

Introduction and General Information

Adults Need Dairy, Too!

The “Adults Need Dairy, Too!” program was developed to reinforce the importance of drinking and eating milk and other dairy foods by grown-ups. It is designed not only to educate participants why dairy foods are important to health, but also show how to add dairy daily and/or change to reduced fat versions. It encourages participants to begin the process of adding dairy by setting personal goals that will help them reduce barriers to dairy consumption.

Participants Will:

- Know why dairy foods are an important part of healthful diets.
- Experience flavors and textures.
- Learn cooking tips and techniques and receive quick to prepare, tasty recipes their families will enjoy.
- Know how to safely store and handle milk and other dairy foods.
- Learn to make better choices in the supermarket by comparing unit prices and using information on product dates.
- Set personal goals at the end of each lesson.

The program is made up of six lessons. The best results will occur when participants attend all six lessons but the material has been organized so an educator could present a single lesson as a special presentation.

Teach lessons in any order. Try to get the same audience for all six if possible.

How the Lessons Work:

Each lesson includes a slide presentation interspersed with discussion questions, tastings, demonstrations and other activities. There are handouts for use with each lesson in a “handouts” folder. Lesson plans are provided for each lesson to help educators prepare. They include lists of foods and equipment needed for each lesson, preparation that should be done before the lesson including which handouts will be used so copies can be made, and detailed instructions on activities included in that lesson.

The Goal Setting found near the end of each lesson is a way to get participants to take the lesson home and begin to make changes. Suggestions for goals are provided on the slide but participants may have an idea for a goal that better fits their life and family.

Lessons:

- Buying Dairy
- Milk
- Breakfast
- Cheese 101
- Dairy Snacks and Beverages
- Food Safety and Dairy

Setting Goals:

1. Give everyone two blank note cards or pieces of paper.
2. Have them write their name on one page.
3. Hold a brief discussion about possible goals, asking the group for suggestions in addition to those on the slide.
4. Ask each person to write their goal on their papers, one on each sheet.
5. Collect the papers with the participants names and ask them to take the other copy home as a reminder of their goal.
6. At the beginning of the next session, return the sheets to their owners. Hold a general discussion of how they did at working toward their goal. Were they successful? What barriers did they run into? Did they find a way around those barriers? Could someone else suggest a solution?



“Adults Need Dairy, Too!” Is a joint project of the Cooperative Extension Services in Oklahoma, New Mexico and Texas and is partially funded by Southwest Dairy Farmers.



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Buying Dairy

Adults Need Dairy, Too!

Materials and Equipment Needed:

Computer and projector
 Extension cord, if necessary
 PowerPoint slides
 2 heating surfaces
 2 medium cooking pans
 2 large ladles
 4-ounce cups (for tasting nonfat dry milk)
 8-ounce drinking cups, 1 per participant
 Disposable plastic spoons
 Disposable bowls
 Paper towels
 Paper table cloth
 Ice chest
 $\frac{1}{3}$ c, $\frac{3}{4}$ c & 1c Measuring cups
 Large spoon
 Paper or note cards
 Pencils
 Pitcher

Handouts to Prepare:

Nonfat Dry Milk handout
 Add Dairy Daily handout

Before the Lesson:

No less than 3 hours prior to lesson:

- Mix and chill nonfat dry milk. Make enough for class members to have 3 ounces. 1 quart = 8 tasters.
- Store in ice chest or refrigerator until needed

Foods Needed:

Nonfat dry milk
 1% low-fat milk
 Condensed low-sodium tomato soup
 Ice for ice chest
 Pitcher of water

Activities During the Lesson:

1. Reconstituting Nonfat dry milk.
 - You need measuring cups, water, spoon, nonfat dry milk, tasting cups.
 - Demonstrate how to mix nonfat dry milk following recipe on slide. Serve the chilled nonfat dry milk made prior to lesson for tasting. Chilled to ensure a better tasting sample!
 - Compare the cost of the reconstituted milk with an equal amount of fat-free milk. Ask participants if it would be a way their family would choose to save on groceries.
2. Tasting the Difference.
 - You need 2 heating surfaces, 2 pans, 2 ladles, disposable bowls and spoons for sampling, 1% milk, reconstituted nonfat dry milk
 - Make 2 separate pans of condensed tomato soup, one with 1% low-fat milk and the other with reconstituted nonfat dry milk—follow instructions on can.
 - Label pans A and B and let participants serve themselves without knowing which is which.
 - Ask for a show of hands for who preferred each soup. Then let them know which is made with which type of milk.



