Grade 1 - Activity
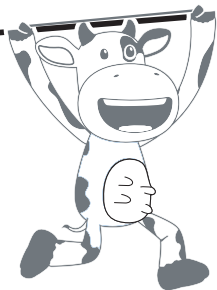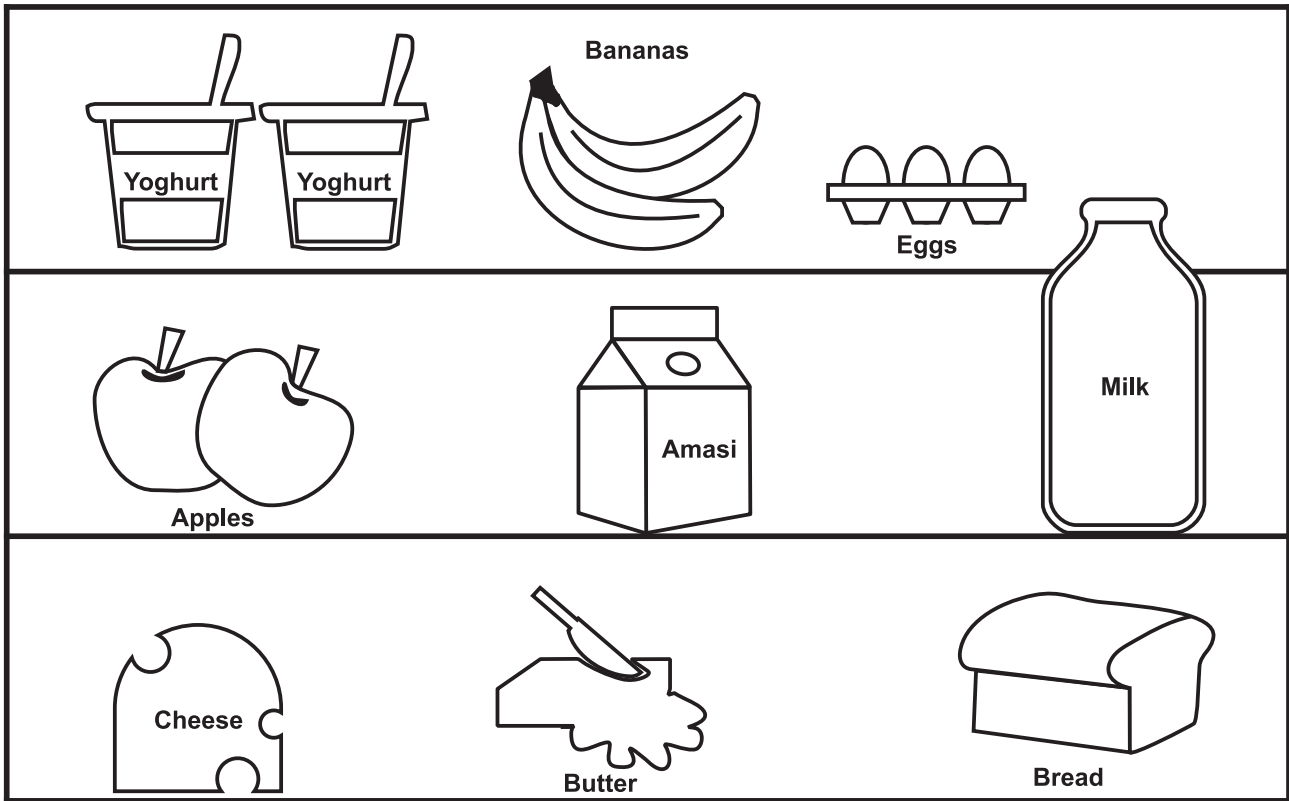
**Milk is full of goodness. It builds strong bones. It keeps our teeth healthy. It helps us become strong! Milk is used to make many other good foods.**

Yoghurt   Yoghurt   Bananas   Eggs

Apples   Amasi   Milk

Cheese   Butter   Bread

1. Circle the items in the cupboard that come from milk. Colour them in.
2. Circle the animals that give you the milk you drink.
3. Which is your favourite dairy product? Why?
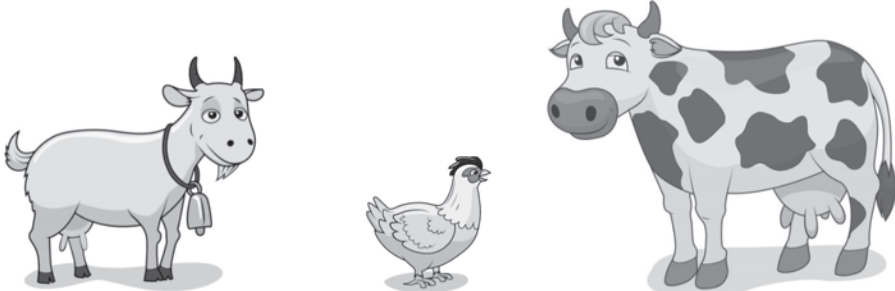
From farm to fridge. Let's learn about dairy. The food path to produce milk and other dairy products.
An Initiative by the Consumer Education Project of Milk SA
www.dairykids.co.za

9