

# MILK, IT DOES A BODY GOOD PROGRAM PACK



Program Age Levels: All levels of Girl Scouting

Purpose: To acknowledge the importance of calcium in our diets.





## MILK, IT DOES A BODY GOOD PROGRAM PACK

Girl Scouts of Silver Sage Council  
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[www.girlscouts-ssc.org](http://www.girlscouts-ssc.org)

**Program Age Levels: All level of Girl Scouts**

**Purpose: To acknowledge the importance of calcium in our diets**

**Requirements: All age levels must complete #1, #2 and #12**

**Daisy - must complete 3 additional activities.**

**Brownies- must complete 4 additional activities.**

**Junior- must complete 6 additional activities.**

**Cadette and Above - must complete all requirements.**

Did you know that your bones are made of mostly calcium, a mineral that gives strength to your skeleton? You need lots of calcium, especially when you are growing and your bones are developing. Your bones are kind of like a bank account. You can deposit and save calcium so you will have enough to draw on later in life. It is important to get enough calcium, no matter what your age.

Dairy products are a primary source of calcium among what you eat and drink. Milk is the best. At a time when kids need it the most, many are choosing soft drinks and other beverages over milk. Milk gives more to your growing body than you may think. In fact, almost no other beverage provides more nutrients than milk! Think of milk as a power drink, it gives you energy to run and play, and it helps you grow strong and healthy.

It is important to remember that everyone over the age of 2 years should be drinking and using **1% or fat free milk**. All milk is a terrific source of vitamins and minerals to build strong bones and teeth, but **fat free and 1% milk** have little or no fat. One cup of whole milk has as much artery clogging saturated fat as one hot dog, five strips of bacon, a Snickers candy bar, or a fast food hamburger (5 grams of saturated fat). And 2% milk isn't much better. It's like three strips of bacon.

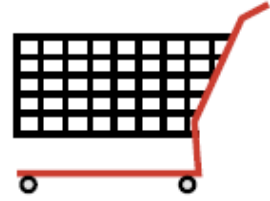
1. What is the daily requirement of calcium for a girl your age? List several different ways a person could get that amount of calcium in a day.
2. Do *you* need to eat, or drink more calcium-enriched foods to reach the daily requirement? If so, write up a plan on how you will do that.
3. Remember milk doesn't have to come in a glass. Think of at least 8 ways to work milk into your daily diet.
4. Keep track of how many dairy products you eat/drink in one day. How many of them are low fat? If necessary, what can you do to make more of these choices lower in fat?

5. Brainstorm a list of as many low fat dairy products as you can think of.
6. Talk with whoever plans your meals at home. Plan a week's worth of menus that incorporate more low fat dairy products.
7. With the troop, talk about ways dairy products can be incorporated into your troop snacks.
8. Invite someone to visit your troop to speak about the importance of proper nutrition.
9. Make something (display, graph, etc.) which represents the amount of fat in each of the four types of milk (fat-free, 1%, 2% and whole).
10. Some people are lactose intolerant, or lactose sensitive. Look up what that means. Make a list of calcium rich alternatives.
11. From your list of calcium rich alternatives try at least one of them that you have never tried before.
12. Complete the quiz at the end of this pack.
13. Use the shopping list at the end of this pack to help parents plan the shopping trip.

# Shopping List

\_\_\_\_\_ (your name)

It is time to go grocery shopping, complete this shopping list of your favorite foods to eat. List your favorite foods from each of the food groups in the Food Guide Pyramid. Make sure to share this list with your parents, post on your fridge and happy shopping!



**Date:** \_\_\_\_\_

**My Favorite Milk Group Foods:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**My Favorite Meat Group Foods:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**My Favorite Vegetable Group Foods:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**My Favorite Fruit Group Foods:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**My Favorite Grain Group Foods:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## The Powerful Girl Quiz

**Are you as Bone-Health Savvy as You Think?** Yeah, you're smart about school, guys, and the real scoop on all the hot bands. But do you know enough about powerful bones? Take this quiz to see how much you really know. If you score high enough, you just might win a cyber trophy.

**1. You're babysitting your little sister and you have to make a healthy dinner with vegetables. What should a bone-smart babysitter pick?**

- a. French Fries — Potatoes are a vegetable, right?
- b. Broccoli — With low-fat cheese for even more calcium.
- c. Skip the vegetable, mom will never know.
- d. Lima beans — Your sister can't stand them.

