

# Milk Taste Testing

## 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:**
  - 3 different milks
    - 2 percent milk
    - 1 percent milk
    - Fat free milk
  - Plastic cups (need 3 cups per person)
- **Objective:**
  - The biggest barriers to drinking lower fat milk is both taste and appearance, so the goal is to get participants to like the taste of lower fat milks.
- **Instructions:**
  - Determine how many participants will test taste the milk products and purchase the appropriate amount of milk and cups needed to be used. Assure you clean the area where you are preparing the samples and have everyone wash their hands. Prepare milk samples in advance by separating into 3 different rows (e.g. 2 percent milk row, 1 percent milk row and fat free milk row). Do not let the participants know which milk is which. Label cups with A, B, and C. Have small sheets of paper with A, B, and C on them for participants to record their guess of the milk type. Have a participant come up one at a time and test taste all three milks to see if they can note the difference. Let them guess which milk is which. Then provide them the correct answers. Before test tasting make sure participants that are allergic or lactose intolerant do not participate.
- **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 meal and snack ideas to make are grilled cheese, adding fruit to your yogurt, making a fruit and dairy 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.