

Manager's Corner

Promoting Milk Intake in School Meals

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PURPOSE

Improve the operation of child nutrition programs through research, education and training, and information dissemination.

VISION

Lead the nation in providing research, education, and resources to promote excellence in child nutrition programs.

MISSION

Provide relevant research-based information and services that advance the continuous improvement of child nutrition programs.

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Professional Standards

GENERAL NUTRITION – 1300

Employee will be able to understand the *Dietary Guidelines for Americans*, USDA's food guidance system concepts and general nutrition principles.

1320 – Understand general nutrition concepts that relate to school meals, such as whole grains, sodium, etc.

Introduction

Manager's Corner: Promoting Milk Intake in School Meals is designed for managers to use in training their staff. Each lesson is roughly 15 minutes. *Manager's Corner: Promoting Milk Intake in School Meals* provides a method for empowering managers to train their staff. This lesson plan contains the following:

- learning objective,
- statement explaining the importance of the topic,
- list of materials,
- instructions on how to present the information,
- questions to ask staff, and
- an activity to strengthen or refresh the knowledge of the staff.

Lesson Overview—Questions

Objective: Identify ways to promote nutrition education by encouraging students to drink more milk at school meals.

Why it is important: It is important to encourage students to drink more milk because milk is the main source of calcium, vitamin D, and potassium intake. Calcium and vitamin D facilitate bone growth and development, which is important during this stage of life.

Materials included in this document:

- Suggestion Activity
- Suggestion Activity Answer Key

Instruction:

Ask the staff to answer the questions included in this training. Facilitate the activity.

Questions for the staff:

- **What are the benefits to drinking milk?**

Answer: Milk contains high amounts of calcium, vitamin D, and potassium. Calcium and vitamin D facilitate bone growth and development. Potassium helps maintain a consistent blood pressure; and getting enough calcium and vitamin D can reduce the risk of osteoporosis, bone fractures, and bone breaks.

- **Why is it important that children drink milk?**

Answer: During childhood, bones are in a vital stage of growth and development, so calcium and vitamin D help bones grow strong. Drinking milk will help children receive a good amount of these nutrients and can reduce the risk of breaking bones when playing sports or doing fun activities. Milk is a good source of calcium, vitamin D, and potassium, so it is important that children are encouraged to drink milk.

- **Why is the temperature of the milk important?**

Answer: The optimal temperature to store milk is 35-40 degrees Fahrenheit and the colder the milk is the more people will want to drink it. If the milk is not cold enough, it may be less appealing, and it might even make people sick.

Activity instructions:

- Ask staff to complete the **Suggestion Activity** using the above. At the conclusion of the activity, review the **Suggestion Activity Answer Key**.

Questionnaire

Instructions: Write your response to the questions in the space below and have an open dialogue with your manager and other staff.

What are some ways that you can encourage students to drink milk?

How can you make drinking milk fun?

How can you ensure that milk is served at the appropriate temperature?

Questionnaire Answer Key

Instructions: Write your response to the questions in the space below and have an open dialogue with your manager and other staff.

ANSWER:

What are some ways that you can encourage students to drink milk?

- Make fun posters around the cafeteria
- Offer milk as their first choice of beverage
- Enforce that they drink their milk first before getting a second beverage

How can you make drinking milk fun?

- Provide flavored milk
- Put funny decorations by the milk cooler

How can you ensure that milk is served at the appropriate temperature?

- Check temperature of the milk cooler regularly
- Document the temperature of the cooler regularly
- Make sure to not overstock the milk cooler

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