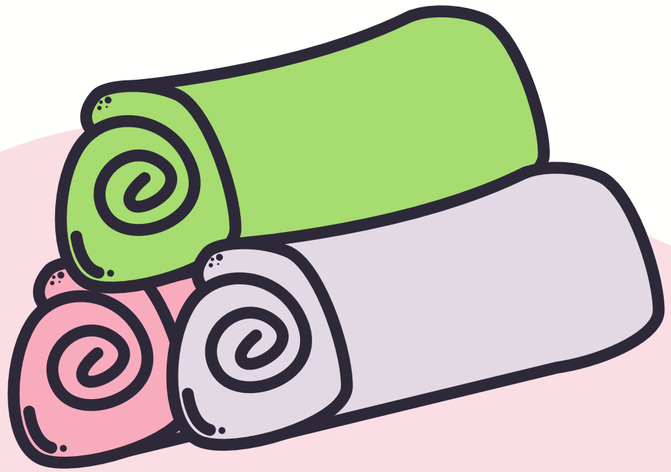
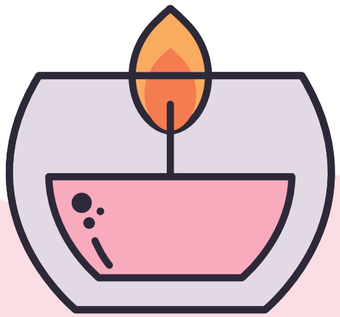
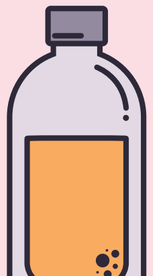
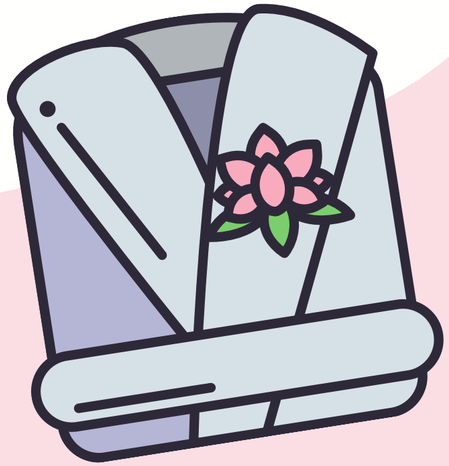
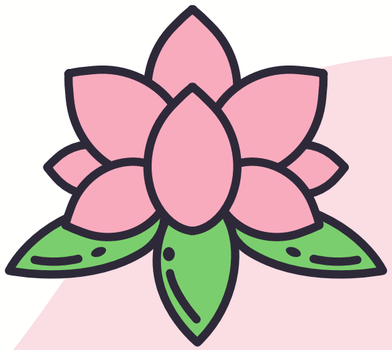
Wellness Committee Meeting #1

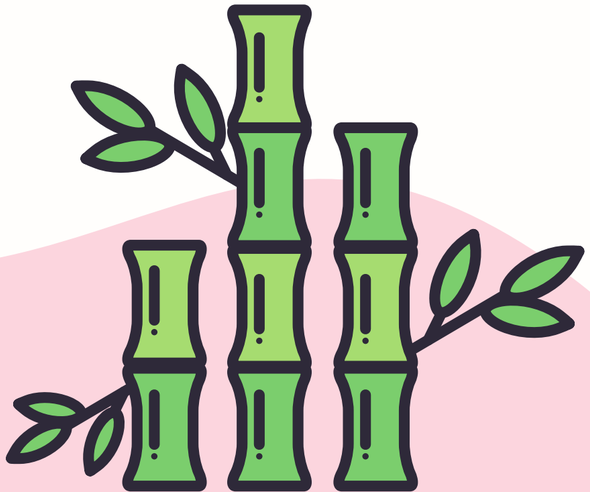
Back to Basics

Del Sol High School
Thursday October 15, 2026


Agenda

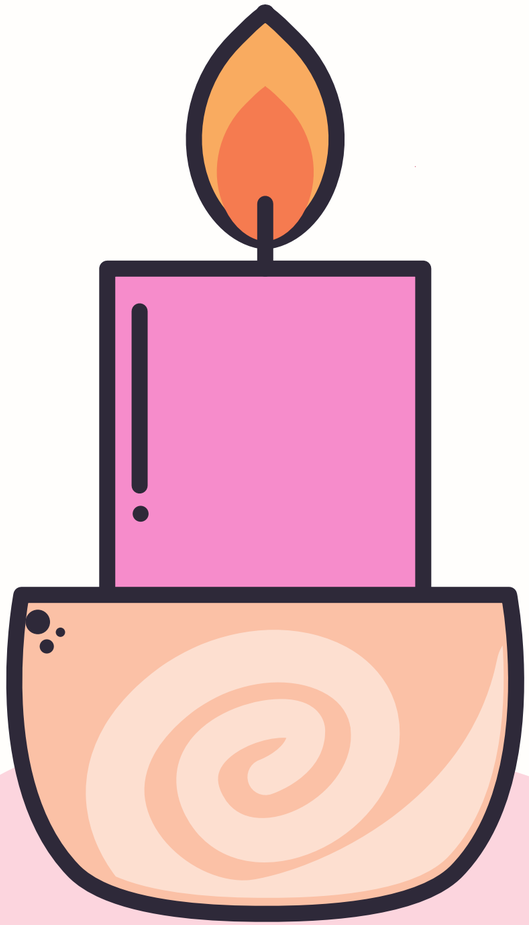
- What is the Wellness Committee Meeting?
- Yogurt 101
- Yogurt parfait making with Farm to School
- Wellness committee planning





