

MILK TASTE TEST

- **Keep your diet low in fat. Drink fat free or low fat milk.**
- **If you presently drink whole milk, gradually switch to low fat or fat free milk.**

WHOLE MILK REDUCED FAT (2%) LOW FAT (1%) FAT FREE

Supplies:

- 4 kinds of milk - fat free, low fat, reduced fat and whole
- small paper cups
- paper and tape
- 3 x 5" cards, pencils

Write the words **fat free**, **low fat**, **reduced fat** and **whole milk** on a sheet of paper and place it somewhere for everyone to read. Place the four containers of milk on a table. Cover the milk labels with paper and tape so no one can read them. Place a card in the front of each milk container and number the containers (#1- #4). Pour samples of milk into paper cups and place them in the front of the corresponding milk container. Give each participant a 3 x 5" card and pencil. Have them write the numbers #1 - #4 vertically on their cards. Explain to them that after they taste the milk, they need to try to identify the different kinds of milk and write their names next to the corresponding milk container number on their cards. For example; if they taste milk from milk container #1 and think it is whole milk, they should write whole milk next to the #1 on their 3 x 5" card. They should then do the same for milk containers #2 - #4. When they finish identifying the milks, ask them to draw a smiley face ☺ on their card next to the milk they liked the best and an unhappy face ☹ next to the milk they liked the least.

Example card:

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#1	whole ☹
#2	fat free ☺
#3	reduced fat
#4	low fat

SHARING RESULTS

Remove the paper covers off the milk containers so the participants can see the identity of each container of milk. Ask for a show of hands to indicate which milks they identified correctly. (***"How many of you identified milk container #1 correctly".***)

For each kind of milk, count how many liked it the best and how many liked it the least. Share with the participants the milk most liked and the milk least liked.