



My Game



My Number



Event in a Box

Elementary School Edition

Go Low and get your kids excited about drinking 1% low fat and fat free milk.

Who is this for?

Kids and their parents.

Why is this a good idea?

Because drinking 1% low fat and fat free milk is healthy and delicious.

For more resources, visit eatwellbewell.org.



This material was federally funded by USDA's Supplemental Nutrition Assistance Program through the Arizona Nutrition Network. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.

Pyramid Mixer

What other food groups pair well with 1% low fat milk and plain low fat yogurt? The fun is finding out! Give the kids some ideas and bring in a few of your own. Mixers like cereal, crumbled graham crackers, sliced fresh fruit, applesauce, nuts and raisins are delicious and easy ways to add pizzazz to low fat milk or plain low fat yogurt.

The Calcium is Right

Just like the game show "The Price is Right™," line up a display of foods containing calcium: Whole milk, fat free milk, 1% low fat milk, plain yogurt, low fat cheese, low fat cottage cheese, an orange, a half a cup of broccoli and a corn tortilla. On slips of paper, mark the milligrams of calcium in each item and put them in an envelope. Tape the envelopes under each item. Make a game show of it, introduce the items, and have the kids write down their "guess" as to how much calcium is in each item. Then reveal the answers. The winner has the best guess.

Calcium information: whole milk (1 cup), 276 mg; fat free milk (1 cup), 306 mg; 1% low fat milk (1 cup), 290 mg; plain low fat yogurt (8 oz), 415 mg; low fat cheddar cheese (1 oz), 118 mg; low fat cottage cheese (1 cup), 138 mg; orange (1 medium), 52 mg; broccoli (½ cup raw), 20 mg. For more nutrient data, go to the Nutrient List from the USDA National Nutrient Database Online Search.

Picture of Health

Give kids a stack of magazines, scissors and a list of prompter words (i.e. strong teeth, strong bones, more energy, creamy, cereal, low fat milk, low fat cheese, low fat yogurt, healthy, physical activity) and have them cut out pictures/ads or parts of pictures/ads that pertain to each word. Then give them a piece of construction paper and have them make a collage of their findings. Then display them on a wall and have a show-and-tell.