

The Milk Food Group-Yogurt Parfaits

Grade: all
Subject: Nutrition
Duration: 1 hour

Objectives: Students will learn to eat more fat-free or low-fat dairy products.

Materials needed: provided food and paper products

Lesson: We tend to associate Valentine’s Day food with chocolate, candies, and other sugary foods, but there are other fun ways to celebrate while also practicing healthful habits. Today let’s look at how we can put a heart-healthy spin on Valentine’s Day!

Foods from the milk group are especially important to young people because these foods provide our bodies with calcium. Does anyone know why calcium is important?

Calcium helps build strong bones that will last you a lifetime. If you don’t get enough calcium when you’re young you may have problems with bone fractures and breaks when you get older. That’s because our bones stop developing when we reach our mid to late teens, and then when we get older they will actually start losing mass. That’s why a healthy foundation is important.

The Milk Group slogan is “Get your calcium-rich foods.” What are some examples of calcium-rich foods, or foods that belong in the milk group?

Yogurt, cheese, cottage cheese, milk, and frozen yogurt (emphasis-not ice cream, but frozen yogurt) are all calcium-rich foods.

Not only are foods from the milk group a good source of calcium, but they are also a good source of protein and vitamin B12.

As part of a healthy diet, kids ages 4 to 8 should consume 2 servings of milk group foods a day! Kids ages 9 and up should consume 3 servings of milk group foods a day! One serving is equal to a cup of milk, a small cup of yogurt, or 1 slice of cheese.

To incorporate this lesson into the Math subject area:

Modified from <http://www.dole5aday.com/html/teachers/Lesson%20Plans.html> under Math/Problems.

Create word problems that are appropriate for your students. Refer to the following example:

Tom ate a parfait for his healthy dessert after lunch. His parfait contained 1 serving of yogurt. If he had 1 cup of skim milk in his cereal at breakfast, how many servings from the milk group does he need to eat at dinner to get all of his needed daily servings from the milk group?

Activity: Have each student layer yogurt, fruit, and granola to make their parfait. Enjoy!

Assessment: Who will eat more dairy foods to make sure you get your recommended dose of calcium each day?

Reference Activity: Bonus Activity: Enjoy the provided crossword puzzle for students!

Reference Curriculum: Kids A Cookin’



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