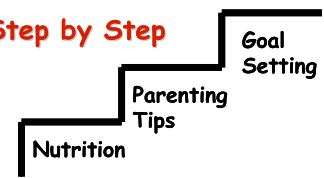


## Class Outline and Suggested Activities

### Milk and Meat — Building healthy bodies and strong bones!

Building Healthy Families:

Step by Step



#### Handouts

1. Meat and Milk
2. For Growing Bones -Which Milk?
3. Weaning from Breast or Bottle to Cup
4. Goal Sheets

#### Other materials needed

1. Video and VCR player

#### Conduct Icebreaker/Distribute Materials for Class

- I'm glad to see everyone back today! Could someone share what happened with last week's goals for serving fruits and vegetables?
  - **Wait for response. Encourage additional comments. Allow about 2 minutes for discussion.**
- What were some problems you had with this goal?
  - **Wait for response. Encourage additional comments.**
- What were some of the solutions that worked for your family?
  - **Wait for response. Encourage additional comments.**
- Congratulations on your successes last week!
- Here are the handouts for today's lesson. **(Pass out handouts)**
- Now, let's start today's lesson on the Milk and Meat and Beans Groups.

#### Review of handouts - 10 Minutes

- Encourage clients to refer to the handouts that give more information about the topic. Meat, Milk, and Weaning handouts.

Here is a review of the information to be covered in class.

**Milk:**

- Foods in the milk group give us protein, vitamins, and minerals.
- Milk foods also have calcium needed for strong bones and teeth. Calcium is especially important for teens and adult women. In fact, most of our bones are formed by age 18 and we need to be sure our children get enough calcium for strong bones throughout their life.
- Bones store calcium. If you do not get enough calcium in your diet, you could develop osteoporosis. Regular exercise and a healthy diet can help prevent osteoporosis.
- We need three cups of milk per day. One serving of milk is:
  - 1 cup of milk
  - 1 cup of yogurt
  - 1 ½ ounces of natural cheese
  - 2 ounces of processed cheese
- Some people cannot drink milk, but still need calcium. Broccoli, okra, greens (turnip or beet greens for example), canned sardines, and salmon with their bones and some types of tofu also have calcium.
- Low-fat or skim milk is a healthy choice for milk. It has less fat which is good for our hearts. Children 1 to 2 years old need whole milk.
- Purchasing milk by the gallon is cheaper than by the quart. A large container of yogurt is also a better buy than individual containers of yogurt. Chunks of cheese are often cheaper than shredded cheese.
- Store milk, cheese, and yogurt in the refrigerator.
  - Milk stays fresh in the refrigerator for one week.
  - Yogurt and cheese can be stored for several weeks in the refrigerator.
  - Do not eat moldy yogurt or cheese.

**Meat and Beans:**

- Foods in the meat and bean group give us protein, vitamins, and minerals including iron.
- We need to eat about 5 ½ ounces of food from the meat and beans group everyday. One ounce from the meat and beans group is:
  - 1 ounce of meat, poultry, or fish
  - ¼ cup of tofu
  - 1 egg
  - ¼ cooked dry beans
  - 1 Tbsp. peanut butter
- A 3 oz. serving of meat is about the size of a deck of cards. Most people eat more than enough meat, poultry, and fish. Eating too much meat could mean eating too much fat.
- Meat and beans can be combined with noodles, rice, or vegetables to reduce the amount of meat used in meals. This also reduces cost, fat, and calories.
- Beans (legumes) are high in fiber and low in fat.
  - They are also inexpensive.
  - Serve one meatless meal per week. Some families have “Meatless Monday”.
- Choose lean cuts of meat and trim away fat before cooking.

- When browning hamburger meat, drain off excess fat.
- Also baking, broiling, or grilling meat are low fat cooking methods.
- Avoid frying meats.
- A large piece of meat can be used for several meals to save money.
- Put raw meat, fish, and poultry in a plastic bag before putting them in your grocery cart. The plastic bag will keep juices off of other foods.
- Keep raw meat, poultry, and fish on the lowest refrigerator shelf.
  - Freeze meat if not used within two or three days.
  - Store extra eggs for up to two weeks.
- Thaw meat, poultry, and fish in the refrigerator, never on the kitchen counter.
- Do not eat raw or under-cooked meat, poultry, or fish. Cook foods thoroughly.

It's time for our video. Today we will see our moms learn about the milk and meat & beans food groups, and low-fat food preparation techniques.

### **Watch Video presentation 5 minutes**

- Turn on video.
- Check to be certain all can see and hear the video.

### **Intermission Discussion 3-4 minutes**

1. How many of you have had problems with weaning your baby to a cup at 1 year or age?

- **Wait for response. Encourage additional comments.**

2. What were the solutions that worked for you?

- **Wait for response. Encourage additional comments.**

3. Where did you go for help?

- **Wait for response. Encourage additional comments.**

4. How would you help Lisa solve her problem with family members supplying high fat and high sugar foods to her children?

- **Wait for response. Encourage additional comments.**

### **Finish video**

### **Final Discussion- 10 minutes**

A lot of issues were covered in this video - problems with overuse of baby bottles, weaning tips, how to reduce fat content of meats in food preparation, and how to deal with older relatives who provide high fat/sugar foods to the family.

1. What are some other problems your family has had when trying to make lower fat food choices?

- **Wait for response. Encourage additional comments.**
2. What are some ways to reduce use of higher fat milks in your home?
- **Wait for response. Encourage additional comments.**
3. What are some alternate cooking methods to reduce fat in meals?
- **Wait for response. Encourage additional comments.**

Remember to use **TALK** with your family to help solve these problems.

**Goal Setting:**

- Please turn to the goal sheet for this week. Your goals for this week include serving lower fat milk and trying lower fat recipes.
- Think of some of the problems you have with fatty foods in your home. Now think of some solutions. At the bottom, write down some of those solutions to the problems. Which do you think would work best in your home? Try some and see. Then each day, write down whether you were successful with serving lower fat milk and trying a lower fat recipe!

**FOOD PREPARATION ACTIVITY – 20 MINUTES**

Now let's get to our recipe preparation activity. This week we are preparing Tex-Mex Stew or a Banana Nut Smoothie.

- Cover food safety tips appropriate for the chosen recipe.
- Ask what food groups are included in these recipes.
- Mention how these recipes will be good for which meals/snacks.
- Reinforce use of water as beverage between meals.
- Reinforce correct portion size.
- Read food labels of foods used.
- Mention how recipe NOT prepared is also really good. (Food groups, nutritional value)
- Mention how including children in food preparation from an early age is very important.

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**Closing Reminder**

Remember to bring your goal sheet and note book back with you next week. State day and time of the next class. Have a great week!

*Adapted from the USDA MyPlate, Milk, Meat and Beans, and Keeping Food Safe lessons.*