

★ WHERE DOES OUR SCHOOL MILK COME FROM? ★

1.

Cows eat grass so they can make lots of milk...

* FAST FACT *

Cows can smell things up to 6 miles away!

2.

Cows are milked and then the milk is taken to a factory...

3.

The milk is packaged...

* FAST FACT *

A cow can produce up to 90 glasses of milk every day!

4.

The milk gets delivered by the milkman to your school for you to drink at mid-morning break!

QUICK QUIZ 1

Which of these are found in milk?

- PROTEIN?
- GRASS?
- CALCIUM?
- FAIRY DUST?
- ARTIFICIAL SWEETENERS?
- ARTIFICIAL COLOUR?
- CHEMICAL GOO?
- VITAMINS?

* FAST FACT *

The average cow chews at least 50 times per minute!

COLOUR ME IN!

QUICK QUIZ 2

Why is drinking milk at school good for you?

- MILK QUENCHES YOUR THIRST?
- MILK GIVES YOU SUPER-POWERS?
- MILK GIVES YOU ENERGY?
- MILK HELPS YOU GROW?
- MILK GIVES YOU STRONG BONES?
- MILK WILL TURN YOU INTO A DINOSAUR?
- MILK GIVES YOU STRONG TEETH?
- MILK CAN DO YOUR HOMEWORK FOR YOU?

Answers
 Quick Quiz 1: Protein? Yes Grass? No Calcium? Yes Fairy dust? No Artificial sweeteners? No Artificial colour? No Chemical goo? No Vitamins? Yes
 Quick Quiz 2: Milk quenches your thirst? Yes Milk gives you super-powers? No Milk gives you energy? Yes Milk helps you grow? Yes Milk gives you strong bones? Yes Milk will turn you into a dinosaur? No Milk gives you strong teeth? Yes Milk can do your homework for you? No

