

Activity



Activity Outcomes

Participant will be able to:

- Understand that reduced-fat, low-fat and fat-free milk have the same nutrient package as whole milk

Materials Needed

Comparison Cards for whole, 2% reduced-fat, 1% low-fat and fat-free milk



Birds of a Feather (flock together)

Activity Synopsis

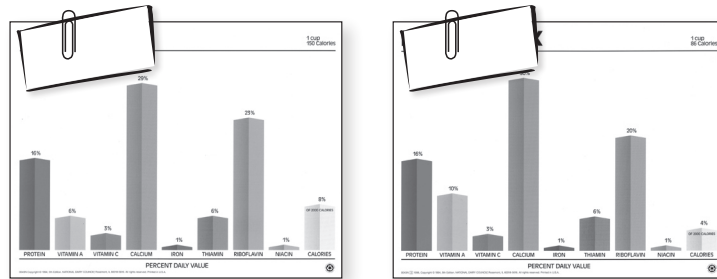
The participant will try to identify which mystery Comparison Cards correspond to whole milk, 2% reduced-fat milk, 1% low-fat milk, and fat-free (skim) milk. The nutritionist will teach the participant that all milks have the same nutrient package.

Estimated Teaching Time

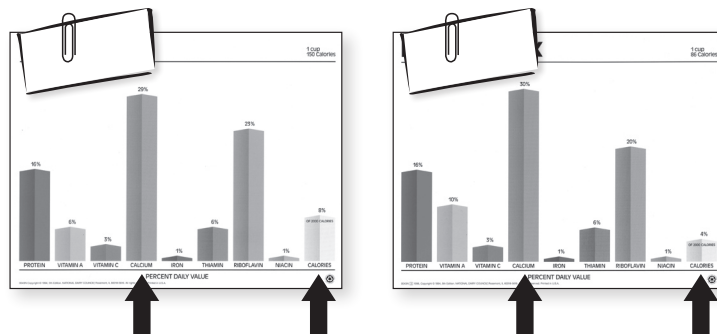
5-10 minutes

What to Do

1. Clip a piece of paper across the top of each of the Comparison Cards so that the name of the food is hidden.



2. Ask the participant to identify which is the whole, reduced-fat, low-fat, and fat-free milk. Be sure to set this up in a relaxed manner so that the participant doesn't feel tested.
3. Before revealing the identity of the milks help the participant look for the milk with the highest calories, then identify the percent Daily Value (%DV) of calcium and compare to the one with the lowest calories.



4. Remove the paper to reveal the name and state that reduced-fat, low-fat and fat-free milk have roughly the same nutrient package as whole milk.

Staff Notes

- Whole milk has 29% DV (Daily Value) for calcium since the fat displaces some of the fluid containing the calcium.
- This activity could also be a bulletin board display. Cover the name of the Comparison Cards as in Step 1 above. Then have an answer key someplace else on the bulletin board.