5 **Dairy**

Time Taken:
20 Minutes

Objectives

Participants will learn more about Dairy products in their diet.

What will we learn?

Benefits **2**

3 Which to Choose

1 What are Dairy Products?
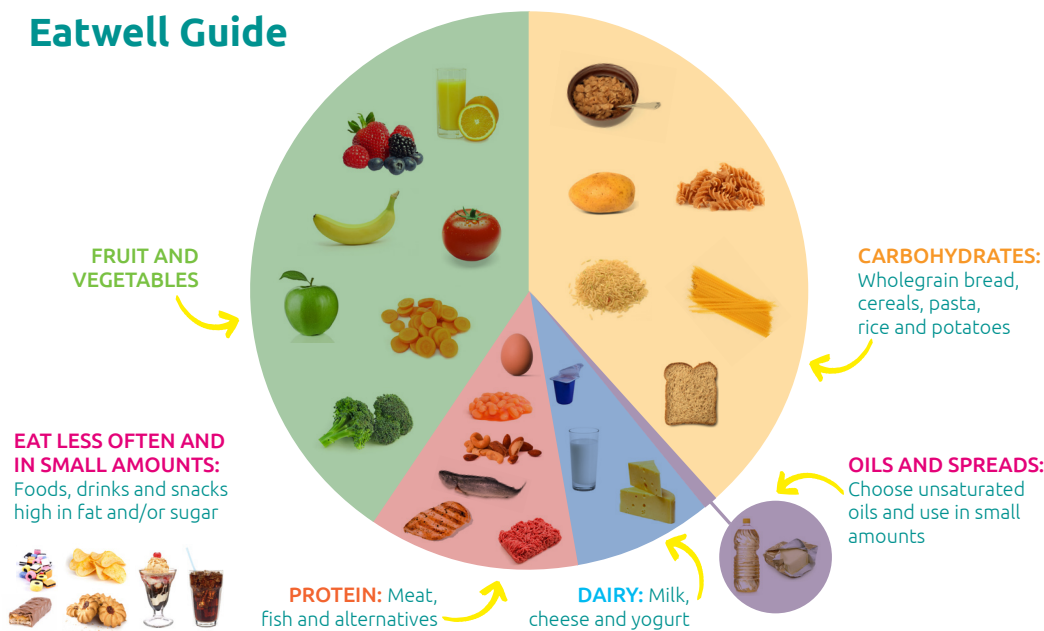
4 Portion Size

5 Task Time
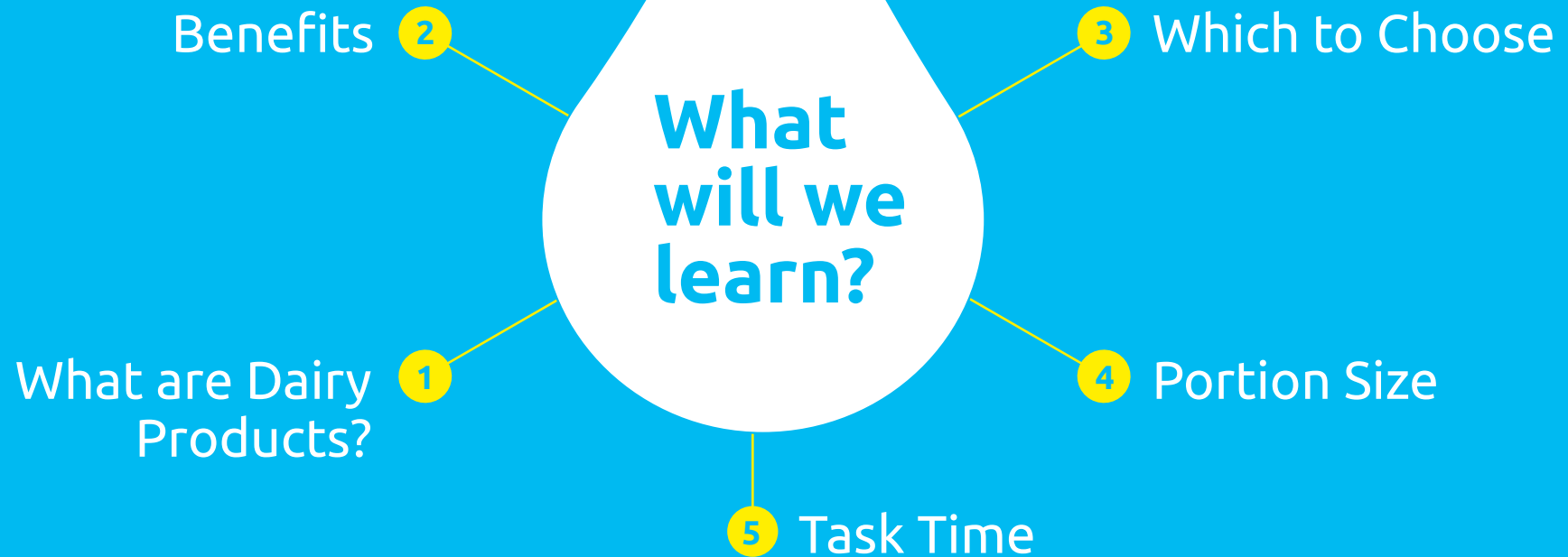
Step 1

What are Dairy Products?

○ Inform participants that today's topic will be dairy products.

○ Use the food pyramid/Eatwell Guide poster to point out the dairy section.

○ Ask participants to name the different types of dairy products that are in the pictures.

Eatwell Guide

FRUIT AND VEGETABLES

EAT LESS OFTEN AND IN SMALL AMOUNTS: Foods, drinks and snacks high in fat and/or sugar

PROTEIN: Meat, fish and alternatives

DAIRY: Milk, cheese and yogurt

OILS AND SPREADS: Choose unsaturated oils and use in small amounts

CARBOHYDRATES: Wholegrain bread, cereals, pasta, rice and potatoes

Food Pyramid

FEW

FOODS HIGH IN FAT, SUGAR & SALT: Foods, drinks and snacks high in fat and/or sugar

RECOMMENDED DAILY PORTIONS:

2-3

PROTEIN: Meat, fish and alternatives

2-3

DAIRY: Milk, cheese and yogurt

3-5

CARBOHYDRATES: Wholegrain bread, cereals, pasta, rice and potatoes

5-7

FRUIT AND VEGETABLES

Step 2

Benefits

Dairy products contain calcium which our body needs to keep our bones and teeth healthy and strong.

Step 3

Which to Choose

