



MILK MATTERS



Low-fat skim white milk is the healthiest choice when it comes to drinking milk. Fat free and low-fat milk and milk products provide three to five “nutrients of concern” that children don’t get enough of: calcium, potassium, and magnesium.

Children 12 months to 24 months should drink whole milk, after that, kids should switch to low-fat or skim milk. Infants (0-12 months) should drink breast milk or infant formula.

AT HOME ACTIVITY



Mighty Milk Taste Challenge:

Have a taste challenge between fat free skim, 1%, 2%, whole milk, and/or soy milk.

Sample at least two different types of milk then answer the following questions.

Which family member prefers which type of milk and why? Did anyone notice a difference in color, consistency, texture, or flavor between the milk samples?

Look at the food labels of each milk product. Compare the following per servings: calories, fat, calcium and protein. Is your milk preference the best choice for a healthful life style or is there a different type of milk that may be better for you?

TAKE STRETCH BREAKS



Our bodies aren’t made to be in the same position all the time. Stretch breaks are a great, easy way to bring a little balance to your body and your day.

It’s good to take short stretch breaks at least once per hour. This is preferable to longer, fewer breaks. Spontaneously stretching any area of the body that feels tense will also help reduce pain and stress.