

Infant 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 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 foods made from milk, such as cheese and yogurt.

Food Pyramid – A pyramid which helps us to know which types of food belong together. The Food Pyramid has shelves with the same types of food placed together on a shelf.

Balanced Diet – Eating the correct amount of food and different types of food.



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 Food Pyramid poster, discuss the following ideas about the shelf and record discussion points on the board.

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

- Recommended servings - it is recommended to have 3 servings from the 'milk, yogurt and cheese' food group each day. 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 other important things we need to keep our body working, like vitamins and minerals. We need calcium (a mineral) to keep our bones and teeth healthy.
- Bone health -
 - The type of foods we eat and our physical activity levels can affect our bones.
 - It is important to look after our bones when we are young as they are growing very quickly.
 - Vitamin D is important for looking after our bone health. We can get vitamin D from oily fish such as salmon, egg yolk, vitamin D fortified dairy and sunshine.
 - It is also important to do regular physical activities which put the weight of our body on our feet and legs. Activities like dancing, running, gymnastics and tennis are good activities for our bone health.



Group Activity

Ask pupils to chat in groups about their favourite foods from the 'milk, yogurt and cheese' group. Then ask them, as a group, to draw how they include dairy 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

Ask pupils to think of new ways they can incorporate the 'milk, yogurt and cheese' food group into their diets, drawing/writing their ideas on the activity sheet.

Extension Activities

- 1 Ask pupils to design a poster with their 5 Top Tips for enjoying dairy. Display around the classroom.
- 2 Carry out a survey as a class to find out favourite foods from the 'milk, yogurt and cheese' food group, for example, which is the most popular food? How many pupils like milk/cheese/yogurt?
- 3 Using newspapers and magazines, cut out examples of different types of food that make up the dairy shelf of the Food Pyramid to create a dairy shelf poster.

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 Draw / list the milk, yogurt and cheese products in their fridge.
- 2 Ask an adult to help make a healthy snack for lunch, using food from the dairy shelf of the Food Pyramid.