Wellness Committee Meeting

- 4 meetings a year
- Themes and topics that support overall student wellness and highschool experience
- Guest speakers
- Student presentations
- Group discussions



26-27 SY Meetings

October 15
2026
DSHS
"Back to Basics"

December 8
2026
FHS

February 2
2027
CIHS

April 20
2027
OHS

Past Wellness Committee Themes

- Safety
- Healthy Relationships
- Cooking & Community
- Social Media
- Self Care
- Physical Activity

YOGURT





YOGURT:
MORE THAN A BREAKFAST FOOD

Today, we'll explore:

01 How milk becomes yogurt—and why styles differ

02 What yogurt labels tell us about nutrition

03 Live cultures, probiotics, and the gut–brain connection

04 How to build a parfait that fits your needs. YUM!

HOW MILK BECOMES YOGURT

Heat the milk

Cool to warm

Add starter cultures

Keep warm while it ferments

Refrigerate



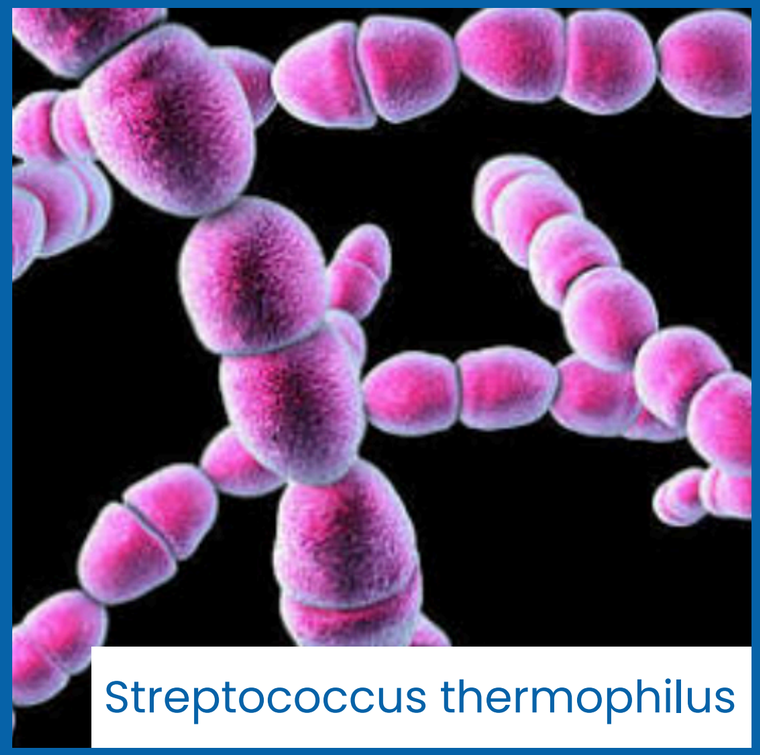




What do we add to milk to make yogurt?

Starter cultures!

A culture is a group of microorganisms grown for a specific purpose.



Streptococcus thermophilus

+



Lactobacillus bulgaricus

Their job

They work together to turn some milk sugar (lactose) into lactic acid.



FERMENTATION

The process in which starter bacteria convert some of milk's natural sugar (lactose) into lactic acid, helping create yogurt's thick texture and tangy flavor.

Warmth and time allow the cultures to do their work.

Acidity

Lactic acid makes the milk more acidic.

Texture

Milk proteins form a network that traps water, creating a soft gel.

Flavor

Lactic acid gives yogurt its tangy taste.

WHY WE REFRIGERATE YOGURT

Once yogurt forms, cooling slows the cultures' activity.

SLOWS FERMENTATION
Cultures produce acid more slowly at cold temperatures.

HELPS PRESERVE YOGURT
Refrigeration slows the growth of many unwanted microorganisms.

CULTURES CAN STAY ALIVE
Cooling doesn't kill the starter bacteria.

NOTE: High heat can kill yogurt cultures! 🔥





WHO HERE EATS YOGURT?

...WHAT KIND DO YOU USUALLY CHOOSE, AND WHY?

Regular

Greek

Skyr

REGULAR YOGURT

Cultured milk with a soft, spoonable texture.

How it’s made: Milk is fermented with starter cultures and typically remains unstrained.

Texture: Usually softer and less dense than strained styles.

Nutrition: Provides protein and calcium. Amounts vary with the milk and recipe.









GREEK YOGURT

A strained, thick and more concentrated yogurt.

How it's made: Traditionally strained after fermentation to remove some liquid whey (the watery portion of milk that separates from the yogurt gel).

Texture: Thick and dense.

Nutrition: Typically has more protein per equal serving weight than regular yogurt.









SKYR YOGURT

An Icelandic cultured dairy tradition.

How it's made: Traditionally made with skim milk, cultures, and a small amount of rennet, then strained.

Texture: Thick and dense, similar to Greek yogurt.

Nutrition: Typically high in protein. Fat content depends on the product.











