



# No Time To Train

## Short Lessons for School Nutrition Assistants

### MyPlate–Dairy Matters

#### Lesson Overview

**Lesson Participants:** School Nutrition Assistants/Technicians, School Nutrition Managers, CACFP Staff, Teachers

**Type of Lesson:** Short, face-to-face training session

**Time Needed to Conduct the Lesson:** 15 minutes

**Lesson Description:** This lesson is designed to explain the dairy group represented in the MyPlate icon. Participants will learn why dairy is an important part of the daily diet and the foods that count as dairy. Nutrition professionals will be able to apply the information presented in this lesson to the school menu. MyPlate and related resources developed by USDA are helpful tools for child nutrition program staff to use when providing nutrition education to children of all ages.

#### Lesson Objectives:

At the end of this lesson, the participant will be able to:

1. Discuss why dairy is important in the diet.
2. Identify foods from the dairy group.

#### Get Ready to Train

**Note:** This lesson should be taught following the No Time to Train lessons on the *Dietary Guidelines for Americans 2010* and *MyPlate–The “New Generation” Food Icon*.

The format for the **No Time to Train** lessons includes an overview, preparation checklist, lesson at a glance with timeline for conducting the lesson, references, handouts, and an instructor’s script. The manager/instructor will use the script to present the lesson to the participants. The script gives directions to the manager/instructor—**DO, SAY, ASK, LISTEN, AND ACTIVITY**—to deliver the lesson.

No special audiovisual or electronic equipment is needed to conduct the lesson. The lesson can be presented in the cafeteria, media center, or classroom.

Teachers and others in the school or child care setting may wish to participate. This lesson also could be used to integrate nutrition education into the classroom. With some modifications, the lesson could be used with middle and secondary students.



## Preparation Checklist

**Directions:** Use the Preparation Checklist to prepare for the training session. Track your progress by checking off tasks as they are completed.

Done <input checked="" type="checkbox"/>	Lesson Tasks
	<p><b>Gather Materials</b></p> <p>Materials Needed:</p>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Instructor’s Script</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Handout 1: MyPlate–Dairy (one for each participant; accessible at <a href="http://www.choosemyplate.gov/global_nav/media_resources.html">http://www.choosemyplate.gov/global_nav/media_resources.html</a>)</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Handout 2: Test Your Dairy Group IQ (one for each participant)</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Pencils (one for each participant)</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Session Evaluation form (one for each participant)</li> </ul>
	<p><b>Prepare for Lesson</b></p> <p>Before the Training:</p>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Make copies of Handouts 1 and 2 (one for each participant).</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Make copies of Session Evaluation form (one for each participant).</li> </ul>
	<p>On Training Day:</p>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Place pencils on tables (one for each participant).</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Distribute Handouts 1 and 2 to each participant.</li> </ul>
	<p>On the Instructor’s Table:</p>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Instructor’s Script</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Handout 1: MyPlate–Dairy</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Handout 2: Test Your Dairy Group IQ</li> </ul>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Session Evaluation forms</li> </ul>

**Lesson at a Glance**  
(15 minutes)

<b>Time</b>	<b>Topic</b>	<b>Task</b>	<b>Materials</b>
2 minutes	Introduction and Overview	Introduce topic and relate it to the <i>Dietary Guidelines for Americans 2010</i> and <i>MyPlate–The “New Generation” Food Icon</i> No Time to Train lessons.	Instructor’s Script
4 minutes	Objective 1: Discuss why dairy is important in the diet.	Use Handout 1 to relate importance of dairy in a healthy diet.	Handout 1: MyPlate–Dairy
5 minutes	Objective 2: Identify foods from the dairy group.	Use Handouts 1 and 2 to emphasize the benefits of consuming foods from the dairy group.	Handout 1: MyPlate–Dairy
		Participants complete activity and brainstorm ways to encourage students to eat dairy products.	Handout 2: Test Your Dairy Group IQ
2 minutes	Wrap up and Review	Instructor encourages participants to ask questions and to make comments.	Handout 1: MyPlate–Dairy  Handout 2: Test Your Dairy Group IQ
2 minutes	Session Evaluation	Conduct a short evaluation of the lesson.	Session Evaluation form

**Note to Instructor:**

Answer questions to the best of your ability. If there are questions you can’t answer, tell the participants you will find out the answer and let them know later. If you need assistance in finding answers, please call the National Food Service Management Institute at 800-321-3054.

**References:**

National Food Service Management Institute. (2005, Rev. 2011). *Nutrition 101: A taste of food and fitness*. University, MS: Author.

U.S. Department of Agriculture. (2011). ChooseMyPlate.gov Website. Washington, DC. News and Media. [http://www.choosemyplate.gov/global\\_nav/media\\_resources.html](http://www.choosemyplate.gov/global_nav/media_resources.html) Accessed July 14, 2011.

