Ask students to **research bone development** during adolescence. Have them find the link between a high calcium diet and bone building.
- Discuss the benefits of replacing soda with low fat milk.
- Have students **keep a food log** for 3 days (2 school days and 1 weekend day). Students can then enter the foods they ate and determine their daily calcium intake at the Mypyramid tracker located at [www.mypyramid.gov](http://www.mypyramid.gov). If the students are below the recommended level, have them come up with a daily menu that will meet the recommendations.
- Have students develop a **milk promotion campaign**. This may include creating posters to hang around the school, developing handouts for parents, or writing persuasive letters to the principal about increasing the number of low-fat dairy options offered at the school.

### Sampling Events:

- Host a **dairy product taste test**, using different yogurts, low-fat cheeses (mozzarella, cheddar, bleu, pepper jack, brie), or smoothies.
- Print free recipes from <http://www.eatwellbewell.org/parents/resources/recipes> and sample some of the delicious dairy recipes! Try Cheese and Corn Chowder, Tom Ato Gazpacho, or Berry Good Beverage.



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## Quick Nutrition Tips

- Ask for milk instead of soda. The calcium in milk helps your teeth and bones grow strong. Soda does not have any calcium and too much of it can lead to cavities.
- Make homemade macaroni and cheese with a variety of cheeses and pasta shapes. Get creative!
- Try substituting plain yogurt for some or all of the mayonnaise in tuna, egg, or potato salads to get the same flavor with more calcium.
- Did you know that cows in the US produce about 6 ½ gallons of milk or 100 glasses of milk per day? That means there's enough for your three servings, so make sure to add milk, cheese, and yogurt to your day.
- Dairy products such as cheese, milk, or yogurt are complete proteins. This means they contain all of the essential amino acids that the body cannot produce in order to form proteins necessary for survival.
- When you're making your oatmeal in the morning, try using fat free milk instead of water.
- If you drink whole milk, try gradually reducing the amount of fat. First start out with 2% milk, then switch to 1% milk, and eventually work your way down to fat free milk. Fat free milk offers the same amount of vitamins and minerals with a lot less fat.
- After being active, drink a glass of milk. It will help you build bigger and stronger muscles.
- Mix a little lemon juice and fresh garlic into plain nonfat yogurt and use it as a dip for fresh vegetables.
- Calcium and vitamin D work together to produce strong bones. Most milk products have vitamin D added so that the calcium is absorbed better.
- Try sprinkling some low fat cheese on a whole wheat tortilla for a great afternoon snack. Dip it in salsa for an added kick.
- It is very important for children and teenagers to get enough calcium. This is the body's most productive time for building strong bones.
- Children between the ages of 9 and 18 should get 1,300 mg of calcium per day. You can easily get this much by having at least 4 servings of dairy.
- Milk and yogurt are high in a nutrient called potassium. Potassium is important to help keep your heart and blood vessels stay healthy.
- Try mixing juice with milk or yogurt and then freezing it in ice cube trays with toothpicks for mini popsicles. It's perfect for a healthy summer snack.
- Did you know that about 72% of the calcium in the US food supply comes from dairy? Make sure you get your three servings from the milk food group each day for strong bones and healthy muscles!
- If you cannot drink milk because you have problems digesting it, you may have lactose intolerance. This means that your body has trouble breaking down a special sugar found in milk called lactose. Try drinking lactose free milk, soy, rice, or almond milks, aged cheeses (such as sharp cheddar or parmesan), or yogurt.