



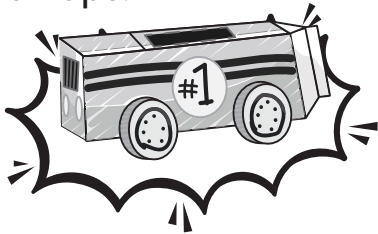
World School Milk Day 2025!

Dairy Gives You Go!
For strong bones and moves!

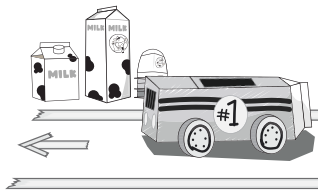
Grade 1 - Milk box car activity

What you will need:

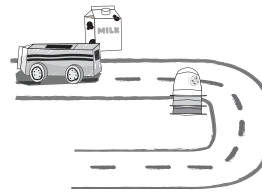
- Your own box car.
- Draw a track for your milk box car on the ground using chalk, or tape.



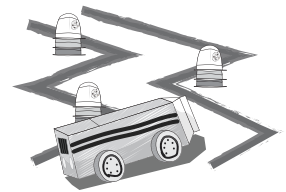
Use the chalk/tape to create different roads on the floor:



Straight lines



Turns



Zigzags

Add familiar road signs along the way, e.g. Stop.

Let the learner drive their milk box car along the track.

Bonus learning

Here the learner moves left to right and sees lines like straights, zigzags, and curves in the same way that we form lines and letters.



Health message

Dairy gives you more go than you know!

Do you want to stay strong and full of energy? Drink milk, enjoy amasi, or have some yoghurt – they help your bones and muscles grow and give you energy! Don't forget to eat fruit and vegetables too – they keep your body happy and healthy.

Even one cup of dairy like milk, amasi or yoghurt, gives you longer lasting energy than sugary snacks and keeps you full for longer. So next time you're hungry – fuel up with milk or other dairy products for energy that lasts all day!



www.dairykids.co.za

Initiative by the Consumer Education Project of Milk SA



basic education
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