



Grade 3 Activity:

Milk crossword puzzle



Activity 1 : Read the following passage to answer the crossword puzzle on the next page.

A cow is milked twice a day, depending on the amount of milk she produces. Cows need to eat a lot of grass and drink plenty of water to produce milk. Milking machines make the milking process quicker and more hygienic. Raw milk must be lightly cooked at home before drinking, or pasteurised at the factory to destroy harmful bacteria that could cause illness, making it healthy and safe to drink. The best temperature for storing fresh milk is below 5°C, preferably in the fridge.

Milk should never be left in direct sunlight and should also be kept in a clean closed container. Long-life milk can be stored in a grocery cupboard until the expiry date. Once opened, it should also be kept in the fridge, and used within 5 days.



Milk contains nutrients such as proteins, carbohydrates, fats, vitamins and minerals. The most important mineral in milk is Calcium. Calcium, with vitamin D that we get from sunshine, is needed to build healthy teeth and bones that keep them strong and healthy. Remember to also drink plenty of clean safe water, every day.

DID YOU KNOW

- A French doctor and scientist Louis Pasteur invented the process of pasteurisation almost 150 years ago!
- Butter is made by whipping cream.

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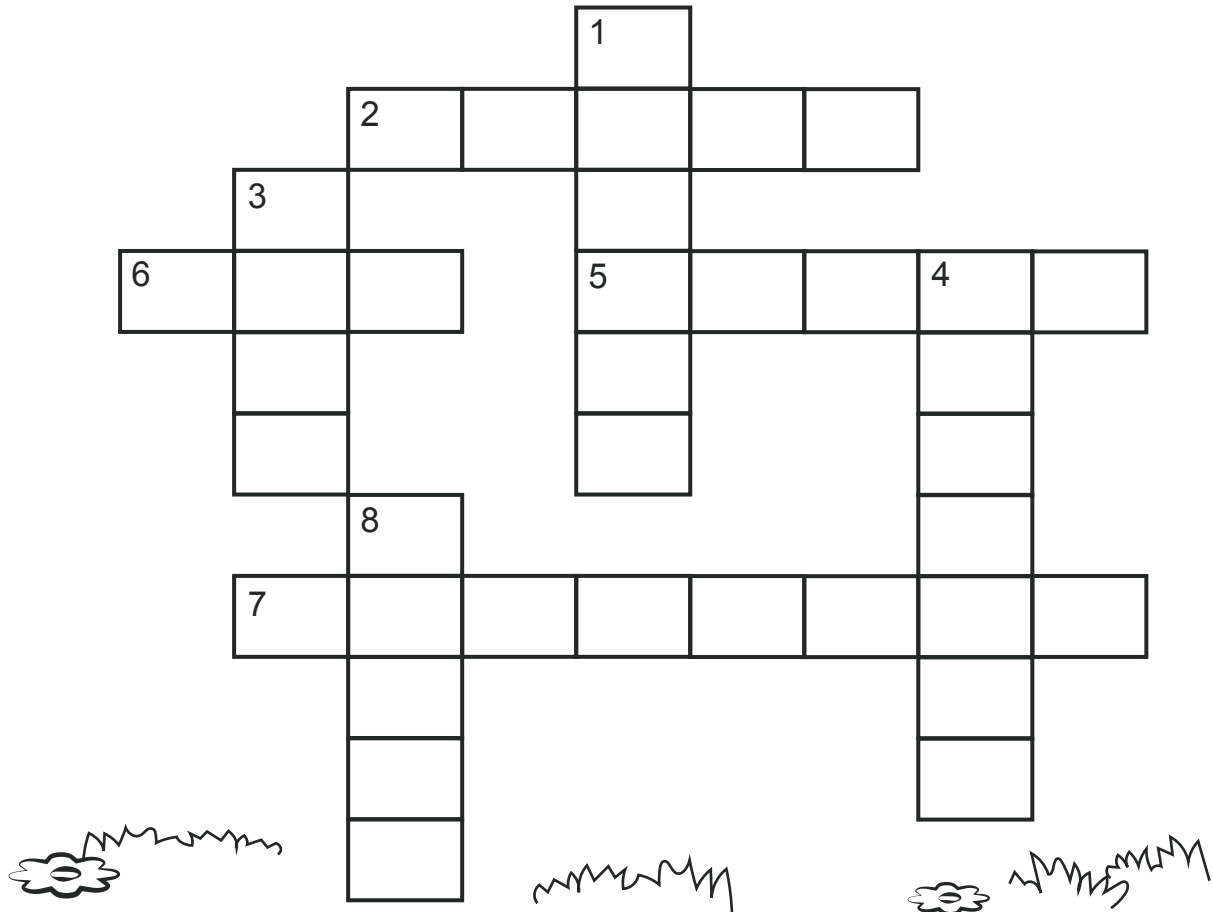
Initiative by the Consumer Education Project of Milk SA



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Activity 1 : Crossword Puzzle - Milk Facts



Across

2. _____ Pasteur invented pasteurisation.
5. Cows are milked _____ a day.
6. _____ milk must be pasteurised to make it safe for use.
7. Harmful _____ in raw milk can make you sick.

Down

1. Cream turns into _____ when it is whipped for a long time.
3. Cooked milk is _____ to drink
4. The _____ in milk give you strong bones and teeth.
8. We can drink _____ and milk everyday.