Nutrition Facts

About 7 servings per container

Serving size 3/4 cup (170g)

Amount per serving

Calories 90

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 65mg	3%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Total Sugars 6g	
Incl. 0g Added Sugars	0%
Protein 16g	32%
Vit. D 0mcg 0% • Calcium 190mg 15%	
Iron 0mg 0% • Potas. 250mg 6%	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000

1



Nutrition Facts

4 Servings Per Container

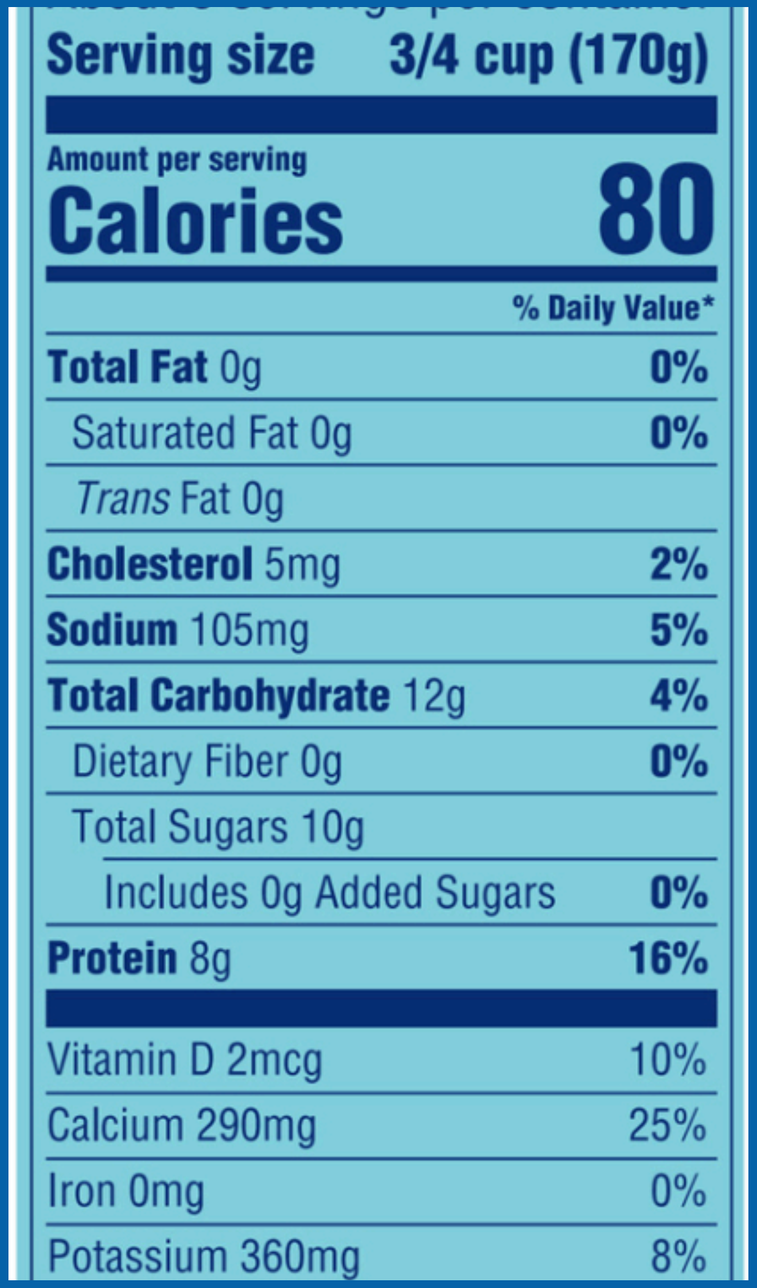
Serving size 3/4 cup (170g)

Amount Per Serving

Calories 100

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 65mg	3%
Total Carbohydrate 7g	3%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 19g	38%
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 210mg	4%

2



Serving size 3/4 cup (170g)

Amount per serving

Calories 80

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 105mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 2mcg	10%
Calcium 290mg	25%
Iron 0mg	0%
Potassium 360mg	8%

3

WHAT DOES YOGURT PROVIDE?

Nutrition for your day, activities, and everyday health.



Protein

Supports growth and helps build and repair muscles and other tissues.

Carbohydrate

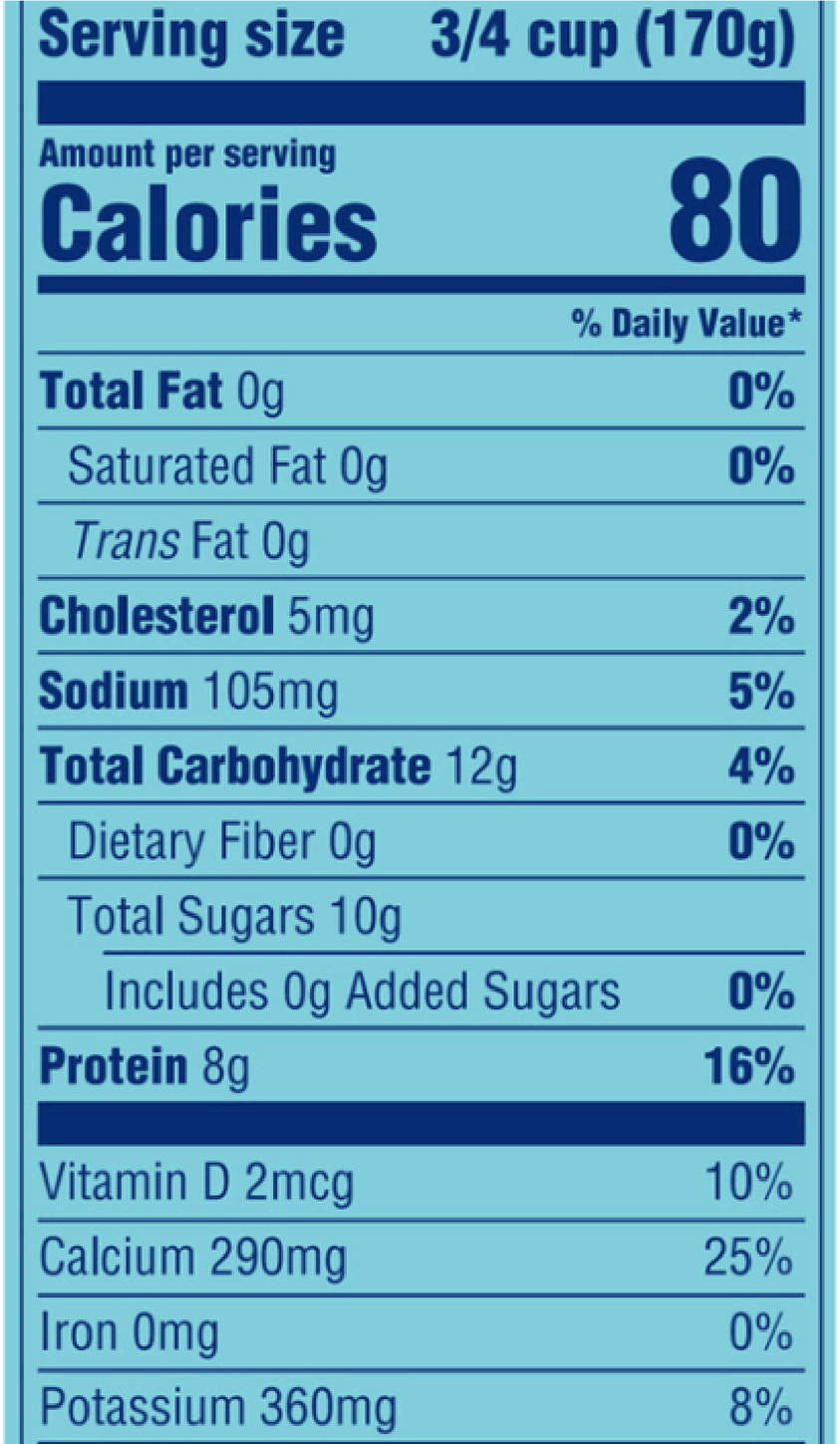
Provides energy for your brain and muscles.