When choosing dairy products it is recommended to choose a low fat option. These have the same amount of calcium as full fat versions. Go for low fat cheese, milk and yogurts.

Step 4

Portion Size

Use the food pyramid/Eatwell Guide poster as a support. Ask participants can they remember how many portions of dairy foods we should have every day?

Answer – 2-3 portions (5 for teenagers for growing bones).

Portion Size

Explain to participant that we are going to talk about portion size.

Portion size for dairy:

Milk = 1 small glass (200mls).

Cheese = 1 matchbox sized piece (1oz/25g).

Yogurt = 1 pot (125g).

How can we fit it in?

Ask participants to think of how we can eat 2-3 (or 5 for teenagers) portions of dairy products every day.

- Add milk to cereal at breakfast.
- Have cheese in a sandwich at lunch.
- Have a yogurt after dinner.

What if I don't like dairy products?

- Add yogurt to fruit smoothies.
- Cheese sauce in lasagne/fish pie/cauliflower.
- Adding milk to vegetable soup.
- Milky drinks like cappuccino and hot chocolate.
- Use soya milk or yogurt products – with added calcium.
- Fortified milks such as 'super milk' have extra calcium added.

2-3 PORTIONS

Step 5

Task Time

This week's task is for every athlete to try to eat 2-3 (or 5) portions of dairy foods every day. Ask participants to use their food diary to keep track.

A follow on task from this is to make a switch from full fat to low fat options for milk, cheese and yogurt.