

GN-000-29, CCNE: Make the Switch to 1% or Fat Free Milk

Client-centered nutrition education uses methods like group discussions and hands-on activities to engage participants in learning. This outline starts with a **Snapshot of the Session**, and then includes two parts:

Part 1: Planning the Nutrition Education Session - The first section prompts the nutrition educator to think about the learning objectives, materials, and preparation necessary to carry out the session.

Part 2: Session Outline - The second section outlines the key parts of the session. The nutrition educator uses this outline to lead the session.

Snapshot of Group Session:

CCNE Lesson title: Make the Switch to 1% or Fat Free Milk

Developed by: State WIC NE Staff

Date Developed: 07/2014

Approved by: Texas State WIC Office

NE Code: GN-000-29

Class Description: This class uses group discussion and emotion-based visual aids to teach participants about the health benefits of switching to 1% and fat free milk.

Target Audience: Adults, parents/guardians of children, children

Type of Learning Activities: Group discussion, emotion-based visual aids

Part 1: Planning the Nutrition Education Session

Lesson: GN-000-29, CCNE: Make the Switch to 1% or Fat Free Milk

Item	Notes for Planning the Session
<p>Learning Objective(s) – <i>What will the clients gain from the class?</i></p>	<p>By the end of the session, participants will:</p> <ul style="list-style-type: none"> • Recall the type of milk WIC provides for women and children 24 months of age and older. • List two health benefits of switching to 1% or fat free milk. • Identify one tip to try at home to help family transition to 1% or fat free milk.
<p>Key Content Points – <i>What key information do the learners need to know to achieve the learning objective(s)? Aim for three main points.</i></p>	<ol style="list-style-type: none"> 1. Because of the many nutritional and health benefits of drinking low-fat milk, WIC provides 1% or fat free milk to women and children 24 months of age and older. 2. There are many benefits to switching to 1% or fat free milk. 1% and fat free milk contain less fat and calories while providing the same vitamins, minerals, and protein as 2% and whole milk. Reducing fat and calories helps to reduce the risk of becoming overweight or obese. Lowering saturated fat and cholesterol helps reduce the risk of heart disease and stroke. 3. The Nutrition Facts label is one tool that can be used to select the healthiest milk for your family. The healthiest milk choice will have 0 to 2.5g (grams) of total fat per serving.
<p>Materials – <i>List what you will need for the session (i.e. visual aids, handouts, supplies). Attach supplemental materials.</i></p>	<ul style="list-style-type: none"> • Handout: Stock #13-06-14209, Love Her. Protect Her. Nourish Her, from Pam McCarthy / Massachusetts WIC (Spanish – Stock #13-06-14209A) , one per family to keep. • Clean, empty milk cartons with intact nutrition facts label, one of each type of milk: whole, 2%, 1%, and fat free. • Pens or pencils, one per family.
<p>Resources – <i>Review current WIC resources or other reliable resources like WIC Works.</i></p>	<p>USDA's MyPlate, <i>Dairy</i>, available at http://www.choosemyplate.gov/food-groups/dairy.html</p>
<p>Class Flow & Set Up – <i>Consider the flow of the session & room set-up. Note any extra preparation that may be needed.</i></p>	<p>Arrange chairs in a circle or semi-circle. Leave room for baby carriers and strollers. Set up a whiteboard or flip-chart for use with group activities and to record key points during session.</p>

Part 2: Session Outline

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Item	Notes for Conducting the Session
<p>Introduction: Create a respectful and accepting learning environment by welcoming participants, introducing yourself, reviewing agenda, exploring ground rules, making announcements, etc.</p>	<p>“Welcome, thank you for being here today. My name is _____. Today’s class is about the health benefits of switching to 1% or fat free milk, including suggestions for making the switch easy for the whole family.</p> <p>This is a discussion style class. Feel free to ask questions and share ideas. Please keep comments positive, as we are here to learn and share from each other.”</p>
<p>Icebreaker: Anchor the topic to the participants’ lives. Use a question or activity likely to bring out positive but brief comments; Can be done as a group or partners.</p>	<p>Ask participants to share their name and then answer <u>one</u> of the following questions:</p> <p>What type of milk did you grow up drinking?</p> <p>What type of milk does your family drink now?</p> <p>What are the reasons why you and your family drink the type of milk you currently drink?</p>
<p>Activities: For each learning activity, list instructions and include three to five open-ended discussion questions. Keep in mind that activities should enable participants to meet the learning objectives.</p>	<p>DISCUSSION: ask open-ended discussion questions to encourage parents to share their knowledge and experiences about what makes drinking 1% or fat free milk a smart choice.</p> <p>Activity: Love Her. Protect Her. Nourish Her photograph activity.</p> <ol style="list-style-type: none"> 1. Pass out copies of the Pam McCarthy photograph handout “Love Her. Protect Her. Nourish Her.” 2. Ask if anyone would like to read the text on the front side only. If no one volunteers, the instructor should read the text. <p>Can somebody tell me what you think of or how you feel when you see this picture?</p>

