

## Teaching Children about the Food Groups: Milk and Milk Products

Milk and milk products are important sources of protein, calcium, and other nutrients for children. This Mealttime Memo focuses on how to teach children about milk and milk products.

- Milk and milk product are an important source of calcium and other minerals and vitamin D needed to help bones and teeth to grow and stay strong.
  - Milk and milk products are also important sources of protein needed for grown and good health.
  - Milk and milk products include:
    - Milk
    - Cheese
    - Yogurt
    - Cottage cheese
- Teach children to identify these and other food in the milk group.

### Activity: Cheese Tasting Party

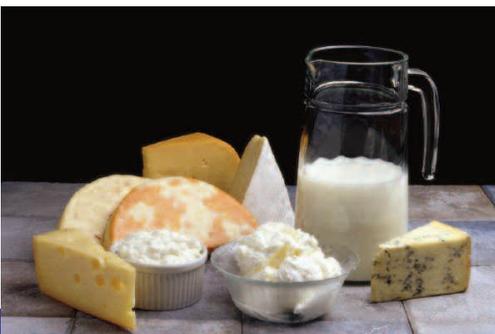
Children like cheese. Cheese on the child care menu is a good way to get more calcium into children's diets. In this activity, children will taste different kinds of cheese. They will identify the similarities and differences between the cheeses.

### Prepare for the activity.

1. Buy three or four kinds of cheese. Buy one cheese that is familiar to the children, such as American or mozzarella. Buy two or three kinds of cheese that may be new to children, such as Swiss, Colby, white cheddar, or Gouda.
2. Cut small slices of each cheese for children to tastes. Arrange cheese on a platter.

### Lead the activity.

1. Tell the children they will taste different kinds of cheese. Ask them to tell what kind of cheese they have eaten. Help children think about foods made with cheese, such as pizza, macaroni and cheese.
2. Show children the platter of cheese you prepared before class. Ask them to tell how the different cheeses look alike and how they look different (i.e., color, texture, firmness).
3. Allow children to taste the cheese. Ask them to tell how each tastes and which cheese is they liked best.



# Mealtime Memo FOR CHILD CARE

## Activity: Strawberry Banana Smoothie

In this activity, children will help make fruit smoothies for tasting. Smoothies are milk –based drinks that can also include fruits. Smoothies are a tasty way to get children to eat more milk foods and fruits. Increase the recipe if used as a part of the CACFP snack.

### Strawberry Banana Smoothie

#### Equipment and Supplies

- Blender
- Measuring cup
- Plastic serrated knife
- Small cups for tasting (one for each child)

#### Ingredients

- 3 cups milk   
- 2 ripe bananas  
- 15 fresh or frozen strawberries         

#### Directions

1. Peel the bananas and cut into slices.
2. Measure the milk and pour into the blender.
3. Add banana slices and strawberries to the blender.
4. Turn on the blender and mix until frothy.
5. Pour into tasting cups.
6. Enjoy!

Yield: 24 1-ounce tasting size servings



#### Prepare for the activity.

1. Gather equipment and ingredients.
2. Make a recipe poster by writing the recipe above on large paper to display for children.
3. Have children wash their hands. 

#### Lead the activity.

1. Ask the children where we get milk. Tell them that cows and goats on farms make milk. Milk comes on delivery trucks (or from the grocery store) to the child care center.
2. Ask the children to imagine that a truck with milk and a truck with strawberries and bananas on it get caught in a strong wind or tornado. The milk, strawberries, and bananas get all mixed together. Ask the children to imagine what the milk, strawberries, and bananas would look and taste like.
3. Introduce the activity. Tell children that they will be making a special drink with fruit and milk called a strawberry banana smoothie. Show the children the blender you will use to make the smoothies. Ask if they know what it is and how it is used.
4. Show the children the recipe poster you prepared.
5. Ask the children to describe the shape, color, and texture of each fruit before it is added to the milk.
6. Invite students to help prepare the smoothie.
7. Invite the children to taste the smoothie; taste it with them.

## Try a New Recipe

Serve this tasty Broccoli Cheese Soup at lunch, supper, or snack. Tell the children that it contains milk and cheese. Tell the children that melted cheddar cheese gives the soup a yellow color.

