



WARM-UP & DISCUSSION

Milk & Dairy Products

Mini Quiz

1. Can you name a few products that are made from milk?
Milk, cheese, butter, cream, ice cream, and yogurt.
2. What are these products called?
Dairy products.
3. Which type of milk is the healthiest to drink — fat-free, low-fat, reduced-fat, or whole milk?
All these milks are equally healthy. If you are worried about your calorie intake then you should be careful of drinking too much whole milk.
4. Where can you find dairy products in a supermarket?
In the dairy section.
5. How many servings of dairy do adults and kids need each day?
If you are older than 8 years then 3 glasses of milk, cheese, or yogurt are recommended.
6. Can only cows' milk make dairy products?
No. Most dairy products come from a cow, any animal that produces milk can also be classed as a dairy product.

Discussion

1. How is milk good for your health?
2. Besides cows, what other animals do people drink milk from?
3. Have you ever drunk fresh milk straight from a cow?
4. Have you ever tried to milk a cow?
5. Many people use soy milk. What other products can we make milk from?
6. Do you ever use milk powder?
7. What is your favorite milk product?
8. Do you buy or make any milk beverages for yourself?