



Lesson 2: Protein and Dairy

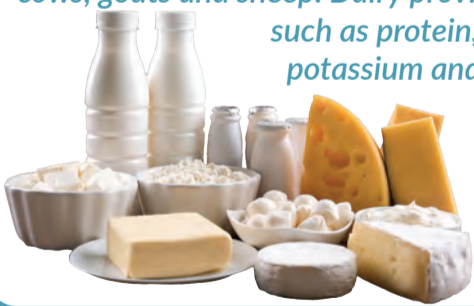


Pass the Milk, Yogurt & Cheese

Please!

Dairy, Non-Dairy and Dairy-Free — How Do They Compare?

Dairy—Includes all products made from animal milk, including cows, goats and sheep. Dairy provides important nutrients, such as protein, calcium, Vitamin D, potassium and magnesium.



- milk
- cream
- cheese
- yogurt
- whey
- ice cream

Non-Dairy—Includes all products made from plant sources, like nuts and grains.

Check the label to see if important nutrients are added. Know the difference between “non-dairy” and “dairy-free.” Non-dairy may contain some dairy. Dairy-free means no dairy.

- soy milk
- almond milk
- coconut milk
- oat milk
- rice milk
- cashew milk
- non-dairy creamer
- vegan cheese
- non-dairy frozen treats



Discussion Questions

- A** Flavored yogurts may have lots of sugar, so read the label. What other ingredient should you watch for in some yogurts?
- B** Name some benefits of calcium.
- C** Like calcium, Vitamin D, is an important nutrient in dairy. This vitamin helps your body absorb calcium. It’s called the “sunshine vitamin” because humans can get some of this vitamin by being in the sun! This vitamin is important for healthy bones and muscles.



Check the Dairy Handout for more on calcium!

From Paper to Plate Activities this Week

1. Take the “Best Bone Builder” challenge with the Dairy worksheet. How will you build healthy bones and teeth?
2. Complete the Dairy activity sheet.





Lesson 2

"Build Your Body" Groups – protein and dairy

Student Activity Sheet



Pass the Milk, Yogurt & Cheese Please!



Use the dairy cards for the following activities. You'll find the nutrition facts label on the back of the cards to answer the questions below.

A Nutrition Facts

1. Which two dairy foods offer the most protein?

2. Which food can best replace cow's milk?

3. Compare the nutrients of the two yogurt cards to answer the following questions.

Which option has the most calcium? _____

Which option has the most protein? _____

Which option has the most sugar? _____

Which option has more potassium? _____

B More Dairy Details

1. Write the dairy foods that are good for snacks.

2. Some dairy foods can be high in fat.
What are better options for:

Milk? _____

Yogurt? _____

Cheese? _____

3. Which dairy foods have high calcium amounts?



Lesson 2

“Build Your Body” Groups – protein and dairy

Student Activity Sheet



Fact Box — Dairy

- Dairy foods are good sources of calcium and vitamin D, which is important for building strong bones. Dairy also has key nutrients, such as protein, vitamin A, vitamin B12, riboflavin, niacin, potassium, and phosphorus.
- Youth ages 9-18 need three cups from the dairy group each day. A one cup serving is equivalent to one cup of milk or yogurt, and one and a half ounces of natural cheese (that’s about one-third cup grated cheese).
- While dairy is important, so is exercise. Try some weight-bearing activities, such as walking, running, and jumping.

Action Steps

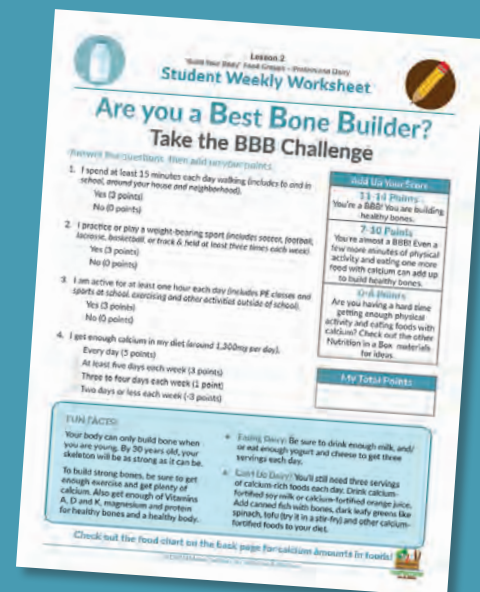
The list below includes action steps for getting more dairy in your diet. Circle the actions that you would be willing to work on.

