Title: “Got Milk?”

Target Audience: Junior High School Students (grades 6-8)

Duration: 30-45 minutes

Materials: Overhead, 8 oz. glass, 1 ½ oz cheese, worksheet with menu, chalk board with chalk.

General Objective: To display how important milk is in everyone’s diet, but especially for teenagers. Also, to show how easy it can be to have your Three-A-Day servings of milk, cheese, or yogurt.

Specific Outcomes: At the end of the lesson, participants will:
1.) Recognize that milk is an essential part of their diet, and realize that they aren’t getting enough everyday.
2.) Describe the function of calcium.
3.) List 3 milk products they like and would actually incorporate into their diet each day.

Activities: 1. Have students jot down milk products they actually consume on an average day, along with their estimated amounts of each (i.e. a glass of milk, 2 pieces of cheese).

Then, by a show of hands or through volunteering, the student’s can vocalize some of the food items they wrote down. Here, other suggestions/quick recipes can be offered. Either the
instructor or the students can even write these choices on the board.

2. Use an overhead to display some basic facts about the general importance of calcium and its function in relation to bone strength and the effects of having it in your diet versus not/not enough. This will coincide with the importance of having milk everyday.

3. Hand out a worksheet with a table already printed on it that is styled like a menu for 2 days. At the top of the page, it will also include a bank of milk products (in addition to the ones already on the board) along with some serving size amounts to assist their selection.

Through a quick demonstration with an actual 8 oz. glass and a 1 ½ oz. of cheese, the students will be able to visualize the actual correct serving sizes.

Then, the students can fill out the menu with the food choices they like and could imagine themselves eating in the future. They can use this worksheet as a reference to make sure they are keeping up with their three-a-day servings. It will also be useful for other milk suggestions along with the recommended servings they need. Finally, I’ll wrap up the lesson with some “Got Milk?” ads.

Conclusion:
I have expressed how important it is for everyone to drink milk, but teens need an extra serving of milk everyday. Therefore, the students should understand the functions of calcium and how it correlates with milk.

Participants will know they need three servings a day of milk, cheese, or yogurt.

Students should be eager to implement these new food choices into their diet.