



Lesson #7

Dairy, Calcium & Vitamin D

Time Table

Total Time: 30 minutes

10 minutes: Introduction and explanation of the lesson

10 minutes: PowerPoint Presentation

10 minutes: Activity & take-home assignment

Goal: To teach students about the importance of calcium and vitamin D in a healthy diet and how dairy products are good sources of these nutrients

Objectives:

Students will:

- Learn about the important roles of calcium and vitamin D in their bodies
- Understand the importance of drinking enough milk and eating dairy
- Learn about lactose intolerance
- Participate in an activity that illustrates the importance of calcium and vitamin D for bone health and that encourages smart dairy choices
- Be provided with a take-home activity that illustrates different types of dairy products and how much dairy they should be eating/drinking to get enough calcium and vitamin D

Materials:

- PowerPoint: *Fit4Kidz Dairy, Calcium & Vitamin D* presentation
- Activity:
 - *Fit4Kidz Don't Forget your Calcium-Rich Foods* worksheet
 - Crayons or markers and pencils
- Take-home: *Fit4Kidz Benefits of Dairy Foods*

Instructions:

1. Begin by asking the students to name some dairy foods (i.e. milk, yogurt, cheese). Ask them if they know why milk and dairy products are important to stay healthy? Explain that all milk and dairy products help us to grow and stay strong because they contain:
 - a. Calcium and vitamin D
 - Calcium helps to build strong bones and teeth. It is especially important to get enough calcium at a young age.
 - Vitamin D helps the body absorb calcium for bone health.
 - b. Protein for energy and muscle growth
 - Protein from dairy helps to build lean muscle and keep you full
2. It is important that children eat/drink 3 servings from the milk group each day in order to get enough calcium and vitamin D.



- a. An example of a serving is an 8 oz. glass of milk or a 6 oz. cup of yogurt.
3. Explain that some people are lactose intolerant, which means that they cannot have milk or dairy products. However, there are still many options for these people to ensure that adequate calcium and vitamin D are consumed, including:
 - a. Modified dairy products, such as Lactaid milk
 - b. Soy milk, yogurt and cheese
 - c. Calcium and vitamin D fortified orange juice
 - d. Calcium and vitamin D supplements

Activity:

Pass out the *Fit4Kidz Don't Forget your Calcium-Rich Foods* worksheet. Have the students read about and color in the examples of calcium-rich foods. Then, have them record how many servings of each dairy product they had last week and calculate their weekly total.

While the students complete the worksheet, explain that low-fat milk, yogurt and cheeses are some of the best dairy foods because they contain all of the good nutrients without the unhealthy fats.

If students' total servings of dairy are low, ask them how they think they can drink more milk and eat more calcium rich foods.

Take Home:

Distribute the *Fit4Kidz Benefits of Dairy Foods* for the students to take home to their parents. This handout explains the nutritional importance of milk products and provides some tips for including dairy in everyday meals and snacks.

For further reference, students and families can visit www.fit4kidz.us.