FAT

Provides energy and helps your body absorb certain vitamins

Reading a nutrition label

Check…	What it tells you
Serving size	Compare equal servings before comparing nutrients.
Protein	How much protein one serving provides.
Carbohydrates	Total carbs, including sugars and fiber.
Added sugar	How much sugar was added during production.
Fat & saturated fat	Helps you compare milk-fat options.
Vitamins and minerals	Calcium, vitamin D, and other listed nutrients.





Nutrition Facts

About 7 servings per container

Serving size 3/4 cup (170g)

Amount per serving

Calories **90**

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 65mg	**3%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 0g	**0%**
Total Sugars 6g	
Incl. 0g Added Sugars	**0%**
Protein 16g	**32%**

Vit. D 0mcg 0% • Calcium 190mg 15%

Iron 0mg 0% • Potas. 250mg 6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000

Greek



Nutrition Facts

4 Servings Per Container

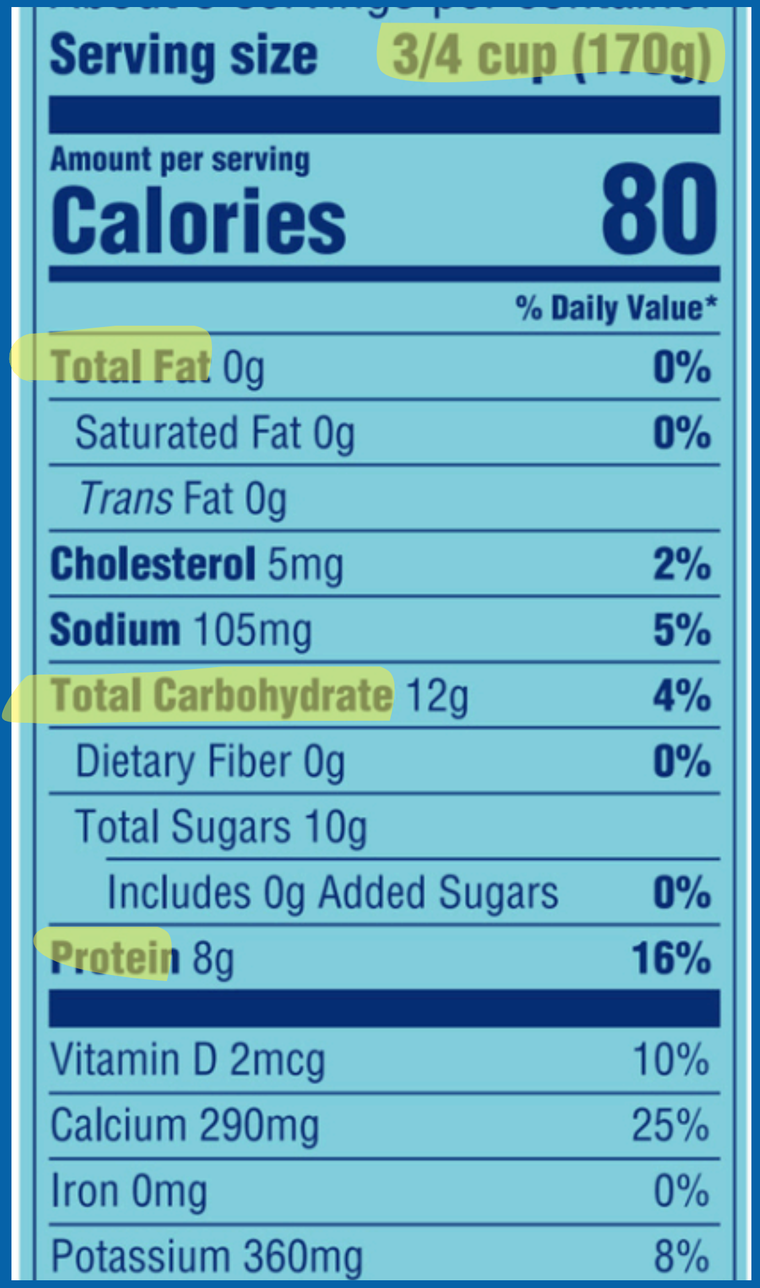
Serving size 3/4 cup (170g)

