

Senior Lesson Plan 1

Dairy in my Diet

Objective

To develop pupils' understanding of dairy products as one of the main food groups and as part of a healthy, balanced diet.

Duration: **30 minutes** (approximately).

Curricular Links



SPHE:

Myself ⇨ Taking care of my body ⇨ Food and nutrition

Words of the Day

Dairy – Milk and products made from milk, such as cheese and yogurt.

Nutrients – Substances we get from our food which help keep our bodies working healthily e.g. protein, vitamins, minerals.

Food Pyramid – A pyramid shaped display where foods containing the same type of nutrients are grouped together on the same shelf.

Balanced Diet – Consumption of food groups in the recommended servings.



Classroom Discussion

Display the Department of Health's Food Pyramid and indicate the 'milk, yogurt and cheese' shelf. Ask pupils to name some foods from this shelf. Then, using the poster, discuss the following ideas about the shelf and record discussion points on the board.

<https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/food-pyramid-images/food-pyramid-simple-version.pdf>

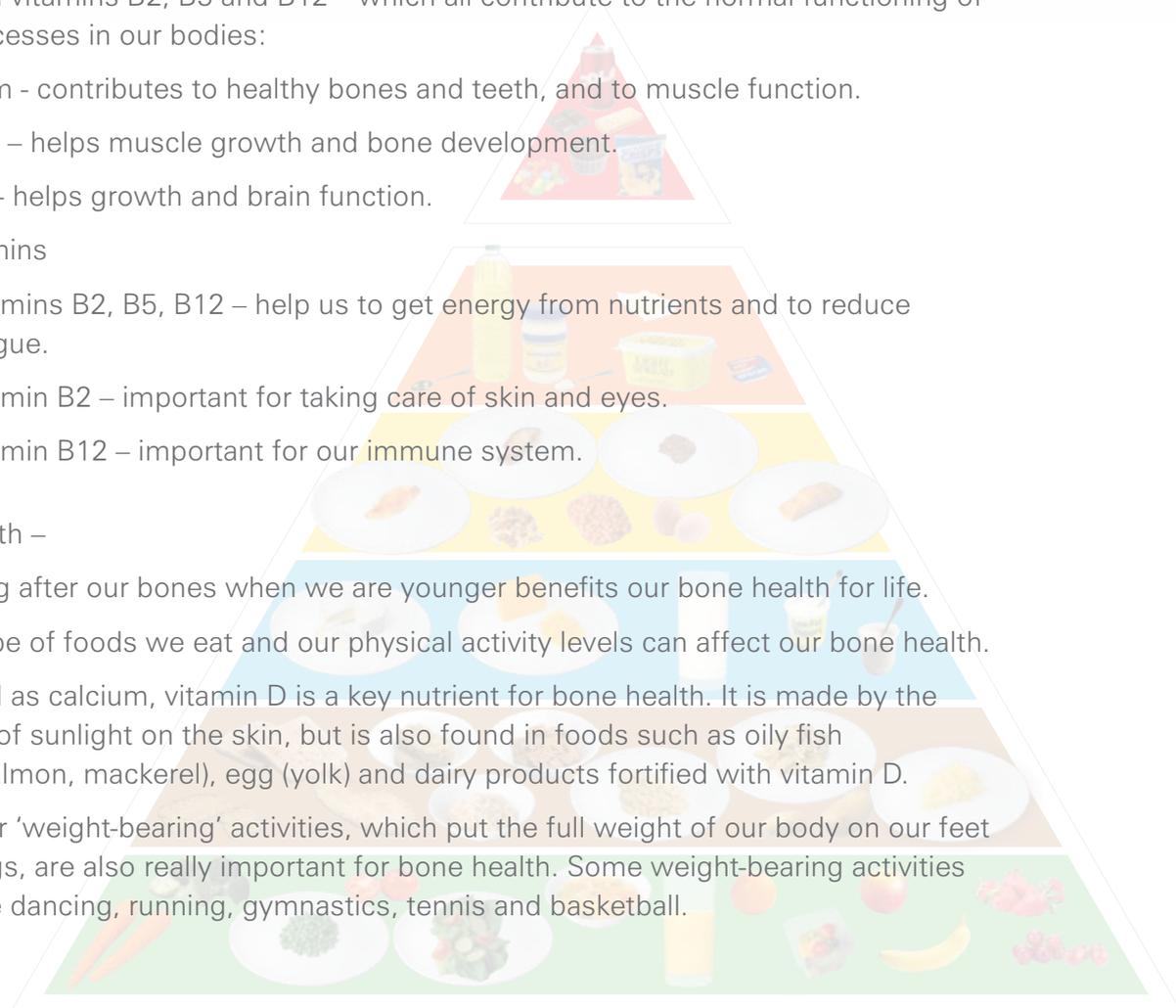
□ Recommended servings – 5 servings per day are recommended between the ages of 9-18 years from the 'milk, yogurt and cheese' food group (3 servings are recommended for all other age groups). An example of one serving includes 200ml of milk, 125g of yogurt or 25g of cheese. Reduced-fat and low-fat varieties are recommended.