U.S. Department of Agriculture, Food and Nutrition Service. (2011). Nutrition Assistance Programs Website. <http://www.fns.usda.gov/fns/> Accessed July 14, 2011.

U.S. Department of Agriculture, Food and Nutrition Service. (2011). Team Nutrition: Resources A-Z Website. <http://www.fns.usda.gov/tn/library.html> Accessed July 14, 2011.



U.S. Department of Agriculture and U.S. Department of Health and Human Services (2011). *Dietary Guidelines for Americans 2010* 7<sup>th</sup> Edition, Washington, D.C., U.S., Government Printing Office, December 2010.

<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/PolicyDoc.pdf>

Accessed July 14, 2011.

U.S. Department of Health and Human Services. (2011). Healthfinder.gov Website.

<http://healthfinder.gov/> Accessed July 14, 2011.



## Instructor's Script



### SAY:

In previous lessons, we learned about the *Dietary Guidelines for Americans 2010* and *MyPlate–The “New Generation” Food Icon*. Medical research shows that we all need to learn more about basic nutrition so that we all can make healthier food choices and live longer lives. Today, we are going to talk about MyPlate as we continue to learn about basic nutrition.

This lesson will focus on dairy foods. We are going to discuss why dairy foods are important in our diet and what foods are in the dairy group.



### DO:

Distribute copies of **Handout 1: MyPlate–Dairy**.



### SAY:

From our lesson on MyPlate, we learned that the food groups are represented on the plate by different colors. Dairy is represented by the blue color. One of the key consumer messages from the *Dietary Guidelines* is to switch to fat-free (skim) or low-fat (1%) milk.



### DO:

Refer participants to **Handout 1: MyPlate–Dairy** and point to the blue section next to the plate.



### ASK:

Why do you think dairy foods are an important part of our diet?



### LISTEN:

Listen to individual responses.



### SAY:

Consuming dairy foods provides many health benefits.

- Diets rich in dairy foods help to reduce the risk of osteoporosis and maintain bone mass throughout the lifecycle, associated to reduced risk of cardiovascular disease, type 2 diabetes, and lower blood pressure in adults. Diets that contain dairy foods tend to be overall more nutritionally adequate.
- Consumption of dairy foods is especially important for children and adolescents in order to build healthy bones. Adults need calcium to make sure your bones stay strong.
- Dairy foods are good sources for calcium, potassium, and vitamin D.
- The amount of food from the dairy group to eat recommendations is: 2 cups for 2-3 years old, 2 ½ cups for 4-8 years old, and 3 cups for adults.
- Daily intake of dairy foods helps maintain healthy bone mass and blood pressure.
- It is important to choose fat-free or low-fat dairy foods when making a selection because they provide little or no solid fat.

- Choosing dairy foods that are high in fat content may increase the amount of bad cholesterol in the blood which in turn can lead to an increased risk of coronary heart disease. Whole milk and many cheeses have a high fat content and should be limited in the diet.
- One cup of milk in general counts as: 1 cup of milk or yogurt, 1 ½ ounces of natural cheese, or 2 ounces of processed cheese is equal to 1 cup from the milk group. Additionally, 1 cup of soymilk counts as 1 cup in the dairy group.
- The dairy food group consists of milk (1%, 2%, whole, skim/ fat-free, flavored, lactose-reduced, and lactose-free), milk-based desserts (some puddings, ice milk, frozen yogurt, and ice cream), cheese (cheddar, mozzarella, parmesan, Swiss, ricotta, cottage cheese, and American), and yogurt (fat-free, low-fat, reduced-fat, and whole milk yogurt).
- For those who are lactose intolerant, lactose-free and lactose-reduced products are offered. These products include hard cheeses. Yogurt is usually tolerated because of the live cultures that help digest the lactose. Enzymes can be also be added to milk to lower the lactose content. Consuming calcium fortified beverages such as orange juice and some soy beverages may provide calcium, but not the other essential nutrients only found in milk.



**DO:**

Distribute copies of **Handout 2: Test Your Dairy Group IQ.**



**ASK:**

What have we learned about dairy products today? Take a few minutes to complete the activity on **Handout 2.** Now that you know all the benefits of consuming dairy, how will you encourage the students you serve to eat more dairy products?



**ACTIVITY:**

Participants will complete **Handout 2** and brainstorm as a group how they can encourage students to choose more dairy products.

Some suggestions could be to:

- Encourage students to choose and consume milk during meals.
- Offer alternative milk products as options especially lactose-free milk products for students who cannot consume milk.
- Stress the importance of milk-based products like yogurt and cheese.
- Consider offering dairy products in fun and interesting packaging.