Amount Per Serving

Calories **100**

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 65mg	**3%**
Total Carbohydrate 7g	**3%**
Dietary Fiber 0g	**0%**
Total Sugars 5g	
Includes 0g Added Sugars	**0%**
Protein 19g	**38%**
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 210mg	4%

Skyr



Serving size 3/4 cup (170g)

Amount per serving

Calories **80**

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 105mg	**5%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 0g	**0%**
Total Sugars 10g	
Includes 0g Added Sugars	**0%**
Protein 8g	**16%**
Vitamin D 2mcg	10%
Calcium 290mg	25%
Iron 0mg	0%
Potassium 360mg	8%

Regular

Carbohydrates

Per 170 g	#1: Greek	#2: Skyr	#3: Regular
Carbohydrates	6 g	7 g	12 g

Total carbohydrate includes sugars, starches, and fiber.

The amounts depend on the yogurt and its ingredients.

Sugar is part of total carbohydrate - not an extra amount to add.



WHERE DOES YOGURT'S SUGAR COME FROM?

Naturally Occuring

Lactose comes from milk.

Amounts vary with processing and the recipe.

Added

Sugar or sweeteners added during production.

Look for "Includes __ g Added Sugars" on the label.

You’ve picked a style. Now, what about fat?

Non-Fat / Fat Free

- Little to no milk fat
- Typically fewer calories
- Often a lighter texture



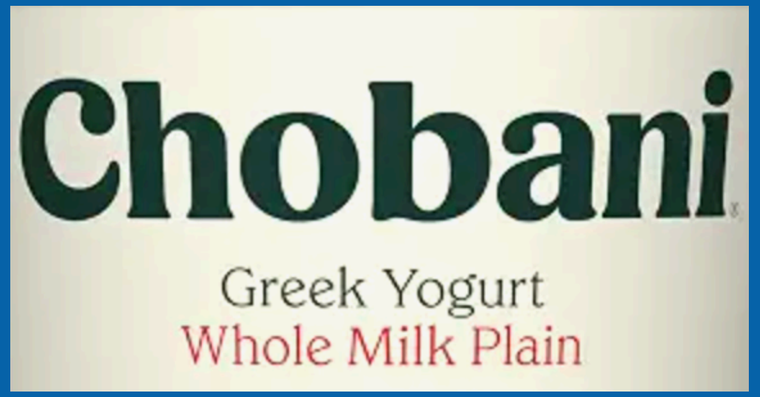
Low-fat / 2%

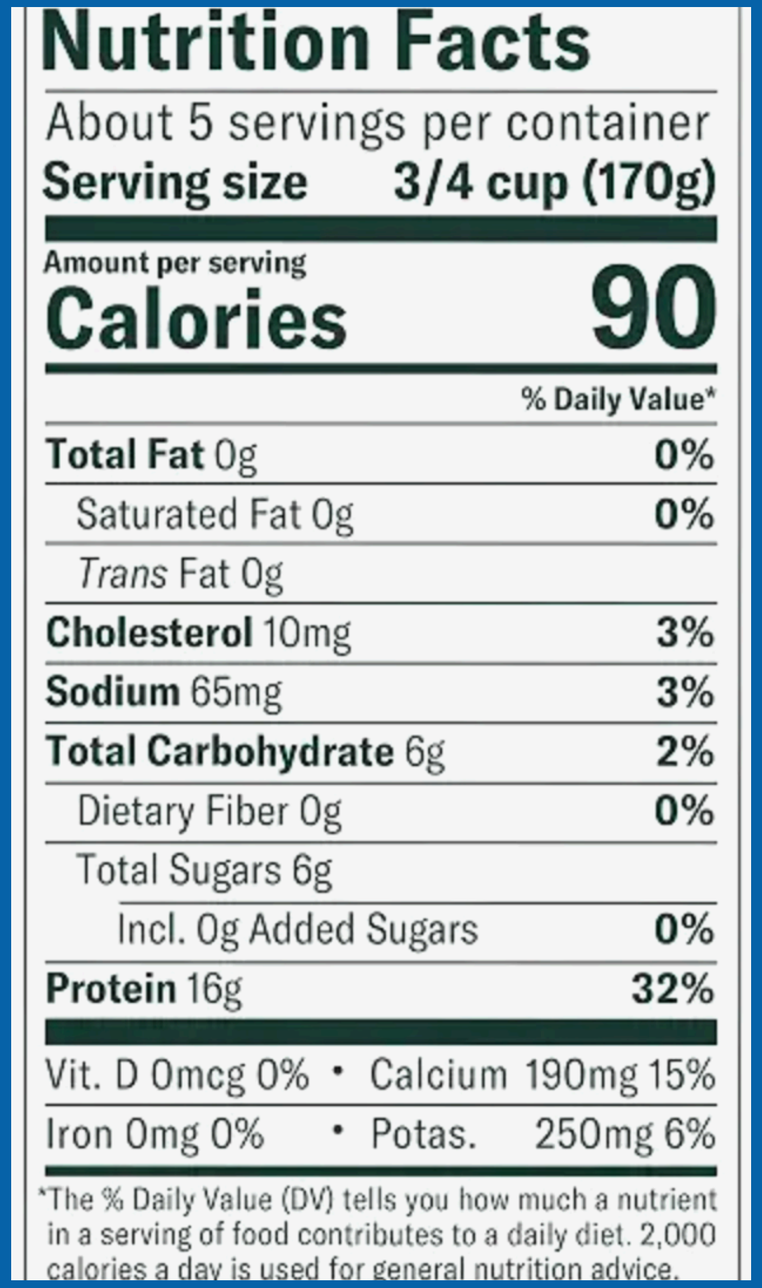
- Some milk fat
- Typically falls between nonfat and whole
- Often a creamier texture