□ Milk, yogurt and cheese are important as part of a healthy, balanced diet – they are all excellent sources of calcium, as well as providing other important nutrients like protein, iodine and vitamins B2, B5 and B12 – which all contribute to the normal functioning of many processes in our bodies:

- Calcium - contributes to healthy bones and teeth, and to muscle function.
- Protein – helps muscle growth and bone development.
- Iodine - helps growth and brain function.
- B Vitamins
 - Vitamins B2, B5, B12 – help us to get energy from nutrients and to reduce fatigue.
 - Vitamin B2 – important for taking care of skin and eyes.
 - Vitamin B12 – important for our immune system.

□ Bone health –

- Looking after our bones when we are younger benefits our bone health for life.
- The type of foods we eat and our physical activity levels can affect our bone health.
- As well as calcium, vitamin D is a key nutrient for bone health. It is made by the action of sunlight on the skin, but is also found in foods such as oily fish (e.g. salmon, mackerel), egg (yolk) and dairy products fortified with vitamin D.
- Regular 'weight-bearing' activities, which put the full weight of our body on our feet and legs, are also really important for bone health. Some weight-bearing activities include dancing, running, gymnastics, tennis and basketball.



Pair Activity

Ask pupils to chat in pairs about their favourite foods from the 'milk, yogurt and cheese' group. Ask them to discuss how they include them in their diet throughout the day, for example:

- Starting the day with a bowl of warm porridge made with milk.
- Drinking a carton or bottle of School Milk each day.
- Including cheese cubes with chopped apple for small break.
- Including natural yogurt served with chopped berries as part of school lunch.
- Having milk in soups or sauces at dinner time.
- Making a snack of melted cheese on wholegrain toast.
- Including milk in scrambled egg or omelettes for dinner.
- Having a cup of warm milk before bed.



Personal Activity

Photocopy the '5 A Day the Dairy Way' Activity Sheet. Ask pupils to think of new ways they can incorporate the 'milk, yogurt and cheese' food group into their diets, recording their ideas on the activity sheet.

Extension Activities

- 1 Ask pupils to design a poster in groups with their 10 Top Tips for enjoying dairy. Display around the classroom or school.
- 2 Carry out a school survey of favourite foods from the 'milk, yogurt and cheese' food group. Which is the most popular food?

Bring it Home

Encourage your pupils to take home the message of the importance of dairy as part of a balanced diet. As a homework activity, you can ask your pupils to:

- 1 List the milk, yogurt and cheese products in their fridge.
- 2 Ask an adult to help them design and prepare a meal for their family using the 'milk, yogurt and cheese' food group.
- 3 Conduct a family survey – has their family been getting their recommended servings from the 'milk, yogurt and cheese' food group every day? What are their family's favourite kinds of dairy food – milk, yogurt or cheese? What is their favourite dairy recipe?

