

# Healthy Milk Choices

## Activity: 1

## The milk your family drinks...

### Directions:

Check (✓) the types of milk your family drinks:



### Directions:

There are many reasons families buy and use different types of milk. What are your reasons? Check (✓) all of the reasons that apply to your family:

- I buy the cheapest milk.
- I buy the healthiest milk.
- I buy milk based on the color of the cap.
- I buy the milk that my family likes the best.
- Other \_\_\_\_\_

*To learn more about the differences of each type of milk... just keep reading!*



# Activity:2

## Compare the different types of milk



Fat	1g
Protein	9g
Calcium	31%
Vitamin D	25%

Fat	2g
Protein	10g
Calcium	38%
Vitamin D	25%

Fat	5g
Protein	10g
Calcium	35%
Vitamin D	25%

Fat	8g
Protein	8g
Calcium	30%
Vitamin D	25%

### Directions:

Look at the pictures above of the 4 gallons of milk to answer the questions below.

- 1 From the choices below, check (✓) the type of milk that has the **Lowest** amount of **Fat**.  
 Fat Free / Nonfat Milk    Lowfat 1% Milk    Reduced fat 2% Milk    Regular / Whole Milk
- 2 From the choices below, check (✓) the type of milk that has the **Highest** amount of **Protein**.  
 Fat Free / Nonfat Milk    Lowfat 1% Milk    Reduced fat 2% Milk    Regular / Whole Milk
- 3 From the choices below, check (✓) the type of milk that has the **Highest** amount of **Calcium**.  
 Fat Free / Nonfat Milk    Lowfat 1% Milk    Reduced fat 2% Milk    Regular / Whole Milk
- 4 What do you notice about the amount of **Vitamin D** in the different types of milk?  
\_\_\_\_\_  
\_\_\_\_\_
- 5 After answering the above questions, check (✓) the type of milk you think is the **Healthiest**.  
 Fat Free / Nonfat Milk    Lowfat 1% Milk    Reduced fat 2% Milk    Regular / Whole Milk