



# Oliver's team talk

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## Teach! TEACHERS' CORNER

### Dairy Can Help Lower Blood Pressure!

Hypertension, or high blood pressure, affects one in four adults. The good news is there are many things you can do to prevent it. One way is to get your "3-A-Day" of dairy. Dairy products contain potassium, magnesium and calcium, which all work to lower blood pressure. Plus, low-fat dairy products are naturally low in sodium, a mineral that works to increase blood pressure.

So grab some low-fat yogurt or skim milk because not only can dairy products work to protect your bones from osteoporosis, they can also help protect your body from hypertension!

## Excite! READY, SET, GO!

Teach your kids about dairy with the "Packing a Lunch with Milk Products" lesson. In this lesson, you:

- Discuss healthy dairy choices
- Give each student a paper bag and 5 note cards
- Ask the students to draw foods on the note cards and pack a healthy "lunch," making sure to include a serving of dairy.
- Have the students enjoy a pretend picnic in the classroom and see how other students included dairy in their lunches.

For more information about this lesson, visit:

<http://www.midwestdairy.com/files/PDF/2Packingalunchwithmilkormilkproducts.pdf>

## Activate! MAKE YOUR MOVE

### Get Moo-ving!

The calcium found in dairy products is important to keep your bones healthy, but did you know that exercise can also help keep them strong? Be sure to take some time every day to get yourself and your kids moo-ving!

Some ideas to try:

- Walking
- Jumping Jacks
- Jump Rope
- Soccer
- Hopscotch
- Learn a new dance

## Motivate! SPREAD THE WORD

Getting kids to get their "3-A-Day" of dairy can be a challenge. Here are some ways to increase dairy in your child's diet.

- Try making a fruit smoothie with your child's favorite frozen fruits and some low-fat or fat-free yogurt.
- Send them to school with low-fat cheese and crackers for their snack.
- Make oatmeal with low-fat milk instead of water.

Always choose low-fat or fat-free dairy products because they have all the benefits, but less fat than full fat milk products. For more suggestions, visit

[www.3aday.org](http://www.3aday.org)

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

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