



**AMERICAN
DAIRY
ASSOCIATION
INDIANA^{INC.™}**

**NUTRITION
TOOL KIT**

Nutrition Tool kit

In this kit you will find educational and interactive dairy-focused activities.

Feel free to modify to fit your specific display and the event you're hosting. ADAI offers **free** resources for educators, health care professionals, partners and the dairy community in Indiana. This includes educational handouts, fun activities and promotional giveaways. This toolkit provides links to free downloadable materials as well as posters and brochures you can request.

Click [here](#) to order materials.

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Hands-On Opportunities

Think your Drink: How much sugar is really in your drinks?

- Overview: Show consumers how much added sugar is in popular beverages.
- Materials
 - Sugar
 - Different Drinks
 - Recommend: milk, chocolate milk, juice, soda, sports drink, etc.
 - Choose as many as you want!
 - 2 Clear cups or jars for each drink
 - Scoop or measuring cups – recommend teaspoon size scoop
 - ADAI Suggested Resources
- Setup & Activity
 - Set your drinks of choice on the table and place an empty cup in front of them.
 - Prepare cups or jars with the correct amount of sugar for each drink displayed. Set aside so they can't be viewed by those playing the game.
 - To the side, have a bowl of sugar and scoops.
 - Ask consumers how much sugar they think is in each type of drink and have them pour the corresponding amount in each empty cup.
 - Once they are done, show them the real amounts in each product:

| DRINKS | TOTAL GRAMS OF SUGAR IN 8 OZ | TEASPOONS OF ADDED SUGAR |
|---------------------------------|---------------------------------------|-----------------------------|
| Milk | 12 | 0 |
| Reduced Sugar Chocolate Milk | 18 | 2 |
| Energy Drink | 27 | 6 |
| Sports Drink | 16 | 3+ |
| Cola | 39 | 4+ |
| Diet Cola | 0 | 0 |
| Orange Juice | 21 | 0 |
| Fruit Punch | 15 | 3+ |
| Sweet Iced Tea | 22 | 10 |
| Water | 0 | 0 |

- Explain that there are natural sugars (carbohydrates) that are found in foods, particularly fruits, vegetables, whole grains and dairy.
- Explain that some foods we choose may also have sugars added to them. These are known as “added sugars.” Examples of added sugars are white or brown sugar, honey and syrup.
- Explain why milk and chocolate milk are great choices because they are lower in sugar while still offering protein, and both contain 13 essential nutrients our bodies need, including vitamins and calcium.
- Hand out educational material relating the benefits of milk. Suggested orderings from ADAI:
 - [Think Your Drink \(Poster/Flyer\)](#)
 - [13 Essential Nutrient \(Flyer\)](#)
 - [Refuel With Chocolate Milk \(Flyer\)](#)
 - [What’s In Your Glass \(Flyer\)](#)
- Suggested set ups, make it your own!



How Many Servings of Dairy a Day - Carnival Game

- Overview: Knock over the milk bottles/cans with a ball to guess the daily dairy servings.
- Materials
 - Tennis balls or bean bags
 - At least 6 stackable targets (use empty cans or cups)
 - Purchase set: [Blank cans](#) or [Character Cans](#)
 - DIY: Collect empty food cans and remove the labels or cover them with your own decoration
 - Table or small counter
 - ADAI Suggested Resources
- Setup and Gameplay
 - Build varying towers with different number of bottles representing servings, examples are shown below.
 - Ex: Towers of 1, 2, 3, 6 or any numbers you choose
 - Ask participants how many servings of dairy you should consume a day and have them throw at the tower with the corresponding number.
 - If they miss or get it wrong, give them one more try.
 - Share with them why we need 3 servings of dairy each day
 - Ages 9 and up: 3 cups
 - Kids 2-8 years: 2-2.5 cups
 - Hand out prizes along with educational materials for participating. Suggested Orderings from ADAI:
 - [My Plate \(Flyer\)](#)
 - [Kids Need Calcium \(flyer\)](#)
 - [Got Snacks \(flyer\)](#)
 - Booth Setup Example
 - Tip - Decorate Cans or Cups to draw attention to your booth!



Very Dairy Ring Toss

- Overview: Have players toss a ring and land around a bottle's neck to get a fun question to answer.
- Materials
 - At least 6 bottles, cones, or pegs
 - Purchase: [Bottle & Ring Set](#) or [Cone & Ring Set](#)
 - DIY Video and Substitutions: [Video Instructions](#)
 - Bottles- collect empty pop or water bottles and remove the labels
 - 3 or more rings- diving ring toys, rope tied together, cardboard with duct tape around it to give it weight
 - Sheet of questions----> [Very Dairy Ring Toss Questions.docx](#)
 - ADAI Suggested Resources
 - Optional: a short box, crate, or tray to place the bottles on to keep it organized
- Set Up and Game Play
 - Number the bottles 1-6
 - Place the bottles in even rows
 - Hand the player the 3 rings and have them toss the rings at the bottles.
 - If they land a ring around the bottle, have them answer the corresponding question on the list.
 - If they don't make it, you can have them try again or have them answer the "No Ring-er" question. If there is a little kid, you can ask them the kiddie question.
 - If they get it right, congratulate them! If they answer the question wrong, no worries, take this chance to share the correct answer!
 - Hand out educational material relaying the benefits of Dairy. Suggested orderings from ADAI:
 - [Milk From Cow To You](#) (Flyer/Poster)
 - [13 Essential Nutrient](#) (Flyer)
- Booth Setup Examples