Have your own idea? Write it below.

- ✓ Add low-fat cottage cheese to your lunch.
- ✓ Make a fruit and yogurt smoothie to drink after exercising or sports.
- ✓ Sprinkle Parmesan cheese on pasta, or feta cheese on a salad.
- ✓ Eat frozen yogurt with fruit and granola instead of ice cream.
- ✓ My idea for adding more dairy to my diet (describe):

The Details in Your Diet

Calcium is an important nutrient in most dairy foods. The back of the Dairy Worksheet shows amounts of calcium in some foods.





Lesson 2

"Build Your Body" Food Groups – Protein and Dairy

Student Weekly Worksheet



Are you a Best Bone Builder? Take the BBB Challenge

Answer the questions, then add up your points.

1. I spend at least 15 minutes each day walking (*includes to and in school, around your house and neighborhood*).
 - ☐ Yes (3 points)
 - ☐ No (0 points)
2. I practice or play a weight-bearing sport (*includes soccer, football, lacrosse, basketball, or track & field at least three times each week*).
 - ☐ Yes (3 points)
 - ☐ No (0 points)
3. I am active for at least one hour each day (*includes PE classes and sports at school, exercising and other activities outside of school*).
 - ☐ Yes (3 points)
 - ☐ No (0 points)
4. I get enough calcium in my diet (*around 1,300mg per day*).
 - ☐ Every day (5 points)
 - ☐ At least five days each week (3 points)
 - ☐ Three to four days each week (1 point)
 - ☐ Two days or less each week (-3 points)

Add Up Your Score

11-14 Points

You're a BBB! You are building healthy bones.

7-10 Points

You're almost a BBB! Even a few more minutes of physical activity and eating one more food with calcium can add up to build healthy bones.

0-6 Points

Are you having a hard time getting enough physical activity and eating foods with calcium? Check out the other Nutrition in a Box materials for ideas.

My Total Points

FUN FACTS!

Your body can only build bone when you are young. By 30 years old, your skeleton will be as strong as it can be.

To build strong bones, be sure to get enough exercise and get plenty of calcium. Also get enough of Vitamins A, D and K, magnesium and protein for healthy bones and a healthy body.

- **Eating Dairy:** Be sure to drink enough milk, and/or eat enough yogurt and cheese to get three servings each day.
- **Can't Do Dairy?** You'll still need three servings of calcium-rich foods each day. Drink calcium-fortified soy milk or calcium-fortified orange juice. Add canned fish with bones, dark leafy greens like spinach, tofu (try it in a stir-fry) and other calcium-fortified foods to your diet.

Check out the food chart on the back page for calcium amounts in foods!



Lesson 2
 “Build Your Body” Food Groups – Protein and Dairy
Student Weekly Worksheet



Try to get 1,300mg of calcium each day. Which foods will you eat to get that amount?

Foods with Calcium	Milligrams (mg) per serving
Yogurt, plain, low fat 8 ounces	415
Mozzarella, part skim 1.5 ounces	333
Sardines, canned in oil, with bones 3 ounces	325
Yogurt, fruit, low fat 8 ounces	313–384
Orange juice, calcium-fortified 8 ounces	300-350
Cheddar cheese 1.5 ounces	307
Milk, nonfat 8 ounces	299
Soy milk, calcium-fortified 8 ounces	299
Milk, 2% milk fat 8 ounces	293
Milk, whole 8 ounces	276
Tofu, calcium-set ½ cup	253
Salmon, pink, canned, solids with bone 3 ounces	181
Cottage cheese, 1% milk fat 1 cup	138
Ready-to-eat cereal, calcium-fortified 1 cup	Check the label
Kale, raw, chopped 1 cup	100
Turnip greens, fresh, boiled ½ cup	99
Chinese cabbage, bok choy, raw, shredded 1 cup	74
Almonds, dry roasted 1 ounce (approx. 23)	70
Tortilla, corn one 6 inch diameter	46
Apricots, dried ½ cup	35
Tortilla, flour one 6 inch diameter	32
Sour cream, reduced fat 2 tablespoons	31
Bread, whole-wheat 1 slice	30
Broccoli, raw ½ cup	21

Where can you find the calcium amounts on the nutrition facts label?
 Look in the section where the vitamins and minerals are listed.



