



You are your child's most important role model, and your help is needed to continue to help them be successful.

Therefore, we have created fun and informative activities that you and your child can do together.

1. Set up a blind taste test and sample fat-free, 1%, 2%, and whole milk. Describe the taste. If you usually drink whole milk, you should try switching gradually to 2% milk, then to 1% milk, and finally to fat-free milk.
2. If a yogurt or ice cream maker is available, follow the directions and see how milk is turned into a "milk product".
3. Look on juice cartons and cereal boxes for calcium that has been added, by finding the words, "calcium fortified". How many can you find?

[www.chefsolus.com](http://www.chefsolus.com)

A free nutrition education web site.

The fun way to learn about nutrition!

**Dear Parents,**

**Congratulations!** Our group has been learning about nutrition this week by playing a nutrition game.

**Your child** has just completed the Milk Group Level of the Chef Solus and the Food Pyramid Adventure.

While playing the Milk Group Level, your child explored the Food Pyramid and learned these important facts:

- ★ Foods in the Milk group include all types of milk, yogurt and cheese.
- ★ Calcium helps build strong bones and teeth. Calcium rich foods include low-fat yogurt and non-fat milk.
- ★ Get enough calcium by eating 3 servings from the Milk group every day.
- ★ Low-fat and fat free varieties of milk, yogurt and cheese provide the same amount of calcium as full fat versions. Be sure your family tries the lower fat options of dairy often.
- ★ 1 cup of milk is a serving from the milk group.

Your child will have a certificate for the level. Help remind your child that nutrition is important and fun by posting it for the family to enjoy.

For more information and nutrition tools, go to the **[Parent's Tools Page](#)**

Encourage your child to drink milk or a high calcium food three times a day by using our fun **[agreement sheet](#)**.

Put the **[tracking sheet](#)** on the refrigerator to see their successes!

Found on the **[Parents' Healthy Tips page](#)**.