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Food Safety and Dairy

Adults Need Dairy, Too!

Materials and Equipment Needed:

Computer and projector
 Extension cord, if necessary
 PowerPoint slides
 8-ounce cups, 1 per participant
 Paper or note cards
 Pencils
 Pitcher

Handouts to prepare:

Food Safety and Dairy handout

Before the lesson:

Choose a recipe from another lesson to prepare ahead as a snack during the lesson. Prepare a shopping list, buy groceries and make the snack before class begins. Remember to include any items that may be needed for serving such as plates or napkins.

Foods Needed:

Pitcher of water
 Ice for ice chest

Activities During the Lesson:

1. Brainstorm.
 - Discuss each of the 4 “be food safe” steps. Ask participants for suggestions on ways they could or do, follow the steps to help make their dairy and other foods safe to eat.



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Dairy Snacks and Beverages

Adults Need Dairy, Too!

Materials and Equipment Needed:

Computer and projector
 Extension cord, if necessary
 PowerPoint slides
 4-ounce cups for milk sickles
 4-ounce, 8-ounce, 12-ounce, 16-ounce cups for comparison activity
 8-ounce cups, 1 per participant
 Disposable spoons, 1 per participant
 Paper towels
 Disposable table cloth
 Ice chest
 Tray to hold prepared samples
 Paper or note cards
 Pencils
 Pitcher

Handouts to Prepare:

Snack handout
 Beverages handout

Before the Lesson:

No less than 4 hours prior to lesson:

- Make milk sickles by combining milk and strawberry flavoring. Pour in 4-ounce disposable cups. Insert a disposable spoon in each cup. Set filled cups on a tray and place in freezer. When frozen solid cups can be transferred to a freezer bag. For class, move to an ice chest or leave in freezer until needed. Use as snack example- give anytime during lesson.

Foods Needed:

Low-fat milk, 4 ounces per participant
 Strawberry milk flavoring powder, one container
 Pitcher of water
 Ice for ice chest

Activities During the Lesson:

1. Brainstorm.
 - Discuss ideas for adding healthy dairy snacks to your diet. The educator may act as a recorder to write down the ideas or ask a participant to do that for the group.
2. Portion Size.
 - Line up a 4-, 8-, 12 and 16-ounce cup.
 - Discuss how many ounces are in each cup, and then discuss what the proper portion size is for a serving of dairy. The 8-ounce cup is one serving of dairy. Adults should have 3 servings of dairy daily. It does not all need to come from beverages. Other dairy foods also can provide part of the daily dairy needs.



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Breakfast

Adults Need Dairy, Too!

Materials and Equipment Needed:

Computer and projector
 Extension cord, if necessary
 PowerPoint slides
 4-ounce cups to sample yogurt parfait
 8-ounce drinking cups, 1 per participant
 Tall, clear glass to make parfait
 Disposable spoons, 1 per participant
 Paper towels
 Disposable table cloth
 Ice chest
 Tray to hold prepared samples
 Pitcher
 Paper or note cards
 Pencils

Handouts to Prepare:

Breakfast handout
 Yogurt handout
 Breakfast Barrier questionnaire

Before the Lesson:

No more than 1 hour prior to lesson:

- In 4 ounce cups, combine ingredients for yogurt parfait: layer yogurt, cereal, fruit and top with yogurt (a spoonful of each).
- Store on a tray in an ice chest or refrigerator until needed.

Foods Needed:

Low-fat vanilla yogurt, 32 ounces container yields 16 samples
 Low-fat cereal, 1 box (Cheerios, Life)
 Fresh or defrosted berries, enough for participants to have two or three
 Pitcher of water
 Ice for ice chest

Activities During the Lesson:

1. Breakfast Barriers.
 - You will need the Breakfast Barriers handout. Have participants fill out the Breakfast Barriers questionnaire, and discuss what their barriers are and how they may be able to overcome some of them.
2. Time a Quick, Easy Breakfast.
 - You will need yogurt, cereal, berries, clear glass and a spoon.
 - Demonstrate how to make the yogurt parfait recipe found on the Breakfast handout.
 - Ask someone to time how long it takes to make the recipe.
 - Provide pre-made samples and discuss taste. Would this be something families would make for a quick breakfast at home?



