



The Benefits of Milk

The idea for this activity pack was born from our desire to pass on the importance of receiving calcium in our children's early years and just as importantly throughout their teenage years also.

The bag template below can be made up in advance and then used to store/carry all of the 'goodies' that you have managed to collect.

Promote the benefits of milk by then handing out the bags to your parents/carers friends and relatives with young and older children.

The suggestions we have listed for you to use in the packs is entirely at your own discretion.

All we ask is that our written work and illustrations are used purely for non profit distribution and that you read the terms and conditions available on our website - www.silkysteps.com Thank you.

For more information on websites that you can visit click here, these sites have some great information and downloadable resources you could include in the packs.



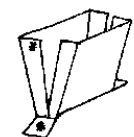
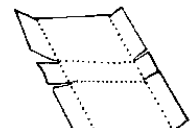
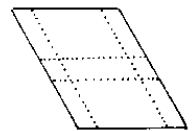
- Some printable coloring pictures and games – as below
- Pack of coloring pencils or water paints.
- Recipes for milk shake or making ice cream.



Contact local business and individuals to see if they can provide any information (leaflets or samples) about their own locally produced dairy products e.g. – organic products and different types of dairy products.

Below is a bag template to hold all of your activity pack goodies!

1. Photocopy the bag template.
2. Sticky tape the bottom to another sheet of A4 paper.
3. Use the guide lines along the sides of the template sheet and fold inwards.
4. Fold the bottom guide line upwards, then judge a similar distance on the plain back piece of paper to create the base of the bag.
5. Snip from the side of the bag to point .A and on the other side to point .B repeat this on the plain back paper.
6. Lay a little glue down the long edges of the bag and stick together. Then fold up the snipped area and glue in place.
7. punch out two holes at the top of the bag (if possible use ring hole Strengtheners over these holes) and tie string handle through.



The benefits of

Milk

Activity pack



The Benefits of Milk

In this activity pack you will find some information leaflets, crafts, coloring pictures and activity ideas that you and your child can do together to bring an understanding of the importance milk and dairy products can play in their everyday diet.

If you are ever concerned about your child's diet or possible allergic reactions to dairy products seek medical advice from you Doctor or similar professional.



Skeleton activity - use a piece of dark colored paper as a base and cut up varying lengths of drinking straw (or other pipe type object) let your child glue them into a made up skeleton shape, this will help them understand that milk can help to build strong healthy bones.



Cow craft (Template provided) - find some black, white and brown materials (anything from old clothes to carrier bags!) help your child cut these in to small pieces and stick them onto the cow to make some shape patterns. Talk to you child and explain that it is cows that give us most of the milk you can buy in the shops.



Talk about your child's **teeth** and explain how important it is to drink milk to make their teeth strong and healthy just like their bones.



Make some delicious **milk shakes** by blending some fresh fruit into $\frac{1}{2}$ pt milk.



Milk as other foods! (Template provided) - has your child ever tried these foods before? Did they know that they were made from milk? Color in the picture as they decide which food they like the most! Maybe you could do a blind fold taste challenge with them?!



Milking time - role play game. (Template provided) Help your child to color in and then cut out the cow. Act out it following the path to the milking parlor. Once milking has finished the cow needs to find its way back to the field.

