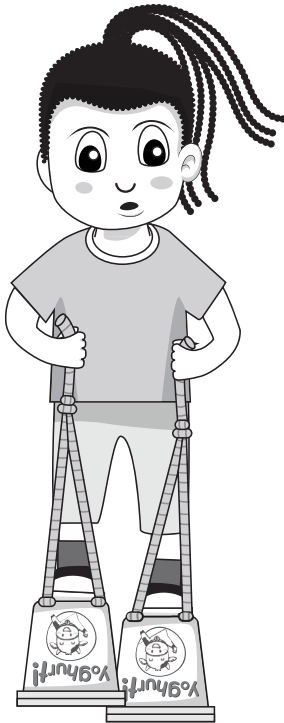




World School Milk Day 2025!

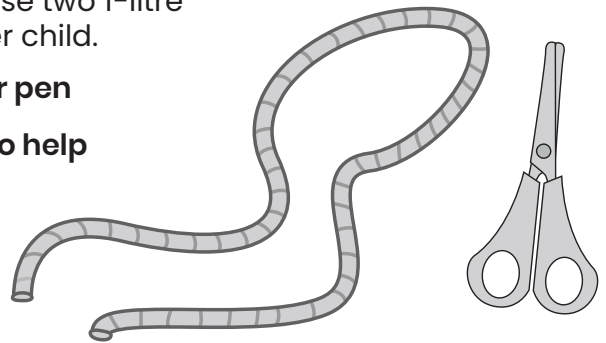
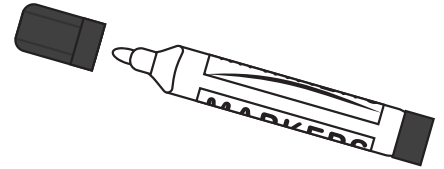
Dairy Gives You Go!
For strong bones and moves!



Grade R - Yoghurt tub stilts

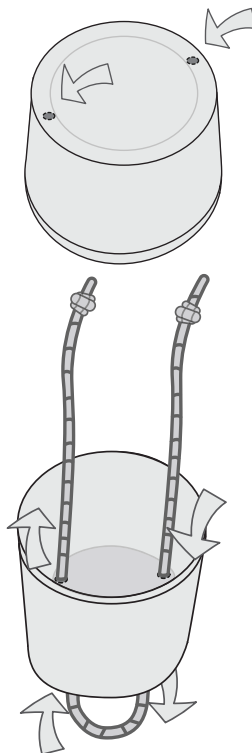
What you will need:

- **Rope:** You can weave old plastic bags to make strings for the stilts.
- **Yoghurt containers:** Use two 1-litre yoghurt containers per child.
- **Scissors and a marker pen**
- **Teacher or grownup to help**



Instructions:

1. Have a grownup help you make holes in your yoghurt containers. Make a **mark near the base** of the yoghurt container on opposite sides with your scissors that is big enough for the rope to fit through.
2. **Thread your ropes:**
Thread your rope through one hole from inside the container/s so that the **knot is on the inside**. Thread it through the second hole from outside and then tie another knot inside.
3. Children climb on the stilts and enjoy a balancing walk.



Health message

After you play or do exercise your body gets **tired**, because it uses a lot of energy, and needs **food** to **refuel** and feel **strong again**. A healthy balanced meal has different kinds of food to help your body:

- **Bread or rice** gives you **energy to play**.
- **Cheese, meat, eggs or beans** help your **muscles grow**.
- **Milk, amasi or yoghurt** make your **bones strong**.

So, after some moves or exercise, eat something like a sandwich with cheese and drink some milk or yoghurt. It helps your body to refuel and grow big and strong!

www.dairykids.co.za

Initiative by the Consumer Education Project of Milk SA



basic education
Department:
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