



# Oliver's team talk

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## Teach! TEACHERS' CORNER

**Dairy products are power packed with nutrients, vitamins and minerals that benefit our bodies!**

### Minerals

*Calcium*—builds strong bones and teeth

*Potassium*—helps protect our heart and veins

*Phosphorus*—helps build strong bones and teeth

### Vitamins

*Vitamin D*—helps the body absorb & store calcium

*Vitamin A*—helps us to see better at night

### Nutrients

*Protein*—the building blocks of our muscles

*Carbohydrates*—fuel for our muscles and brain

### Classroom Activity—Dairy Tracker Chart

For each child that has a dairy product with their lunch, place a sticker on his or her chart. Reward each student with a cool pencil or eraser after 30 stickers!

## Excite! READY, SET, GO!

**7 out of 10 boys & 9 out of 10 girls don't get the 1200 mg of calcium they need each day.**

Kids and adults can get enough calcium by eating *3 servings* of dairy every day. A serving is considered:

- 1 cup of milk
- 1 cup of yogurt
- 1 ½ oz. cheese (3-4 cheese cubes)

Choose products that say *low-fat* or *fat-free* on the label. These have the same benefits as the regular varieties, but are lower in fat and calories!

Take this quiz to find out if you and your kids are getting enough calcium each day. Go to [www.dairymax.com/MediaTourWanted.pdf](http://www.dairymax.com/MediaTourWanted.pdf)

## Activate! MAKE YOUR MOVE

**Get PHYSICAL to protect your bones!**

Along with calcium-rich dairy products, physical activity helps keep bones healthy. Activities like running and jumping put impact on bones that make them strong.

Aim for a total of 60 minutes each day:

- Jump rope or play hop scotch
- Play basketball, kickball, or baseball
- Race or walk around the block
- Go for a hike
- Play Laser tag or chase
- Take a dance class or dance around the house

## Motivate! SPREAD THE WORD

**Calci-YUM! Choose LOW-FAT & FAT-FREE varieties of dairy products such as...**

- String cheese with whole grain crackers
- Sugar-free *homemade* pudding
- Yogurt parfait with layers of fruit and cereal
- Cottage cheese and sliced fresh or canned fruit
- Cut veggies with cilantro yogurt dip
- Grilled Cheese and tomato sandwich
- Chocolate milk with sugar-free chocolate syrup
- Creamy broccoli soup using fat-free evaporated milk

Find great recipes & snack ideas at [www.3aday.org](http://www.3aday.org). Share your favorite recipe with family & friends!

Make **HEALTHY CHOICES** for Life!<sup>SM</sup>

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