

Teaching Ideas

Milk and Dairy Products

Building strong bones

Claims by Paleo Diet supporters that dairy products remove calcium from bones can be confusing. However a team of researchers from Australian Universities have reaffirmed that calcium is important for building healthy bones.

The team, led by Professor Peter Ebeling, from Monash University found that calcium intake can have a direct correlation with bone and other health outcomes. In an ABC interview, Professor Ebeling describes three key aspects to building and maintaining healthy bones including: having an adequate calcium intake at all ages, adequate vitamin D levels and doing regular resistance training or weight bearing exercise.

Good sources of calcium include:

- Milk
- Yoghurt
- Cheese
- Leafy green vegetables
- Nuts
- Sardines
- Bread (wholemeal or mixed grain)



To find out more, read the ABC news item [here](#).

Western Australian milk recall

In January 2016, Coles announced a recall on some of their one-litre cartons of full cream and hilo milk, with a certain expiry date.

This recall was initiated following an internal test showing a microbial count higher than quality standard. The contamination is believed to be due to coliforms, a type of bacteria which has been linked to causing illness particularly among vulnerable populations such as young children, the elderly and those with a weakened immune system. More information on this recall can be found [here](#).

Information in this article links well with the *Year 6 Food Safety for Health and Environment* unit. It also addresses Australian Curriculum general capabilities of literacy, and critical and creative thinking. Suggested classroom icebreaker questions include:

- *What was this article about?*
- *Why did this product need to be recalled?*
- *What does this tell you about the safety of milk we buy in supermarkets?*

