



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 different types of dairy products what calcium and vitamin D do for their bodies

Objectives:

Students will:

- Learn about different types of dairy products and where they come from
- Learn what calcium and vitamin D do for 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 encourages smart dairy choices
- Be provided with a take-home 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 The Importance of Dairy, Calcium & Vitamin D* presentation
- Activity:
 - *Fit4Kidz Don't Forget your Calcium-Rich Foods* worksheet
 - Crayons or markers
- 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 for strong bones and teeth
 - b. Protein for energy and muscle growth
 - c. It is important that children eat/drink 3 servings from the milk group each day in order to get enough calcium and vitamin D. An example of a serving is an 8 oz. glass of milk or a 6 oz. cup of yogurt.
2. Ask the students if they know where milk comes from and how dairy products are made. Explain that milk comes from cows:



- a. Cows are usually milked twice per day. Milk from the cows is transported to a storage tank where it is cooled or stored below 50 degrees. The milk is then sent to a processing plant where it is pasteurized and separated into whole, 2%, 1% and skim (fat free) milk. After this stage, milk can also be made into flavored milk or other dairy products such as cheese, yogurt and ice cream.
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. While the students color 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.

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.