**2. Your best friend's mom — a total health fanatic — says "ok" to a sleepover party, but only with a healthy party menu. With bone health in mind, you suggest....**

- a. Fried chicken.
- b. Potato chips and more potato chips.
- c. Bok choy and tofu — feast on Chinese or Japanese food.
- d. Forget it — a sleepover with healthy food is lame.

**3. Mom and dad are away! You could drink soda all day, but for strong bones you....**

- a. Slurp up the soda anyway.
- b. Drink fruit punch.
- c. Go for fat-free or low-fat milk and orange juice with added calcium.
- d. Drink diet soda.

**4. Its been storming for days and you're tired of being shut in. What is the best way to get some weight-bearing physical activity?**

- a. Forget it and catch up on TV reruns.
- b. Find a comfy chair and chat on the phone.
- c. Do some stretches while watching movies. At least it's some activity.
- d. Clear some space and jump rope.

**5. You totally love your swim team, but to get some weight-bearing physical activity, too, you....**

- a. Add gymnastics or soccer to your routine.
- b. Quit. If your bones aren't getting a workout, why bother?
- c. Switch to skateboarding.
- d. One thing at a time! Swimming is the only sport for you.

**6. You're eating out with friends after a basketball game. Everyone orders chicken tenders and soda, but for healthy bones you order....**

- a. Chicken tenders and soda too — why be difficult?
- b. Chicken tenders and low-fat milk — a yummy way to get calcium.
- c. Nothing — there's no healthy fast food.

**7. Your parents think you get all the physical activity you need in PE class, so they don't worry about physical activities at home. What should you do?**

- a. Find time after school for bone-healthy activities like karate or playing frisbee.
- b. Just take a little "exercise vacation" to think about it.
- c. Let it be — your folks must be right.
- d. Nothing — walking around school is enough.

**8. Your best pal won't drink milk or eat yogurt or cheese, either. But calcium is important for strong bones. What can you do?**

- a. It's really none of your business.
- b. There aren't any other foods with calcium.
- c. Tell her about other foods with calcium like broccoli and orange juice with added calcium.
- d. Who needs calcium? Isn't weight-bearing physical activity enough?

**9. You're psyched. You're in the school play, and you've landed the leading role. But afternoon rehearsals mean less physical activity. How can you fit it all in?**

- a. No big deal — you're walking around the stage.
- b. Take a brisk walk, jog around the neighborhood, or do an aerobics video in the morning.
- c. Give up the part in the play.

**10. Summer vacation at an amusement park! Your brother wants to grab dinner at the corn dog stand. And for calcium?**

- a. Choose grilled cheese and a smoothie instead.
- b. Go along with your brother, why bother with calcium?
- c. Just go home — why should your brother get HIS way?

**11. It's Saturday and you're playing basketball with friends when it starts to rain! What should a powerful girl do?**

- a. Tell your friends they might as well go home.
- b. Get out your board games.
- c. Pick a few CDs and make up dance routines.

**12. School's out for the summer — Yay! How can you have a bone-healthy summer?**

- a. Ask for tennis lessons — now you have the time.
- b. Don't. You worked too hard during the school year to move a muscle all summer.
- c. Veg out for awhile. You'll probably get enough exercise helping out mom or dad around the house.

## The Powerful Girl Quiz Answers


### The best choices for powerful bones are:


1. b. Broccoli — With low-fat cheese for even more calcium.
2. c. Bok choy and tofu — feast on Chinese or Japanese food.
3. c. Go for fat-free or low-fat milk and orange juice with added calcium.
4. d. Clear some space and jump rope.
5. a. Add gymnastics or soccer to your routine.
6. b. Chicken tenders and low-fat milk — a yummy way to get calcium.
7. a. Find time after school for bone-healthy activities like karate or playing frisbee.
8. c. Tell her about other foods with calcium like broccoli and orange juice with added calcium.
9. b. Take a brisk walk, jog around the neighborhood, or do an aerobics video in the morning.
10. a. Choose grilled cheese and a smoothie instead.
11. c. Pick a few CDs and make up dance routines.
12. a. Ask for tennis lessons — now you have the time.


# Decode Bo's Secret Message


Help Bo crack the code by naming each picture, then transferring the numbers to reveal the secret message at the bottom of the page.