### Broccoli Cheese Soup H-05<sup>1</sup>

Chicken stock, non-MSG	1 qt ½ cup
Fresh carrots, ¼” chopped	3 cups
Fresh onions, chopped	1 ½ cups
OR	OR
Dehydrated onions	½ cup 2 Tbsp
Margarine or butter	2 oz
Enriched all-purpose flour	¾ cup 3 Tbsp
Lowfat 1% milk, hot	2 cups
Salt	¼ tsp
Ground black or white pepper	⅛ tsp
Hot pepper sauce	⅛ tsp
Reduced fat cheddar cheese, shredded	1 lb 3 oz
Frozen chopped broccoli	1 lb



In a heavy pot, bring chicken stock to a boil. Add carrots and onions. Boil until vegetables are tender, approximately 10 minutes. In a separate heavy pot, melt margarine or butter. Whisk in flour and cook for 2 minutes. Do not brown. Slowly add hot milk. Continue to whisk until smooth. Slowly add stock and vegetables. Add salt, pepper, and hot sauce. Whisk to blend. Simmer until thickened, about 10 minutes, whisking occasionally. Add cheese, whisking occasionally until cheese is melted. Add broccoli. Stir occasionally. Heat to 165 °F or higher for at least 15 seconds. Hold for hot service at 135 °F or higher. Portion with 4 oz ladle (½ cup).

Number of servings: 25

Serving size: ½ cup (4 oz ladle) provides ¾ oz cheese and ¼ cup of vegetable.

<sup>1</sup>USDA Recipes for Child Care. Available online at [www.nfsmi.org](http://www.nfsmi.org).

# Mealtime Memo FOR CHILD CARE

## Breakfast Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Applesauce Pancake A-05 <sup>1</sup> Banana slices Milk	Cut Biscuit Using Master Mix A-09B <sup>1</sup> with all-fruit spread Orange sections Milk	Baked French Toast Strips J-03 <sup>2</sup> Sliced fresh strawberries Milk	Oatmeal with raisins <sup>3</sup> Kiwi wedges Milk	Toasted oat cereal Mixed fruit Hard cooked egg Milk

## Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Patty D-04D <sup>1</sup> Green beans Peach halves Milk	Grilled chicken Green salad with shredded carrots and lowfat salad dressing Pears halves Mexican Style Cornbread Squares A-10 <sup>1</sup> Milk	Roasted turkey breast Potato Patty I-04 <sup>1</sup> Tomato Pasta Soup H-06 <sup>1</sup> Milk	Teriyaki Chicken D-12 <sup>1</sup> Steamed carrots Diced apricots Brown rice Milk	Pizza with Cheese Topping D-23A <sup>1</sup> Steamed broccoli Pineapple wedges Milk

## Snack Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Lowfat yogurt Graham crackers Water <sup>4</sup>	Cheddar cheese Apple slices Water <sup>4</sup>	Whole wheat bread with peanut butter <sup>5</sup> Water <sup>4</sup>	Peach Muffin Squares A-16A <sup>1</sup> Milk Water <sup>4</sup>	String cheese Grape halves Water <sup>4</sup>

<sup>1</sup>USDA Recipes for Child Care. Available online at [www.nfsmi.org](http://www.nfsmi.org).

<sup>2</sup>USDA Recipes for Schools. Available online at [www.nfsmi.org](http://www.nfsmi.org).

<sup>3</sup>Raisins may be a choking hazard for very young children.

<sup>4</sup>Water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.

<sup>5</sup>Sunflower butter can be substituted for peanut butter.

# *Mealtime Memo* FOR CHILD CARE



## Books about Milk and Milk Products

- *Milk to Ice Cream* by Inez Snyder
- *Baby Whales Drink Milk* by Barbara Juster Esbensen
- *Milk: From Cow to Carton* by Aliko
- *The Milk Makers* by Gail Gibbons

## Sources

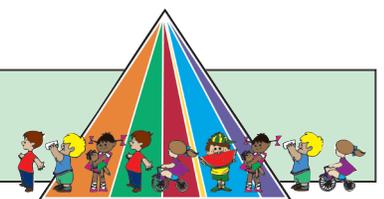
National Dairy Council. (2008, August). *Nutrition explorations: Chef Combo® milk blender special*.

Retrieved August 6, 2008, from <http://www.nutritionexplorations.org/index.asp>

National Food Service Management Institute. (2004). *More than mudpies: A nutrition curriculum guide for preschool children (4th ed)*. University, MS: Author.

U. S. Department of Agriculture, Food Nutrition Service, & National Food Service Management Institute. (2005). *USDA recipes for child care*. Retrieved January 11, 2008, from <http://www.nfsmi.org>

Subscribe to *Mealtime Memo for Child Care* online at [www.nfsmi.org](http://www.nfsmi.org) and receive the link to download the newsletter via e-mail each month!!



This project has been funded at least in part with Federal funds from the U. S. Department of Agriculture, Food and Nutrition Service through a grant agreement with The University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U. S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U. S. Government. The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA Employer.