Dairy Sampling

- Overview: Offer different types of dairy foods to consumers to see which they like best!
- Materials
 - Sampling cups, small spoons or toothpicks, plastic gloves for handling food
 - Different Samples (Up to you to pick which ones!) Consider choosing only one food type (ie: Milk) and then provide samples of different varieties to make it simpler to judge what they like best. Example Dairy Food Types with some suggested sample varieties:
 - Milk - Regular, Strawberry, Vanilla, Chocolate OR Whole Milk, 2%, Fat Free, Lactose Free
 - Cheese - Sharp Cheddar, Mozzarella, Colby Jack, Ricotta
 - Cottage Cheese- Plain, Fruit Mixed in, Chives
 - Yogurt- Plain, Greek, Drinkable, Fruit flavors, etc.
 - Something new- Kefir or other innovative dairy product
 - Trash Can
 - ADAI Resources
- Setup
 - Pick your variety of dairy foods to sample.
 - Dish them into the cups and place them on the table.
 - Invite people to taste each flavor and pick which one they like best.
 - Optional- Have them vote on a whiteboard or poster which flavor they like best to add a little extra fun.
 - Optional- Have them guess the flavor!
 - Hand out educational material relaying the benefits of dairy. Suggested orderings from ADAI:
 - [13 Ways Milk Can Help Your Body \(Flyer\)](#)
 - [8 Ways Cheese Can Help Your Body \(Flyer\)](#)
 - [9 Ways Yogurt Can Help Your Body \(Flyer\)](#)
 - [Lactose Intolerance: How To Enjoy Dairy Foods With Confidence \(Flyer\)](#)

MyPlate: What 's In the Dairy Group?

- Overview: Circle foods that belong in the Dairy section of MyPlate
- Materials
 - Dry erase marker
 - Table, posterboard or wall to place poster on
 - Tape for securing poster
 - ADAI Suggested Resources
- Setup and Gameplay
 - Secure poster to wall, posterboard or table
 - Ask participants to circle (using dry erase marker) all foods on the poster that are in the dairy section of MyPlate. Place an "X" on those that are not.
 - Use the answer sheet to determine if they have answered correctly, sharing with them some fun facts listed. If they get it wrong, give them one more try.
 - Share with them why we need 3 servings of dairy each day
 - Ages 9 and up: 3 cups
 - Kids 2-8 years: 2-2.5 cups
 - Hand out prizes along with educational materials for participating. Suggested resorces

from ADAI:

- MyPlate Dairy game (Poster) with Answer Key
- [My Plate \(Flyer\)](#)
- [Got Snacks \(flyer\)](#)



Lactose Detective

- Overview: Estimate the amount of lactose per serving in common dairy products. Discuss how dairy can be incorporated into a balanced diet for someone with lactose intolerance.
- Materials:
 - Velcro, tape, or magnets depending on how you plan to attach their dairy product to the scale.
 - Vertical Scale (Feel free to make it your own or use the one from the handout and cover the answers.)
 - Lactose-Free Milk (optional)
 - Small 4oz sample cups (optional)
 - ADAI Suggested Resources
 - [Lactose Intolerance: How to Enjoy Dairy Foods with Confidence](#)
 - [What Is Lactose Intolerance](#)
 - [Lactose Detective Dairy Product Printout](#)
 - [Start Simple with MyPlate](#)
 - Optional Video: [What is Lactose Intolerance YouTube Video by MidWest Dairy](#)

Set Up and Game Play:

Part 1:

- Print and cut out dairy products on [Lactose Intolerance Dairy Products Printout](#). If additional dairy products are needed, print duplicates.
- Attach Velcro or magnets to the back of dairy products if applicable.

- Assign each participant with a dairy product from the Lactose Intolerance Dairy Products Printout
- Have the participant guess where each dairy product belongs on the scale according to how much lactose there is per serving. Have each participant stick their dairy product on the scale.
- Make corrections to the scale once everyone has placed their item. This can lead into the next discussion of how to incorporate these into a lactose intolerant diet.

Part 2:

- Place these tips below on your projector screen or have the handout accessible for participants to see.
- Have participants decide which one of these tips would be most applicable for their dairy product.
- Have participants give an example of an item in another food group that they could pair with their dairy product.
- Use [MyPlate Handout](#) to potentially pair with another food group.
 - **Tips:**
 - **Try It:** Opt for lactose-free milk and milk products. They are real milk products, just without lactose. They taste great and contain the same nutrients as regular dairy foods.
 - **Sip It:** Start with a small amount of milk daily and increase slowly over several days or weeks to tolerance.
 - **Stir It:** Mix milk with other foods, such as soups and cereal; blend with fruit or drink milk with meals. Solid foods help slow digestion and allow the body more time to digest lactose.
 - **Slice It:** Choose natural cheeses such as Cheddar and Swiss.
 - **Shred It:** Top foods with cheese.
 - **Spoon It:** Enjoy yogurt. Its live and active cultures help digest lactose.