 = 1 2 3 4 5 6


 = 7 8 9 10 11 12 13 14


 = 15 16 17 18 19 20 21 22

 = 23 24 25 26 27 28 29

 = 30 31 32 33

 = 34 35 36 37 38 39 40

 = 41 42 43 44 45 46

 = 47 48 49 50 51 52 53 54

and 55 56 57 58 59 60

28 48 13 18 31 44 22 47 21 33 17 23

34 9 26 3 59 5 46 37 40 53 43



## Ideas for Calcium-Rich Meals and Snacks

### Breakfast

- ✓ Pour low-fat or fat-free milk over your breakfast cereal.
- ✓ Have a cup of low-fat or fat-free yogurt.
- ✓ Drink a glass of calcium-fortified orange juice.
- ✓ Add low-fat or fat-free milk instead of water to oatmeal or hot cereal.

### Lunch

- ✓ Add low-fat or fat-free cheese to a sandwich.
- ✓ Have a glass of low-fat or fat-free milk instead of soda.
- ✓ Have a piece of pizza or a serving of macaroni and cheese.
- ✓ Add low-fat or fat-free milk instead of water to tomato soup.

### Snack

- ✓ Make a fruit smoothie with fruit, ice, and low-fat or fat-free milk.
- ✓ Try flavored low-fat or fat-free milk, such as chocolate or strawberry.
- ✓ Have low-fat or fat-free frozen yogurt.
- ✓ Try some pudding made with low-fat or fat-free milk.
- ✓ Dip fruits and vegetables into low-fat or fat-free yogurt.
- ✓ Have some low-fat or fat-free string cheese.

### Dinner

- ✓ Make a salad with dark-green, leafy vegetables.
- ✓ Serve broccoli or cooked, dry beans as a side dish.
- ✓ Top salads, soups, and stews with low-fat or fat-free shredded cheese.
- ✓ Toss tofu with added calcium into stir fry and other dishes.

For more information about calcium, visit <http://www.nichd.nih.gov/milk>.

Use this chart to organize your troops chosen activities to accomplish this program.

Activity	Materials Needed
Example #1	List of Emergency Numbers, Poster Board, Markers

## PROGRAM PACK EVALUATION

Troop \_\_\_\_\_ Service Unit \_\_\_\_\_ Age Level \_\_\_\_\_

Leader's Name \_\_\_\_\_

Address \_\_\_\_\_

Street City Zip

Phone (h) \_\_\_\_\_ (w) \_\_\_\_\_

Our troop of \_\_\_\_\_ girls worked on and completed the \_\_\_\_\_  
\_\_\_\_\_ Patch Program.

Please complete the following evaluation with responses from the girls.

1. Why did you choose this program? \_\_\_\_\_  
\_\_\_\_\_

2. How much time did you spend on it? \_\_\_\_\_

3. What outside resources did you use? (people, facilities, equipment, etc.) \_\_\_\_\_  
\_\_\_\_\_

4. What part did you like best? \_\_\_\_\_  
\_\_\_\_\_

5. What would you do differently another time? \_\_\_\_\_  
\_\_\_\_\_

6. What are some things you learned to do for the first time or better? \_\_\_\_\_  
\_\_\_\_\_

7. How did the adults feel about the program? \_\_\_\_\_  
\_\_\_\_\_

Patches can be purchased at the council.

Other Program Packs Available

PROG001 SAFE AND SOUND AT HOME ALONE  
PROG013 SIGN LANGUAGE  
PROG015 RIDE THE OREGON TRAIL (THIS IS A COUNCIL OWN BADGE)  
PROG016 VALUING DIFFERENCES  
PROG018 GOOD TURN PROJECT  
PROG029 ONE WARM COAT  
PROG035 LEWIS AND CLARK  
PROG036 HAND IN HAND  
PROG060 MILK: IT DOES A BODY GOOD  
PROG063 BROWNIE SMILES  
PROG064 INTERNATIONAL FRIENDSHIP: COUNTDOWN TO THINKING DAY  
PROG065 DIMES FOR DAISY  
PROG066 HEALTHY LIVING  
PROG067 BULLYING STOPS HERE  
PROG068 BREAST CANCER AWARENESS  
PROG075 TREASURED MEMORIES  
PROG086 CHICAS  
PROG140 IDAHO POTATO (THIS IS A COUNCIL OWN BADGE)  
PROG149 SEW EZ

