

Lower Fat Milk Lesson Plan for Groups (Carlos and Clarice)

Objective:	Move from whole milk to lower fat milk
Description:	Educate families about how to switch to lower fat milk
Target:	2-5 year old children and their parents
Handout:	<i>Carlos and Clarice Mooove to Lowfat Milk!</i> (DHHS # 1448)
Materials:	1% milk, opaque 3 oz. cups, lined trash can (optional)

[**Note:** local agencies may decide to print Food Instruments (FIs) while the story is being read; collect WIC folders or have a sign-in sheet for this purpose.]

Set up the waiting area or classroom so that there is space for children to move around in the front. Instruct children to sit in the front row. Sit on a chair in front of them. Introduce yourself and tell the children that you are going to read them a story about a cow named Carlos, and his mom, Clarice. Read the story through page 17, encouraging the children to participate with the responses and movements.

Since the children have been jumping around, get their attention by asking them to sit down so you can ask them some fun questions and finish reading the story. Then ask the children:

- “What does a cow say?” [Mooo!]
- “What do Carlos and Clarice say?” [Mooove to low-fat milk!]
- “How does Carlos remember which milk to buy?” [He holds up ONE finger!]

Continue reading pages 18 and 19. Give a book to each child present and ask them to sit and look through the book for the hidden pictures of low-fat milk.

[**Note:** if FIs have been printed, signal the WIC administrative support staff that participants may begin to receive their food instruments at this point.]

Ask if any of the adults in the room have questions about the story or about lower fat milk. Remind them that lower fat milk tastes good, and has the same amounts of vitamin D, calcium and protein as whole milk, but lower amounts of fat and calories. Lower fat milk is healthier for everyone. WIC is encouraging families to choose lower fat milk. Refer adults to the “parent pages” at the back of the book.

Optional: offer each child a 1 ounce serving of 1% milk to taste.

Lesson plan for individuals is on the reverse.

Lower Fat Milk Lesson Plan for Individuals (Carlos and Clarice)

Objective: Move from whole milk to lower fat milk
Description: Educate families about how to move to lower fat milk
Target: 2-5 year old children and their parents
Handout: *Carlos and Clarice Mooove to Lowfat Milk!* (DHHS # 1446)

- Show *Carlos and Clarice Mooove to Lowfat Milk!* to the parent and child.
- Say, “this is a story about two cows.”
- Ask the child, “what does a cow say?” [Mooo!]
- Then say, “In this story, these two cows say ‘Mooove to low-fat milk!’”
- Open the book to pages 8 and 9.
- Say, “in this story the cows go to the store and buy some milk. They look for the milk with the number ONE on it.”
- Ask the child, “can you hold up ONE finger?”
- Show the child YOUR hand holding up one finger, and say, “The next time you are at the store, help your mom remember to look for the milk with the ONE on it!”
- Give the book to the child.

Ask the parent if they have questions about moving to lower fat milk. Refer them to the “parent pages” at the back of the book. Remind them that lower fat milk tastes good, and has the same amounts of vitamin D, calcium and protein as whole milk, but lower amounts of fat and calories. Lower fat milk is healthier for everyone. WIC is encouraging families to choose lower fat milk.

Lesson plan for groups is on the reverse.