

## Week 4: Milk

### Skim Milk Pudding Parfait



**Purpose** To increase children's knowledge of and confidence to try new dairy foods.

**Goals** By the end of this lesson, students will be able to:

1. List the characteristics of and benefits of drinking milk.
2. Make a dairy snack.
3. Students will be able to state the catchphrase of the day to share with family and friends.

***This lesson will be evaluated by student responses to "Milk is vitamin D-licious!"***

**Ingredients** 10 cups cold, skim milk  
 (For 20 students=4 groups of 5 students & plus 1 demo) 5 - 3.4-ounce package instant vanilla pudding mix  
 25 whole grain graham cracker sheets, crushed  
 12 cups assorted berries (such as strawberries, blueberries and raspberries)

**Materials** **For Chef Prep**

- 1 cutting board
- 1 chef's knife
- 1 portion scoop (=1/4 cup)
- 2-3 bus tubs for dirty dishes
- foodservice gloves
- marker
- food processor or blender
- tablespoon measure

**For Kids' Cooking Demo**

- 25 plastic cocktail cups (1 per student plus demo)
- 25 plastic spoons
- 15 prep bowls w/lids (5 per group of 5 plus demo)
- 5 salad tongs (1 per group plus demo)
- napkins or paper towels
- sanitary wipes
- student handouts and crayons
- 5 mixing bowls (1 per group plus demo)
- 5 whisks (1 per group plus demo)

**Assembly** **Ahead of time: Chef Prep**

Crush graham cracker sheets. Wash and dry berries. Set aside package of pudding. Using a ¼ cup portion scoop, measure 8 scoops (2 cups) skim milk into 5 prep bowls each; 3 scoops crushed graham crackers into 5 prep bowls each; and 8 scoops of berries (2 cups) into 5 prep bowls each. Cover all of the bowls with lids and label. You can pack these in the bus tubs if needed. Refrigerate or pack in coolers with ice until demonstration time.

#### **During Kids' Cooking Demo**

**Set up (before kids arrive):** Each station (1 for you, and 4 groups of 5 students each) needs: 5 plastic cocktail cups, 5 spoons; 1 pair of salad tongs, 1 package of pudding and each one of the 3 different prep bowls (1 with milk, 1 with graham crackers and 1 with berries). Each student gets a handout. Put crayons in the middle of the table and give each student a napkin or paper towel.

**Demo:** Put milk in the mixing bowl. Sprinkle the pudding mix over the milk and whisk until thick (about 2-3 minutes of whisking). To make the parfaits, using the spoon and tongs provided, layer graham cracker sheets in the bottom of the clear cups, top each one with 3 spoonfuls of pudding, then top each one with 3 or 4 spoonfuls of berries. Repeat the layering process again, topping the berries with more graham crackers, then with 3 spoonfuls of pudding, then top each one with 3 or 4 spoonfuls of berries.



Nutrition Education: Dairy

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### Nutrition Lesson Script

**Estimated Time** 15 minutes

**Lesson** *Facilitators will introduce themselves and introduce the topic.*

**(2 min)** *Set ground rules:*

1. Everyone stays in their groups and in their seats until asked to move.
2. No talking while facilitator is talking.
3. Everyone have fun!

Discuss the following information with the students:

1. Milk is a good source of vitamin D.
2. Inform students that there are low-fat options.
3. So why drink milk?

***Because milk is a good source of vitamin D, which helps keep our bones strong.***

4. Say catchphrase.

***"Milk is vitamin D-licious!"***

**(7 min)** *Demonstration and Hands-on Culinary Activity*

1. Make sure students watch the demo before they do it themselves.
2. Choose a student from the group as the "helper" to assist in the culinary activity.
3. Read the instructions step by step and have the "helper" demonstrate the culinary activity. Assist helper with mixing as needed.
4. Once demo is over, instruct the students to work in their groups to recreate the demonstrated activity. Volunteers should help where needed.

**(4 min)** *Coloring Activity (Do this while students are eating their dip cups.)*

1. Hold up coloring activity.
2. Ask children to write the catchphrase in the bubble.
3. Color the cow and trace the vitamin "D" which comes from the sun.
4. Remind students to throw away trash, recycle disposables when possible, and put dirty dishes into the bus tubs.

**(2 min)** *Review the following information with the students:*

1. Milk is a good source of vitamin D.
2. So why drink milk?

***Because milk is a good source of vitamin D, which helps keep our bones strong.***

3. Say catchphrase.

***"Milk is vitamin D-licious!"***