Item	Notes for Conducting the Session
	<p>What are some things you do to help keep your family healthy?</p> <p>[Provide healthy meals and snacks at regular times, limit eating out, offer water throughout the day, offer low-fat milk, plan meals ahead of time, promote family mealtimes, let child/ren select fruit/vegetables at the grocery store, let child/ren help in the kitchen, plan fun exercise activities for the whole family, read a book or play a game as a reward instead of offering sweet treats, limit screen time, model healthy behaviors, etc]</p> <p>Activity: reading the nutrition facts label activity.</p> <p>1. Pass out the milk cartons, refer to the nutrition facts label for the following question:</p> <p>Is all cow's milks created equally? If there are differences, can you name the differences? What are the similarities?</p> <p>[Some people think 1% and fat free milks taste much different than 2% or whole milk. In taste tests, WIC moms do not notice a difference between low-fat and whole milk.</p> <p>The nutrition facts label is a tool that can be used to help select the healthiest milk for your family. The healthiest milk choice will have 0 to 2.5g (grams) of total fat and 85-100 calories per 8 oz serving. Now look at the nutrition facts label on each of the milk cartons in front of you and find which milks have 0 to 2.5 grams of total fat and 85-100 calories in 8 ounces.</p> <p>Sometimes whole milk is called vitamin D milk, but don't let that confuse you. Vitamin D is found in <u>all</u> milk. Refer to the milk cartons and compare the amount of vitamin D in each type of milk. When you buy milk at the store, use the nutrition facts label as your guide.</p> <p>1% and fat free milk provides the same great taste, vitamins, minerals, and protein as all types of cow milk with less fat and calories.]</p>

Item	Notes for Conducting the Session
	<p>As part of a healthy food package, WIC provides 1% and fat free milk for adults and children 24 months and older. What are some of the health benefits you can expect when making the switch to 1% or fat free milk?</p> <p>[Adults and children 24 months and older do not need the extra fat and calories from 2% or whole milk. Most of the fat found in milk is called saturated fat, which is the type of fat we want to limit in our diet. Too much saturated fat can raise blood cholesterol and clog arteries and over time, this leads to heart disease and stroke.</p> <p>Reducing fat and calories helps to reduce the risk of becoming overweight or obese. Some people think switching from whole or 2% milk to 1% or fat free milk doesn't make a difference, but people who drink 2 cups of low-fat milk a day instead of whole milk will cut almost 10 pounds of fat from their diet in 1 year!</p> <p>Choosing 1% or fat free milk is one simple habit that can help your family live long and strong.]</p> <p>What are some ways you can make the switch to 1% or fat free milk over the next two weeks?</p> <p>[Over the next 1-2 weeks, mix together your usual milk with 1% or fat free milk, slowly increasing the amount of low-fat milk while decreasing the amount of the higher-fat milk. You'll be drinking fat free milk in no time at all! If you're not convinced yet, try your own blindfolded taste test at home with the whole family. Make it a game to see who can guess each type of milk correctly.]</p>
<p>Review and Evaluations: <i>Invite participants to summarize the key points and share how they will use what they learned in the future. List a question/activity to prompt this. List any community or other resources for clients.</i></p>	<p>What are two health benefits to making the switch to 1% or fat free milk?</p> <p>Write in or circle one tip on the back side of your handout that you plan to try at home this week to help your family switch to 1% or fat free milk.</p> <p>Client New Lesson Evaluation Surveys:</p> <ul style="list-style-type: none"> • Please collect surveys only during the evaluation period. • Evaluation period: October 2014 – March 2015 • During the evaluation period, please collect at least 30 new lesson evaluations from clients.

Item	Notes for Conducting the Session
<p>Personal Review of Session (afterward): Take a few moments to evaluate the class. What will you change?</p>	<p>What went well?</p> <p>What did not go as well?</p> <p>What will you do the same way the next time you give this class?</p> <p>After teaching this lesson a few times, please complete the Staff Online Lesson Evaluation Survey at http://www.surveymonkey.com/s/CSBZ28K</p> <p>The staff evaluation survey for this lesson will be available for 6 months after the release of the lesson.</p>
<p>Supplemental Information – Describe any attachments and include any other needed information.</p>	