

Atlantic Community School

Authentic Intellectual Work

Publish or Not Publish:

Date Scored:

Date Revised:

11/03/10

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Teacher – Beverly Schelling

Subject – Health

Grade – 9-12 Special Education

Lesson – To learn the health benefits of milk.

IC Essential Skills and Concepts/Common Core – Healthy Food Choices; Health Literacy 9-12;
Science: Demonstrate functional health literacy skills—promote personal health

List any use of technology integration – website: bodybymilk.com

Introduction/Background – Give the background of why schools no longer sell pop/soda during the school day and how federal guidelines and funding are affecting school.

Task – (Can attach) Revision:

Synthesizing Skills

bring in glasses of beverages – ask them to select a beverage and tell why they pick it based on reading nutrition label

Then – have students record what family members drink with dinner meal for 1 week; then write a letter to parent or family member trying to convince them to select a healthy beverage

nutrient: are? Can they tell you what they do in the body? Are your students aware that chocolate milk has the same nutrients as white milk? Before discussing the nutritional value of milk, provide time for your students to complete as many of the statements on the worksheet as they can by unscrambling the underlined words. If, during class discussion, your students are unable to complete all the statements correctly, direct them to the **Body By Milk** website (bodybymilk.com) to find the missing information. Be sure to point out that the percentages on the activity sheet are the Percent Daily Values for an eight-ounce glass of fat free milk. Daily Values reflect current nutrition recommendations for a 2,000-calorie-a-day diet.

Answer Key:

1. stress fractures;
2. absorb calcium;
3. vision, skin;
4. energy;
5. lean muscle;
6. red blood cells;
7. fluids;
8. strong bones;
9. enzymes

Part B: To share and apply what they've learned about the health benefits of milk, ask students to create their own **Milk Mustache** ad. Students should upload a photo to the **Body By Milk** website (bodybymilk.com/myomma/), choose a milk benefit, and create their own **Milk Mustache** ad. Provide time for students to share their ads with classmates, or create a **Milk Mustache** page on the school or class website where students can post their ads.

Extension: Discuss USDA's MyPyramid food groups and serving sizes. Be sure to point out the Milk Group and the recommended three 8-ounce servings of lowfat or fat free milk a day. Have students visit MyPyramid.gov to familiarize themselves with the food pyramid and design a menu that incorporates all food groups and appropriate serving sizes.

Activity 2.

Think About Your Drink

Objective: Help students make good beverage choices, focus on the health benefits of drinking white or flavored lowfat or fat free milk, and learn how to read nutrition facts panels.

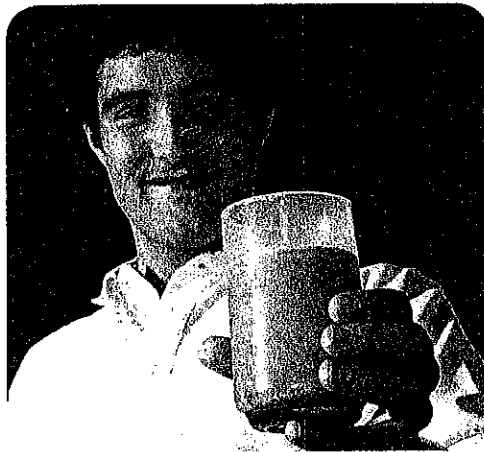
Part A: You may choose to have students complete the quiz on their own and share their answers during a class discussion, or complete it as a class and use it for additional discussion.

Answer Key:

1. *True*;
2. *True*. According to a recent study, the average teenage girl drinks 22 ounces of sugary beverages and 7 ounces of milk each day;
3. *True*;
4. *True*;
5. *False*. While sports drinks are a good choice, it may surprise you to know chocolate milk is a winning post-exercise choice – it has high-quality protein to build lean muscle and electrolytes like potassium,

magnesium, and calcium to replenish what's lost in sweat and fluids to help with hydration;

6. *True*. Recent studies support the rehydration benefits of milk after exercise;
7. *False*. Many teens fall far short of the recommended three servings a day – often consuming less than one serving per day;
8. *False*. Milk is important at all ages – especially for teens during their peak bone-building years when nearly half of all bone mass is formed and nearly 15% of adult height is added;
9. *False*. While 100% fruit juice “counts” towards the daily recommended 1-1/2 to 2 servings of fruit each day, the Dietary Guidelines for Americans suggest choosing whole fruit-most often (instead of juice);
10. *True*.



Part B: Review the sample nutrition facts panel with your students. For additional information, go to www.fda.gov/Food/LabelingNutrition/ConsumerInformation/default.htm

Part C: Ask students to compare the nutrition labels for lowfat white milk, 100% orange juice, diet cola, and a sports drink.

Answer Key:

1. Milk;
2. OJ;
3. Diet Cola;
4. Milk;
5. Sports Drink

Activity 3.

Rebuild, Rebound, Refuel

Objective: Experts suggest that the first two hours after the workout is when the body's real work begins – building and repairing muscle. Explore how nutrients in lowfat and fat free chocolate milk can help the body recover after physical activity or exercise.

Note: Allow students time before beginning this lesson to find articles or scientific studies about chocolate milk as a recovery beverage.

Part A: Inform students that there's been a growing interest in milk as a fitness drink, especially after exercise, and that researchers are looking at the different ways milk (including regular and flavored milk) can benefit active people.

Ask students to share their articles or studies on chocolate milk as a recovery beverage. Review the nutrients in milk and

their benefits for rebuilding, rebounding, and refueling after exercise. Emphasize that each student should engage in at least 60 minutes of physical activity daily and encourage students to refuel after strenuous physical activity with flavored milk. Follow up by discussing the following questions: *What did you find during your research? What were the researchers evaluating in the article or study you reviewed? Do any of you have a routine before you exercise, practice, or begin a game? Had you thought about what you could do after exercise to help your body refuel? Has learning this information made you think differently about what you will do after exercise?*

Part B: Ask students to complete the one-week log, to reinforce the importance of an active lifestyle and the benefits of milk post-exercise. Encourage students to try different types of physical activity over the one-week period and experiment with other ways of incorporating milk into their daily diets.

Extension: Have students create a “Get Fit” blog or keep a notebook log to track their progress over the week. Encourage students to post their blogs or share them daily for a class discussion and to support fellow classmates as the week progresses.

Activity 4.

Feeling Good from the Inside Out

Objective: Explore the importance of drinking milk to help teens feel good from the inside out. Not only can milk help teens build strong bones and lean muscle, but it also can help them look and feel their best.

Part A: Have students complete and score their quiz. Wrap-up with a class discussion. Encourage your students to share this quiz with their friends and to share what they've learned about the benefits of drinking milk.

Answer Key:

1. b;
2. a;
3. a;
4. c;
5. b;
6. c

Part B: Have students create a PSA campaign to culminate their learnings from activities 1 – 4. Divide your students into teams to create the storyboards for a National Nutrition Month® PSA that communicates to their peers WHY they should drink milk for a change. The following links can provide you with some helpful background about creating storyboards:

- http://teaching-strategies-mentorship-suite101.com/article.cfm/what_is_a_storyboard
- www.cliffsnotes.com/Section/What-is-a-storyboard-id-305408,articleId-8154.html