Whole milk

- More milk fat
- Typically more calories
- Often a richer, creamier texture





Nutrition Facts

About 5 servings per container

Serving size **3/4 cup (170g)**

Amount per serving

Calories **90**

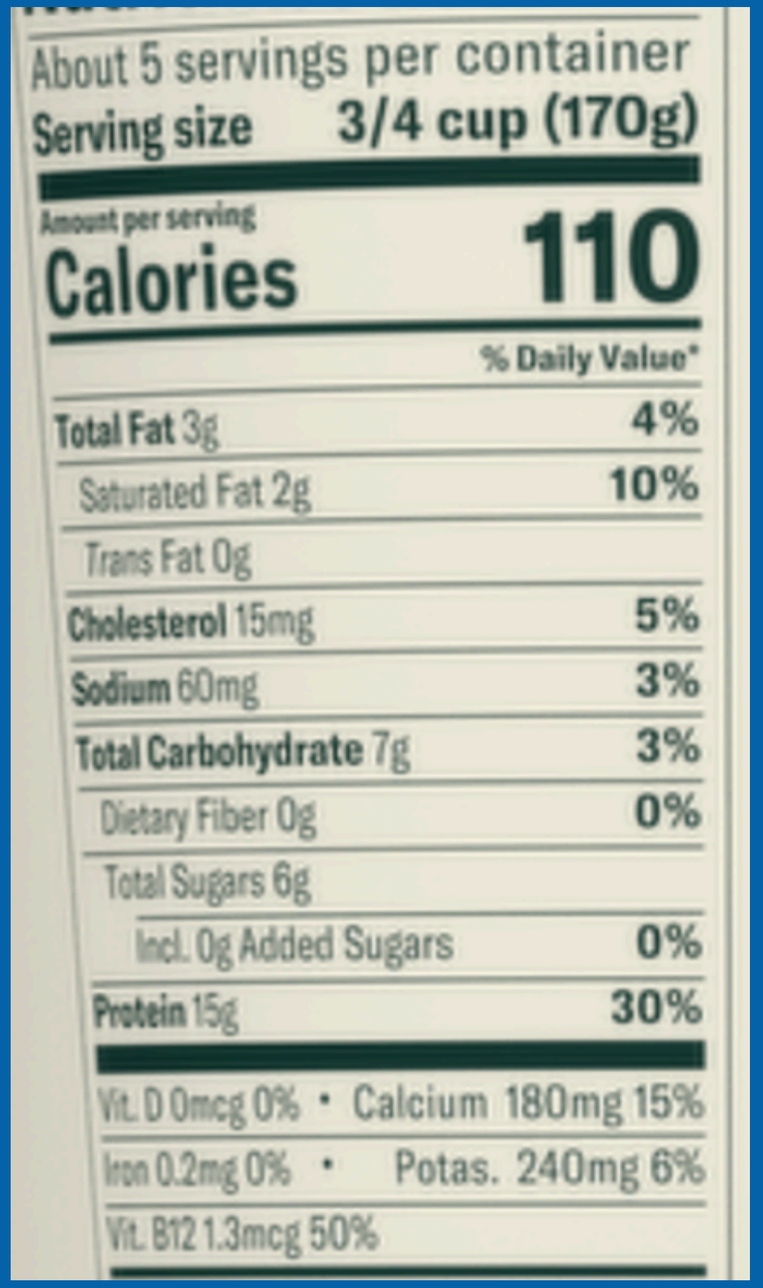
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 65mg	**3%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 0g	**0%**
Total Sugars 6g	
Incl. 0g Added Sugars	**0%**
Protein 16g	**32%**

Vit. D 0mcg 0% • Calcium 190mg 15%

Iron 0mg 0% • Potas. 250mg 6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Non-Fat



About 5 servings per container

Serving size **3/4 cup (170g)**

Amount per serving

Calories **110**

	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 60mg	**3%**
Total Carbohydrate 7g	**3%**
Dietary Fiber 0g	**0%**
Total Sugars 6g	
Incl. 0g Added Sugars	**0%**
Protein 15g	**30%**

Vit. D 0mcg 0% • Calcium 180mg 15%

Iron 0.2mg 0% • Potas. 240mg 6%

Vit. B12 1.3mcg 50%

Low-Fat



Nutrition Facts

About 5 servings per container

Serving size **3/4 cup (170g)**

Amount per serving

Calories **170**

	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 60mg	**3%**
Total Carbohydrate 7g	**3%**
Dietary Fiber <1g	**2%**
Total Sugars 6g	
Incl. 0g Added Sugars	**0%**
Protein 16g	**32%**

Vit. D 0mcg 0% • Calcium 170mg 15%

Iron 0mg 0% • Potas. 230mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000

Whole

Per 170 g	#1: Greek	#2: Skyr	#3: Regular
Calories	90	100	80
Protein	16 g	19 g	8 g
Carbohydrates	6 g	7 g	12 g
Total sugars	6 g	5 g	10 g
Added sugars	0 g	0 g	0 g
Total fat	0 g	0 g	0 g
Calcium	190 mg	170 mg	290 mg
Vitamin D	0 mcg	0 mcg	2 mcg
Potassium	250 mg	210 mg	360 mg

What is right for you?