**SAY:**

Thank you for all of these great ideas! I'll schedule some time for us to make a plan to implement some of these ideas.

Today we have talked about the importance of dairy. Milk provides us with high quality protein and calcium. It is important that we serve our students the dairy products they need for maintaining a healthy diet.



**ASK:**

Do you have any questions about MyPlate or the dairy group?



**LISTEN:**

Listen to individual responses. Answer questions to the best of your ability. If there are questions you can't answer, tell the participants you will find out the answer and let them know later. If you need assistance in finding answers, please call the National Food Service Management Institute at 800-321-3054.



**DO:**

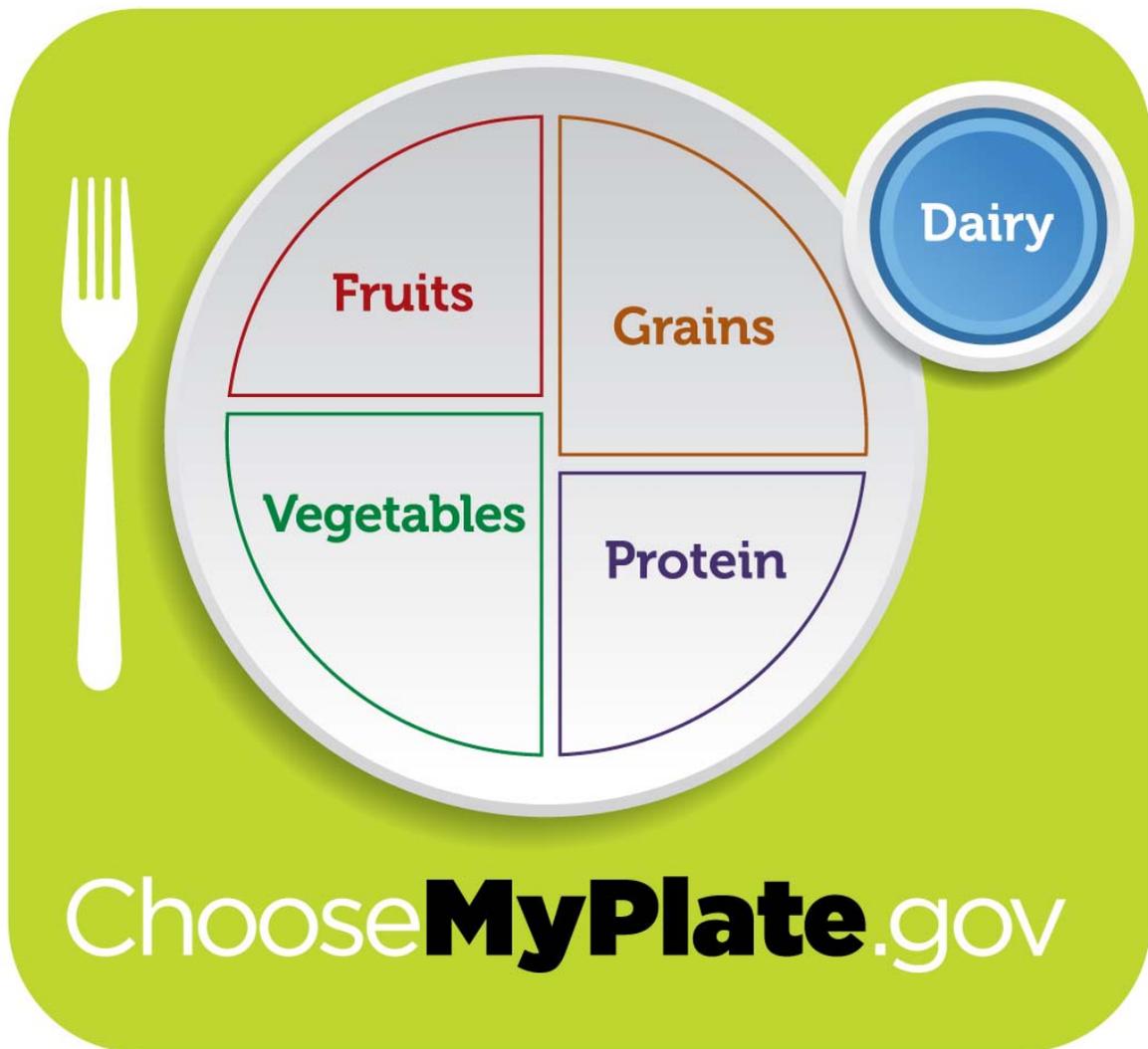
Distribute the Session Evaluation form.



**SAY:**

Thank you for participating in the lesson today. Please take a couple of minutes to complete the Session Evaluation. Thank you for your input.