Part 3: (optional)

- Taste test lactose free milk for participants to try.

Questions (with answers) to Ask Before and After game:

What is dairy and why is it important? – Examples of dairy foods are milk, yogurt, and cheese. An 8oz serving of milk provides 13 essential nutrients, making it one of the most nutrient dense foods. Milk is an excellent source of calcium and protein. In just 8 oz of milk there are 8 grams of protein and 300 milligrams of calcium. It can be difficult to obtain enough calcium without consuming milk.

How much dairy should you consume each day? - Children 9-13 years old need at least 3 servings

Can people with lactose intolerance consume dairy? – Yes

What is lactose/ lactose intolerance? - Lactose intolerance (LI) refers to the body's inability to digest lactose, the natural sugar found in milk and other dairy products. Lactose intolerance differs from a milk allergy, in which people suffer an immune reaction to milk protein.

What are ways people with lactose intolerance can enjoy dairy products? – Many people with lactose intolerance can still tolerate small amounts of dairy. Aged, natural cheeses and yogurt are naturally low in lactose and can be great nutrient-rich dairy options in addition to lactose-free products.

Lactose Amounts in Dairy Products Printout-for Reference:

Evaporated milk (2 Tbsp 3 to 4g) – googled to find serving size and then lactose amount

Sweetened condensed milk (2 Tbsp) 4 to 6 g

Cream cheese (1 oz) 0.1 to 0.8 – USDA

Queso Fresco (2 Tbsp) <1g – USDA

Parmesan (1.5 oz) <1g

Cojita Cheese (1.5 oz) <1g

Swiss (1.5 oz) < 1g

Mozzarella (1.5 oz) <1g

Cheddar (1.5 oz) <1g

Pudding (3.5 oz) 1.67g

Dairy Relay Race

- Overview: Students will race to create a balanced snack or meal, combining a non-dairy food item with a dairy food item. First team to complete a set of complete meals or snacks, wins!
- Materials:
 - [Food Cutouts.pdf](#), could also cut out images from magazines
 - Paper Plates
 - Tape
 - ADAI suggested resources to handout
 - [Start Simple With My Plate \(Flyer\)](#)
 - [Breakfast Matters \(Flyer\)](#)
 - [Got Snacks \(Flyer\)](#)
 - [What's For Dinner \(Flyer\)](#)
- Set up and Play:
 - Set up a table with cut out pictures of various foods and dairy items.
 - Split students into two teams.
 - One at a time, students run to the table, select a non-dairy snack, and “add” a dairy product (by placing the cut outs of the food items on the paper plates) to create a balanced snack or meal (e.g., add cheese to a sandwich).
 - First team with every member to complete a set of balanced snacks wins.
 - Reward winning team with a dairy product like yogurt or cheese sticks!

Dairy Education

Display these posters, flyers, or videos at your booth to share information about nutrition, cows, milk production, sustainability, etc. Combining these topics with relevant interactive activities like those above are sure to draw a crowd and help spread the importance of dairy.

1. Not All Milks Are Created Equal Theme

Suggested Ordering from ADAI:

- Not All Milks Are Created Equal (Poster)
- Not All Milks Are Created Equal (Brochure)

2. Winners Drink Milk Theme

Suggested Ordering from ADAI:

- Winners Drink Milk (Poster)
- Why Winners Drink Milk (Flyer)

3. Dairy Myths and Facts Theme

Milk From Cow To You Poster

Simple Game

- Print out the list of dairy myths and facts from our sheet and cut the statement into strips. Click below to access:
 - [Dairy Myths and Facts.docx](#)
- Place them in bowl and have people draw one.
- Ask them if it is a dairy fact or a myth.
- After the answer is given, either explain why that is the correct answer or provide them with the correct answer.

Suggested Ordering from ADAI:

- Milk From Cow To You (Flyer)
- Dairy Foods From Farm To Fridge (brochure)
- [Download- Milk Safety Brochure- Michigan Milk](#)

4. Dairy in Sports Nutrition Theme

Suggested Ordering from ADAI:

- Winners Drink Milk (Poster)
- Refuel with Chocolate Milk (Flyer)

Videos to play on a laptop or TV

- Short Clip: [Refuel With Chocolate Milk](#)
- Short Workout Videos: [Colts Workout Series](#)

5. Milk From Cow To You Theme

Suggested Ordering from ADAI:

- Milk From Cow To You (Poster)
- Milk From Cow To You (Flyer)

Videos to play on a laptop or TV

- [Milk From Cow To You Series](#)
- [Milk From Cow To You Series- Spanish](#)

6. Additional Videos playing on a laptop or TV

- [Quick Cooking Demos](#)
- Virtual [Farm Tour Playlist- Choose Your Favorite!](#)
- [Sustainable Farm Series](#)