1. SELECT STYLE

Regular • Greek • Skyr
Consider protein and texture

2. PICK MILK FAT LEVEL

Nonfat • Low-fat • Whole
Consider fat, calories, and creaminess

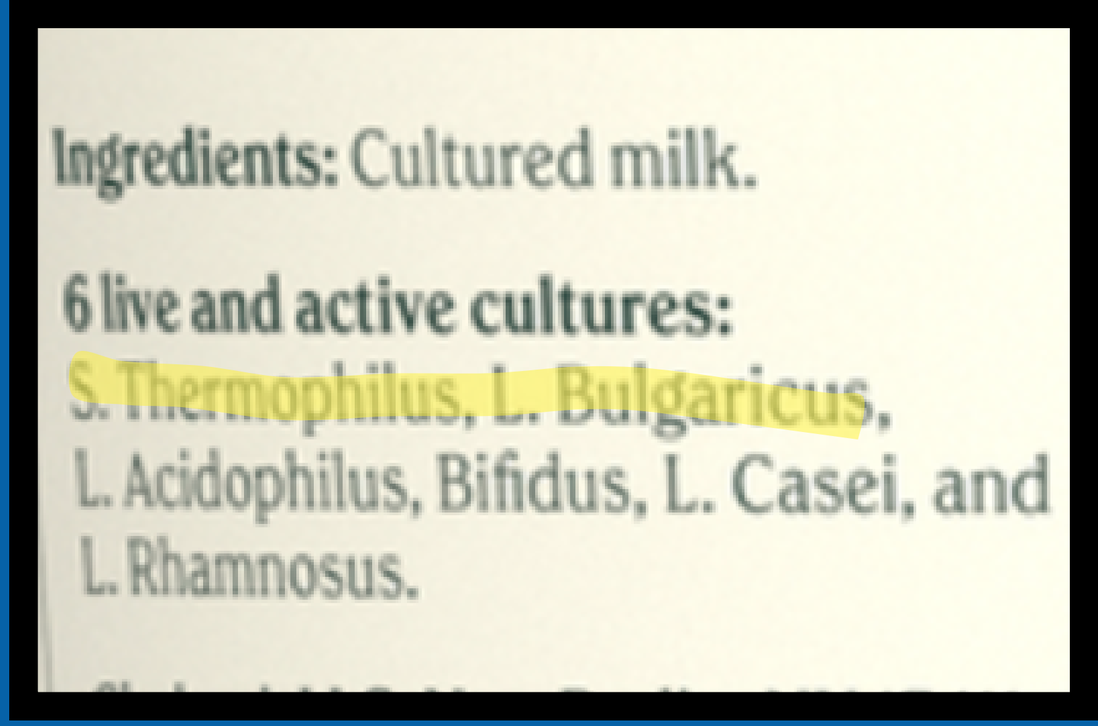
3. READ THE LABEL

Serving size • Protein • Added sugar
Consider goals, needs, preferences, etc.



BUT WAIT... THERE IS MORE!

Remember the bacteria that helped make our yogurt? Those cultures may still be alive when we eat it and they can really benefit us nutritionally!



Live cultures	Probiotics
Living microorganisms in the yogurt.	Live microorganisms that, in the right amounts, can help with specific health needs—such as improving lactose digestion.
Starter cultures turn milk into yogurt.	Benefits depend on the specific strain and amount.

Live cultures don’t automatically mean proven probiotic benefits.



Ever had butterflies in your stomach?

Your gut and brain are talking!

Brain → gut: Stress and excitement can change digestion.

Gut → brain: Your gut sends signals about hunger, fullness, and discomfort.

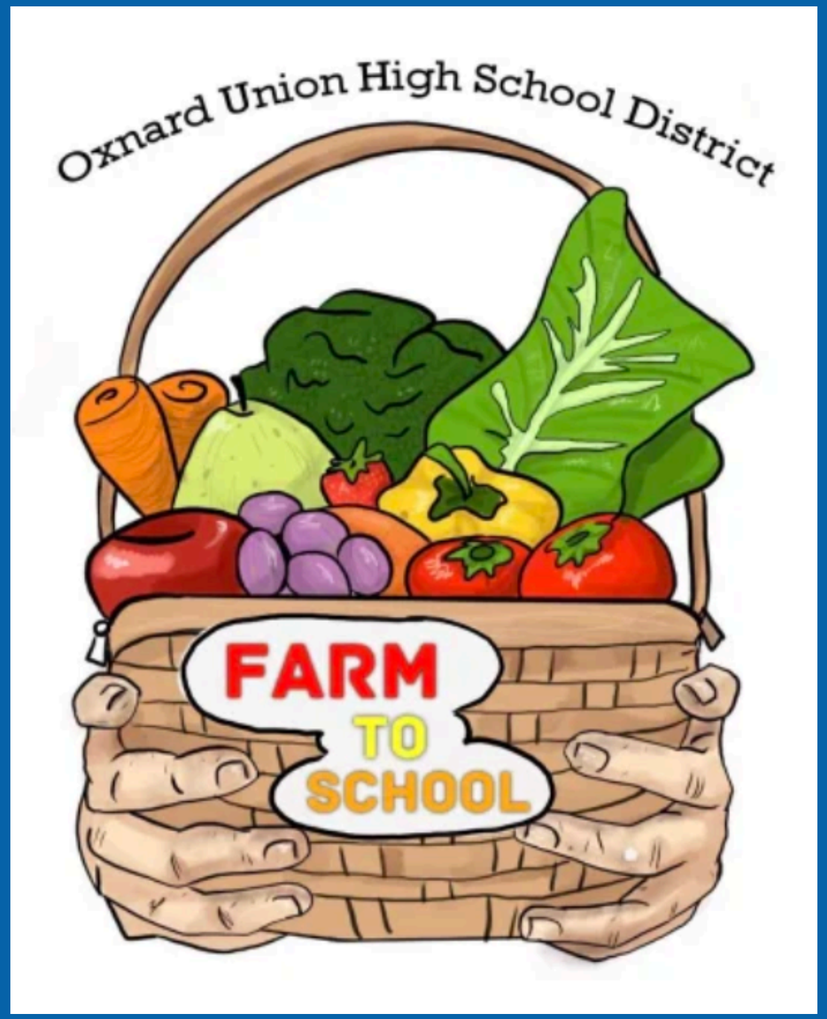
Microbes participate: Your gut microbes play a role in this communication.
More of these can = a stronger gut → brain connection!



