

## **High Flavanol Chocolate Milk Activity**

Introduction to faculty/students helping with the project.

Introduction to the high flavanol chocolate milk project.

How students helped with the project

Partnership with Aggie Chocolate Factory

Make high flavanol chocolate milk.

Assign students to measure out ingredients and talk about what those different ingredients do.

### **For 1 Gallon:**

- 1 gallon milk
- .85 oz Tate and Lyle Mix
- .85 oz Acticoa
- .65 lbs sugar
- 0.38 g carrageenan
- 0.38 g mono and diglycerides
- 0.38 g vanillin
- 0.38 g silicon dioxide

Introduction to Flavanols (while Nutrition Science in talking about this, prep the cups for the taste test)

Why are they important to health?

Why are they important for athletes?

What role do nutrition scientists play in this research?

Taste the high flavanol milk compared to creamery milk.

Talk about the research project we did with USU athletes tasting the milk. Address results that even though there were added benefits students still preferred the regular chocolate milk.

Talk about what dietitians do and how they educate populations such as this on the benefits of foods.

Spent approx. \$50