

## LESSON PLAN

**TITLE:** Drink Low Fat Milk (January 2009)

**TARGET POPULATION:** WIC women and children over the age of 2 who are drinking whole or 2% milk

**OBJECTIVE:**

After completing this nutrition activity, participants will be able to:

- List what is different and what is the same between the different milk types
- Identify why it is important to drink low fat milk
- Identify that whole and 2% milk is higher in calories, fat, and cholesterol
- Determine how to switch your family to low fat milk

**METHOD:** Self Learning Module (Self Paced Module, Flipchart)/Bulletin Board/Walk by Display

**MATERIALS:** Drink Low Fat Milk self learning module  
Drink Low Fat Milk handout (make copies)  
Test your knowledge Pretest  
Test your knowledge Post-test

**TIME:** 5-10 minutes, self-paced

**OUTLINE OF CONTENT:**

1. Pretest
2. Why it is important for your family to drink low fat milk
3. Compare the different milk types on fat, cholesterol, and calories
4. Calcium, Protein, and Vitamin D are the same in all milk types
5. WIC will only provide whole milk for children between the ages of 1 and 2 and will routinely offer low fat and fat free to women and children over the age of 2 ( 2% milk may be offered to children over age 2 and women per CPA professional judgment)
6. Different ways you can get your family to switch to a low fat milk
7. Post test

**EVALUATION:** Participants will correctly answer three out of the four True/False questions. Additionally, they will be able to identify 1% or skim milk as the healthy choice of milk for children age two and older, as well as adults.