

Low-Fat Dairy Spoon Experiment

Children/Adults/Seniors 2013

- **Who is this for?**
 - All children, adults and seniors.
- **Why is this a good idea?**
 - Drinking low fat dairy products are important for bone health.
- **Items Needed:**
 - 4 different milks:
 - Whole Milk
 - 2 Percent Milk
 - 1 Percent Milk
 - Fat Free Milk
 - 4 Plastic cups
 - 4 Spoons
- **Objective:**
 - To show participants the effects of saturated fats found in each milk and to note the difference. Learn about how saturated fats can affect your body.
- **Instructions:**
 - Prepare all four milk samples in a different cup. Place spoons in each cup and let them sit for two minutes. Then pull out the whole milk spoon and show participants how the fat sticks to the spoons and this is what it does in your bodies. Repeat steps with 2 percent, 1 percent and fat free milk. Note the difference on how both 1 percent and fat free milk does not stick the spoon.
- **Nutrition Lesson Plan:**
 - **Kids:** Fat-free and low-fat (1%) milk, yogurt, and cheese are all dairy foods. These foods have calcium which helps make both your bones and teeth stronger! Some good ideas to make are grilled cheese, adding fruit into your yogurt, making a smoothie and cheese and crackers.
 - **Adults:** Switch to fat-free or low-fat (1%) dairy foods to help maintain healthy blood pressure, manage weight, and maintain better bones. Try fat-free or low-fat (1%) dairy foods for all of the vitamins and minerals without all the fat.
 - **Seniors:** Your health has always been important to you and you are focused on it now more than ever. It's time to choose foods wisely and take care of yourself. Be a healthy you, switch to fat-free or low-fat (1%) dairy foods.



Champions for Change

Arizona Nutrition Network

www.eatwellbewell.org