## Handout 1: MyPlate–Dairy



Source: U.S. Department of Agriculture. (2011). ChooseMyPlate.gov Website. Washington, DC. News and Media. [http://www.choosemyplate.gov/global\\_nav/media\\_resources.html](http://www.choosemyplate.gov/global_nav/media_resources.html)  
Last modified: June 16, 2011.

## Handout 2: Test Your Dairy Group IQ

Using the information you just learned about some of the benefits of consuming dairy products, mark the following statements as true or false (T or F).

1. \_\_\_\_\_ Consuming dairy products are crucial for young children because their bones are still developing, but it is not important for older teens and adults to consume dairy.
2. \_\_\_\_\_ Dairy products are good sources of calcium, potassium, and vitamin D.
3. \_\_\_\_\_ Adults should consume about 3 cups of fluid milk, or equivalent dairy foods, per day.
4. \_\_\_\_\_ Choose dairy products that are higher in fat, such as whole milk and cheese, because they are better sources of calcium than low-fat products.
5. \_\_\_\_\_ The dairy group includes milk, milk-based desserts (such as pudding or ice cream), cheese, and yogurt.
6. \_\_\_\_\_ There is no alternative products available for lactose-intolerant individuals, so there is no way for them to obtain the nutrients found in dairy products.
7. \_\_\_\_\_ The nutrients in dairy products will help you maintain bone mass throughout your life and reduce your risk of osteoporosis.
8. \_\_\_\_\_ Moderate evidence indicates that intake of dairy products is associated with a reduced risk of cardiovascular disease and type 2 diabetes and with lower blood pressure in adults.
9. \_\_\_\_\_ Dairy products are not healthy because they are high in fat.
10. \_\_\_\_\_ Consuming enzyme lactase before consuming milk is an option for those with lactose intolerance.

## Handout 2: Test Your Dairy Group IQ (Answers)

Using the information you just learned about some of the benefits of consuming dairy products, mark the following statements as true or false (T or F).

1.  F  Consuming dairy products are crucial for young children because their bones are still developing, but it is not important for older teens and adults to consume dairy.
2.  T  Dairy products are good sources of calcium, potassium, and vitamin D.
3.  T  Adults should consume about 3 cups of fluid milk, or equivalent dairy foods, per day.
4.  F  Choose dairy products that is higher in fat, such as whole milk and cheese, because they are better sources of calcium than low-fat product.
5.  T  The dairy group includes milk, milk-based desserts (such as pudding or ice cream), cheese, and yogurt.
6.  F  There is no alternative products available for lactose-intolerant individuals, so there is no way for them to obtain the nutrients found in dairy products.
7.  T  The nutrients in dairy products will help you maintain bone mass throughout your life and reduce your risk of osteoporosis.
8.  T  Moderate evidence indicates that intake of dairy products is associated with a reduced risk of cardiovascular disease and type 2 diabetes and with lower blood pressure in adults.
9.  F  Dairy products are not healthy because they are high in fat.
10.  T  Consuming enzyme lactase before consuming milk is an option for those with lactose intolerance.



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## Session Evaluation

**Instructions:**

*Completely fill in the circle of your answer. Use a #2 pencil.*

Please select only one response for each statement. Do not fold or crease this sheet.

Title of Meeting: _____	
Session Topic: _____	Trainer's Code: _____
Date: _____	Time Slot: _____ Location: _____ Length of Event (hrs/min): _____

**Attendee Status:**

- |  |   |  |
|--|---|--|
| <input type="radio"/> District director  | <input type="radio"/> Major city director       | <input type="radio"/> Private consultant/trainer |
| <input type="radio"/> State agency staff | <input type="radio"/> Site-level manager        | <input type="radio"/> Foodservice assistant      |
| <input type="radio"/> Educator           | <input type="radio"/> Other (please list) _____ |  |

Reaction to this Session					
	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Please read the following statements related to the session. Rate your level of agreement by using the scale 5 (Strongly Agree) to 1 (Strongly Disagree).					
1. The session objectives were clearly presented.	⑤	④	③	②	①
2. The session objectives were achieved.	⑤	④	③	②	①
3. I can apply what I learned in this session to my job.	⑤	④	③	②	①
4. Attending the session increased my skill on the topic.	⑤	④	③	②	①
5. Attending the session increased my knowledge on the topic.	⑤	④	③	②	①
6. I would recommend this session to others.	⑤	④	③	②	①
7. Overall, the session met or exceeded my expectations.	⑤	④	③	②	①

Comments about this Session
<p><b>The information I found MOST useful was:</b></p> <hr/> <hr/> <hr/>
<p><b>Please share any additional comments:</b></p> <hr/> <hr/> <hr/>

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