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Cheese 101

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Materials and equipment needed:

Computer and projector
 Extension cord, if necessary
 PowerPoint slides
 2 electric skillets
 Paring knife
 2 spatulas
 Disposable plates, 2 per participant
 Paper towels
 Marker to write on plates
 Disposable table cloth
 Ice chest
 8-ounce cups, 1 per participant
 Toothpicks
 Pitcher
 Paper or note cards
 Pencils

Handouts to prepare:

Cheese handout
 Soft Cheeses handout

Before the lesson:

- Cut cheese to be sampled during the lesson.
- No more than 30 minutes before class, if desired, prepare cheese sandwiches so they will be ready to grill.

Foods needed:

For grilled cheese: buy enough cheese slices from each type of cheese so that each participant can have $\frac{1}{4}$ sandwich. Purchase American cheese and either low-fat or fat-free cheese slices.

Soft spread margarine
 Whole wheat bread, 2 per participant

For cheese tasting: buy enough cheese so each participant can have a small taste (a $\frac{1}{2}$ -inch cube). Buy samples of cheese with different levels of moisture such as reduced-fat cream cheese, fat-free sharp cheddar, Swiss and Parmesan.

Pitcher of water

Optional: apple slices or saltine crackers to cleanse palate between tastes.

Activities during the lesson:

1. Cheese Sampling.
 - You need paper plates, different types of cheeses, knife, paper towels and toothpicks
 - Cut each type of cheese into taste-size bites ($\frac{1}{2}$ -inch cubes). Place samples on plates and label. Have participants taste each one, using toothpicks, taking a bite of apple or saltine cracker between cheeses to cleanse their palate. Discuss with participants the differences in texture and flavors, their likes and dislikes, the costs of each variety and how they would use it at home.
2. Cooking with Cheese.
 - You need 2 types of sliced cheese, whole wheat bread, margarine, knife, spatulas, skillets, plates and paper towels.
 - Cook enough cheese sandwiches for each participant to receive $\frac{1}{4}$ of each sandwich. When sandwiches are grilled, cut in 4 pieces. Draw a line down the center of a paper plate for each person, label “American” or “Natural.” Place grilled cheese samples on the appropriate sides of the plate. After everyone has sampled both sandwiches lead a discussion on differences and preferences.



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Milk

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Materials and equipment needed:

Computer and projector
 Extension cord, if necessary
 PowerPoint slides
 4-ounce cups for pudding, 2 per participant
 8-ounce cups, 1 per participant
 Disposable spoons, 1 per participant
 Paper towels
 Disposable table cloth
 Ice chest
 2 trays or empty cake pans to hold pudding samples
 Hand mixer to prepare pudding
 Medium bowls, 2
 Liquid measuring cup, 1
 Pitcher
 Pencils
 Paper or note cards

Handouts to prepare:

Milk handout

Before the lesson:

No less than 3 hours prior to lesson, mix and chill 2 versions of pudding to be sampled, one using whole milk and one with low-fat milk. Make enough of each type of pudding for each participant to receive a 2 tablespoon sample. Label half of the 4-ounce cups A, the other half B. Divide the puddings into the cup, making sure you know which pudding is in the A and B cups. Store samples on a tray or in a cake pan in an ice chest or refrigerator until needed.

Foods needed:

Whole milk, 2 cups per pudding box
 Low-fat milk, 2 cups per pudding box
 Instant vanilla pudding, at least 2 boxes
 (2 tablespoon prepared for each person to sample)
 Ice for ice chest
 Pitcher of water

Activities during the lesson:

1. You need spoons and prepared pudding tasting cups labeled A and B (be sure you know what kind of milk is used in each).
 - Have participants try each sample. Have water available to sip between tasting of different pudding samples.
 - Discuss the differences between the samples, which they prefer and whether or not this is something they might try at home.



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