

Y Guides and Princesses Milk Challenge Activity for Meetings

Milk Challenge

Why? To see how difficult it is to taste the difference between lower fat milk (skim and 1%) and regular milk (whole and 2%)

What you need

1. 4 pints of cold milk
 - whole
 - 2%
 - 1%
 - skim
2. small plastic Dixie cups
3. 4 signs to label each type of milk
4. Cooler with ice to keep milk cold

How to do the Activity

1. Have children make 4 signs on regular sheets of paper—one sign for each type of milk.
2. Have children make 4 rows of dixie cups, one row for each fat content.
3. Each row should have as many cups as there are children and adults in the group.
4. Have children mark each row of cups with a notation (A, B, C, D) so you know which type of milk was in each cup. Example—all the whole milk cups would have an A, and all the skim milk cups are B—be sure the rows are mixed up a bit so the order of the milk placement is not obvious.
5. One adult fills each row of cups less than half full with the corresponding milk.

6. Have 2-3 children at a time taste the milk in the cups, and then place the cup on the sign that corresponds to the type of milk they think they tasted.
7. After each group of children have tasted all 4 cups, show them how many they guessed correct and how many were incorrect.
8. Children not engaged in the activity should be doing something else so they will not figure out the pattern of milk types as they are being tasted.

Lesson

1. Most people cannot tell the difference between the different fat contents of milk, especially when it gets down to skim and 1%.
2. The taste test shows that it can be easy to switch from a higher fat milk to a lower one, without hardly noticing the difference.
3. Everyone over the age of 2 benefits from drinking lower fat milk on a daily basis—remember 2-3 cups a day is recommended for most young children and adults