Lesson 2

“Build Your Body” Food Groups



Drink & Eat DAIRY

The MyPlate Guide divides dairy into four subgroups.

Milk



Calcium
Alternatives



Yogurt



Cheese



Healthy Bones or Osteoporosis?

What is osteoporosis?

It is a condition that weakens your bones. It happens when you don't get enough calcium for a long time.



Over time, your bones become weaker. Older people who have osteoporosis are more likely to fall and get hurt.

Look at the four stages shown on the osteoporosis disks. What changes do you see?

What is calcium?

Calcium is a mineral that helps build bones and teeth. And, it keeps your bones healthy during your entire life.

Everyone nine years and older should get three cups of dairy each day to get enough calcium. Calcium is in the following foods:

- milk and soy milk
- yogurt
- cheese
- some fish with bones
- kale and spinach





Lesson 2

“Build Your Body” Food Groups



DAIRY

Dairy Challenge: Where Do They Fit?

Use the nutrition cards to sort the vegetables into their subgroup boxes.

Milk

- yogurt
- cheddar
- tofu
- soy milk
- 1% milk
- ice cream
- Swiss
- spinach
- queso
- kale
- parmesan
- Greek yogurt
- feta
- cottage cheese
- whole milk
- ricotta
- tempeh
- mozzarella

Calcium Alternatives

Yogurt

Cheese

Other

BONUS

Spinach and kale are also part of which other food group?



Lesson 2
"Build Your Body" Food Groups – Protein and Dairy
Student Weekly Worksheet



Are you a Best Bone Builder?

Take the BBB Challenge

Answer the questions, then add up your points.

1. I spend at least 15 minutes each day walking (*includes to and in school, around your house and neighborhood*).
 - ☐ Yes (3 points)
 - ☐ No (0 points)
2. I practice or play a weight-bearing sport (*includes soccer, football, lacrosse, basketball, or track & field at least three times each week*).
 - ☐ Yes (3 points)
 - ☐ No (0 points)
3. I am active for at least one hour each day (*includes PE classes and sports at school, exercising and other activities outside of school*).
 - ☐ Yes (3 points)
 - ☐ No (0 points)
4. I get enough calcium in my diet (*around 1,300mg per day*).
 - ☐ Every day (5 points)
 - ☐ At least five days each week (3 points)
 - ☐ Three to four days each week (1 point)
 - ☐ Two days or less each week (-3 points)

Add Up Your Score

11-14 Points

You're a BBB! You are building healthy bones.

7-10 Points

You're almost a BBB! Even a few more minutes of physical activity and eating one more food with calcium can add up to build healthy bones.

0-6 Points

Are you having a hard time getting enough physical activity and eating foods with calcium? Check out the other Nutrition in a Box materials for ideas.

My Total Points

FUN FACTS!

Your body can only build bone when you are young. By 30 years old, your skeleton will be as strong as it can be.

To build strong bones, be sure to get enough exercise and get plenty of calcium. Also get enough of Vitamins A, D and K, magnesium and protein for healthy bones and a healthy body.

- **Eating Dairy:** Be sure to drink enough milk, and/or eat enough yogurt and cheese to get three servings each day.
- **Can't Do Dairy?** You'll still need three servings of calcium-rich foods each day. Drink calcium-fortified soy milk or calcium-fortified orange juice. Add canned fish with bones, dark leafy greens like spinach, tofu (try it in a stir-fry) and other calcium-fortified foods to your diet.

Check out the food chart on the back page for calcium amounts in foods!