



World School Milk Day 2025!


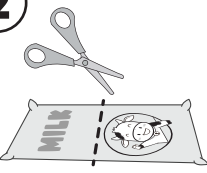
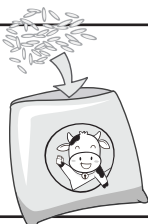
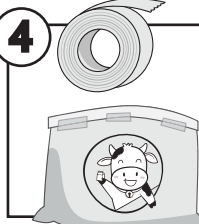
Dairy Gives You Go!
For strong bones and moves!

Grade R - Milk bag toss

What you will need:

- Milk bag
- Scissors
- Rice or beans or sand
- Sticky tape or needle and thread (*Tip: try using thin plastic strips*)
- Teacher or grownup to help

Instructions:

-  Clean and dry the milk bags.
-  Cut the bag in the middle forming two square shapes.
-  Pour the rice or beans or sand in the square.
-  Close the open side with tape or by sewing (*ask a grown up for help*).

For extra durability, consider covering the bag with another bag, for extra strength.



Health message

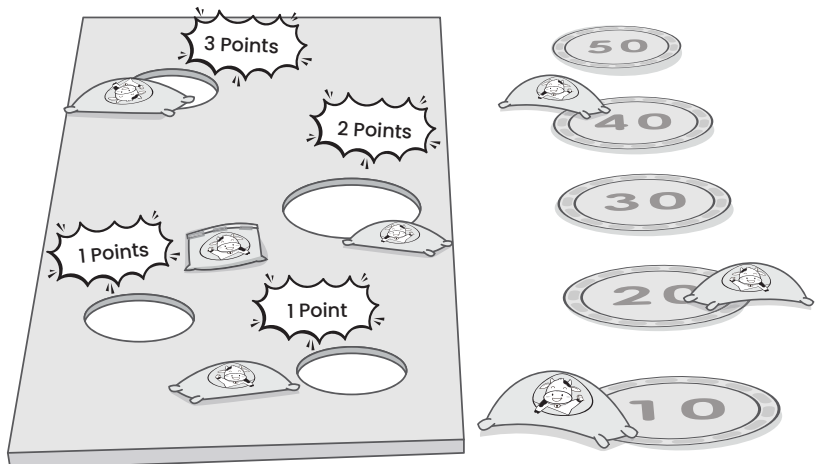
Fill up with the right stuff after playing or exercising! Milk, amasi, and yoghurt are super good to refuel and grow your body. They give you:

- **Protein** – to help your muscles grow.
- **Calcium** – to make your bones strong.
- **Energy** – to keep you going!

So, after playtime, drink some milk or eat yoghurt or amasi to help your body stay strong and healthy.



Use can use these rice/bean/sandbags in fun games. Try throwing it at the right target.



www.dairykids.co.za

Initiative by the Consumer Education Project of Milk SA



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