Let’s take yogurt to the next level...

We have a nutritious base. Now let’s add flavor, texture, and variety!

READY TO BYOP?



Build Your Own Parfait

with our Farm to School Team!

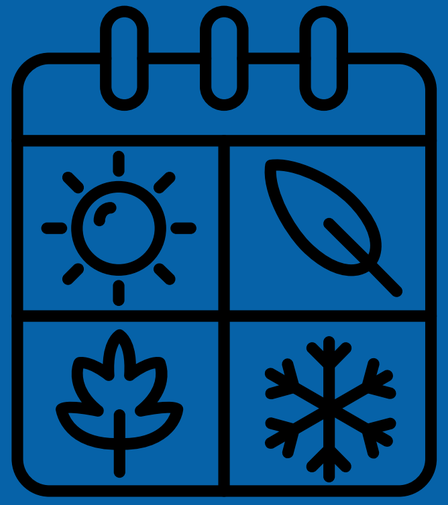
Today's ingredients:

- ***Yogurt:*** *Our protein and calcium rich star!*
- ***Fruit:*** *Adds sweetness, fiber, and vitamins.*
- ***Granola:*** *Adds crunch and carbohydrates for energy!*

Before we start building, let's explore where our ingredients come from!

- **Local:** Where were they grown or made?
- **Seasonal:** What's being harvested now?
- **Organic:** How were they produced?









KEEP CREATING AT HOME!

Use what you have. Adjust to your hunger and goals.

Make tomorrow's breakfast tonight
Mix yogurt with oats, milk, and fruit for overnight oats.

Give it a new crunch
Try whole-grain cereal, nuts, or seeds instead of—or alongside—granola.

Blend something delicious
Combine yogurt with banana, berries, or mango for a smoothie.

Make it a bigger meal
Enjoy your yogurt bowl alongside eggs, toast, or another favorite food.

THANK YOU





Yogurt Parfait Time!

- OUHSD Farm to School
- Gardens, Local and Regional Farms
  - Berries from Farmivore Food Hub
- Parfait Activity
  - Cut berries, assemble and enjoy!
- Self Care and Community Care

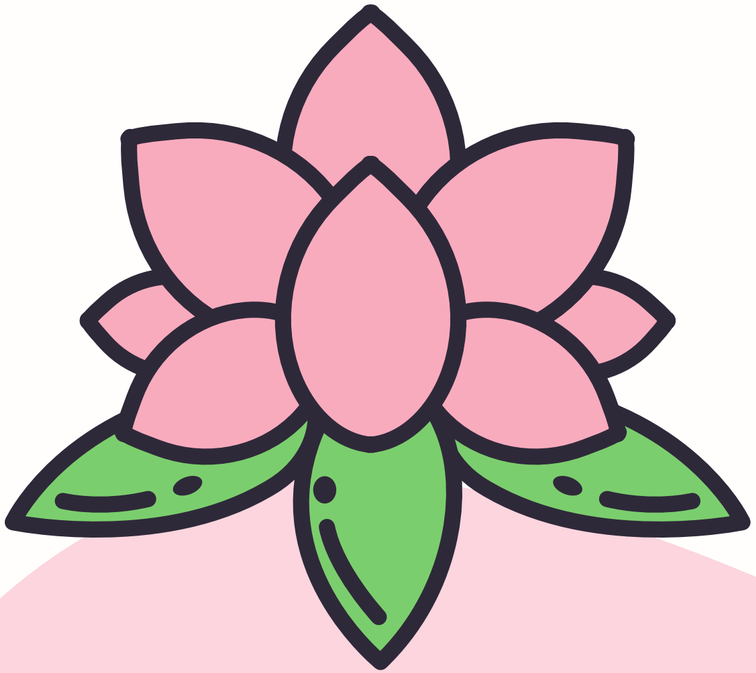
Help Plan Our Wellness Committee Meetings!

- Choose 3 wellness themes for SY 2026–27.
- Choose 4 wellness themes for SY 2027–28.
- Select one peer presentation topic for each theme.
- Plan one interactive activity to go with each presentation (game, quiz, role-play, group discussion, etc.).
- Present your ideas to the Wellness Committee.

Individual Brainstorm

- What wellness challenges are students facing?
- What do students need to learn from one another?
- What would make a meaningful peer presentation?

- Write down 3-5 wellness topics



Group Sharing

1. In your group, share the 3-5 topics from your indiviual brainstorm
2. As a group, priortize **3** topics
3. As a group, decide on one peer presentaion and activity for each of the 3 topics
4. Present ideas to the committee

	Topic 1	Topic 2	Topic 3
	Safety - Bikes	Digital Wellness	Emotional Resilience
Peer Presentation	favorite bike paths in town	social media & mental health	handling setbacks & challenges
Interactive Activity	pumping air into tire	digital habits quiz / real time settings change	what would you do? Game

Group Presentations



see you next time!

December 8	February 2	April 20
2026	2027	2027
FHS	CIHS	OHS