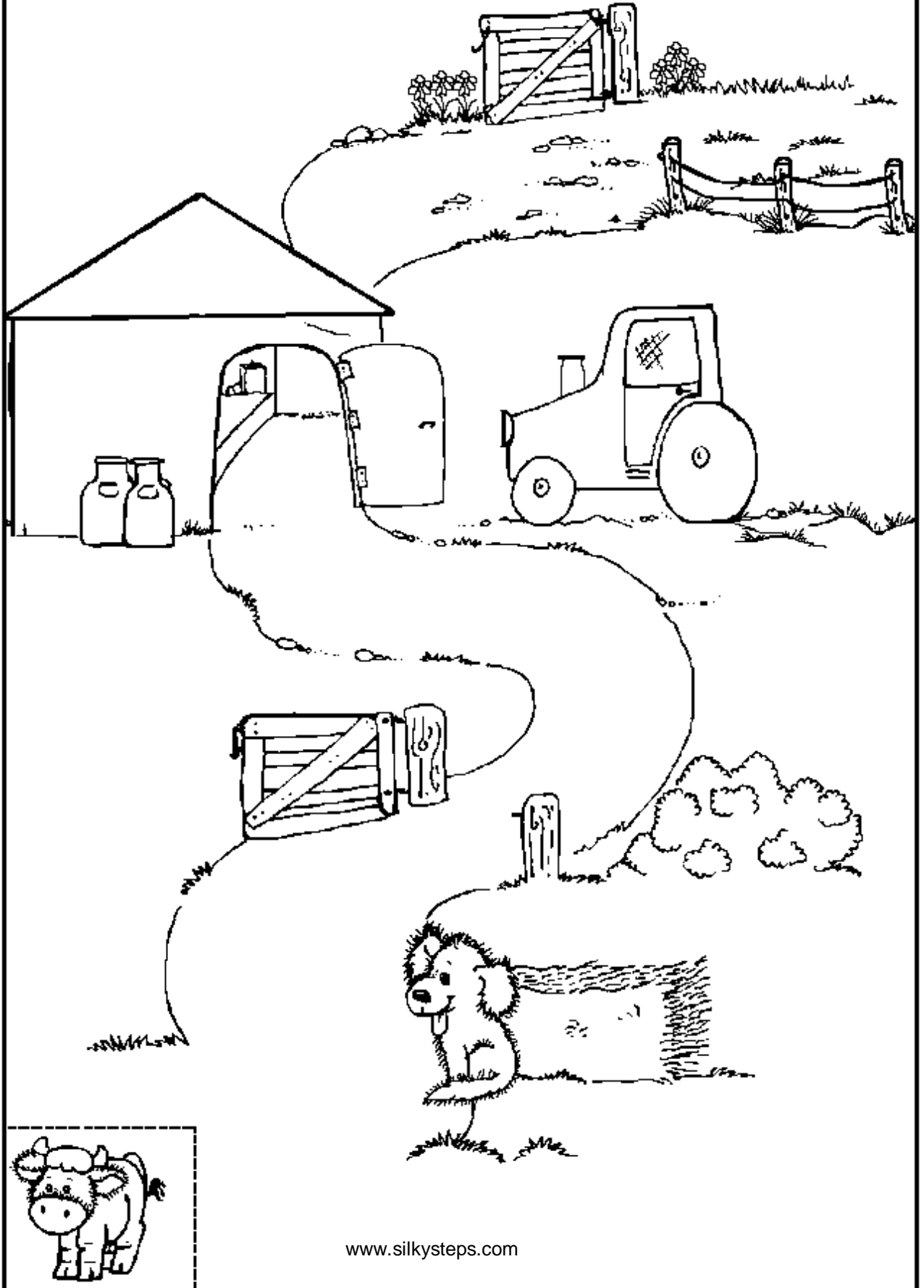


The Benefits of Milk

My name _____
Date _____



It is milking time on the farm and the cow needs to get up to the milking parlor and back to the field again. Cut out the cow and trace the path she has to follow.



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My name _____
Date _____



Cow Craft.
Cows come in many different colours.
What colours are you going to glue onto her?

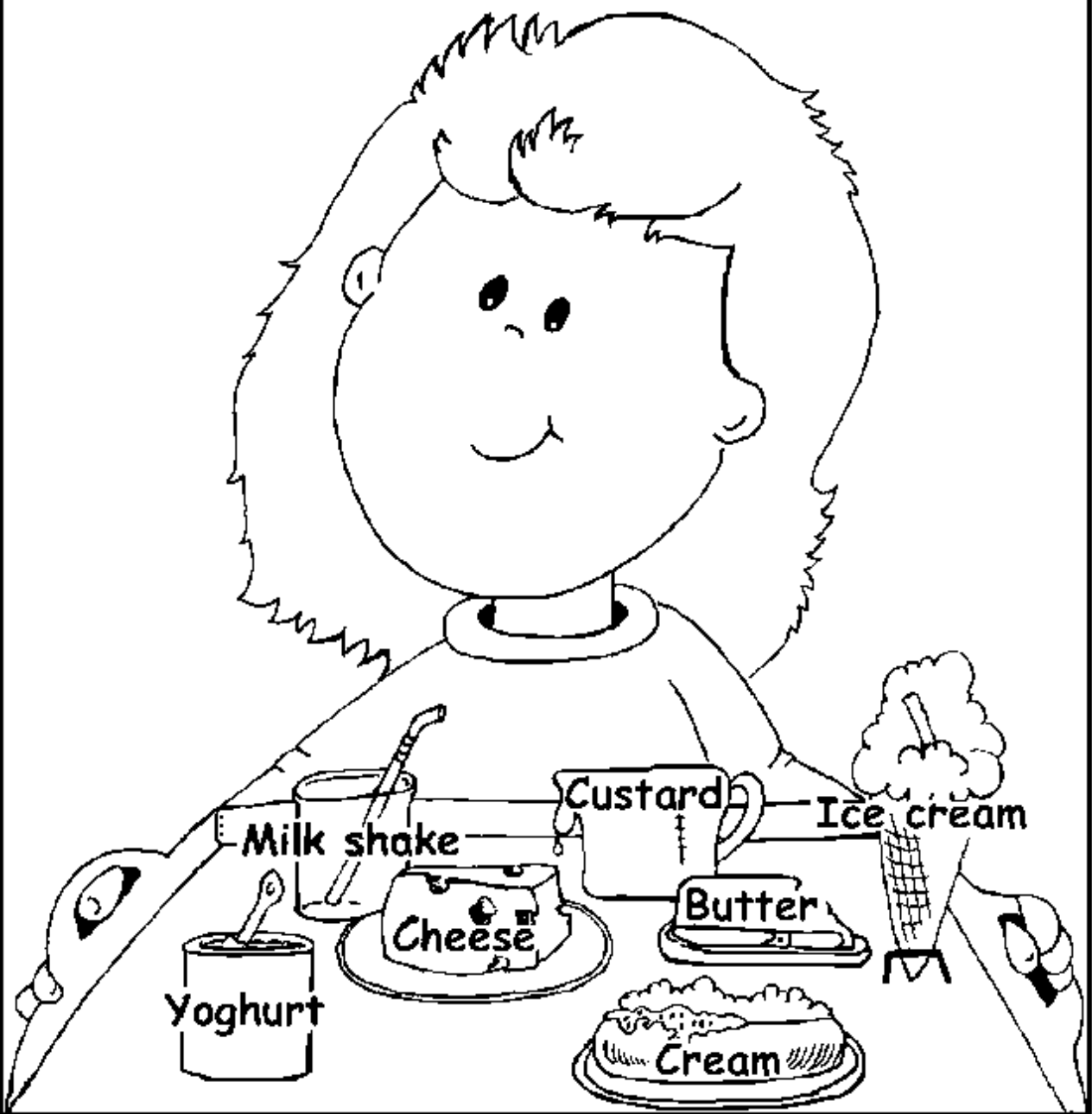


The Benefits of Milk

My name _____
Date _____



Have you tried these foods?
Which food made from milk, do you like the most?





The Benefits of Milk

My name _____
Date _____



Coloring



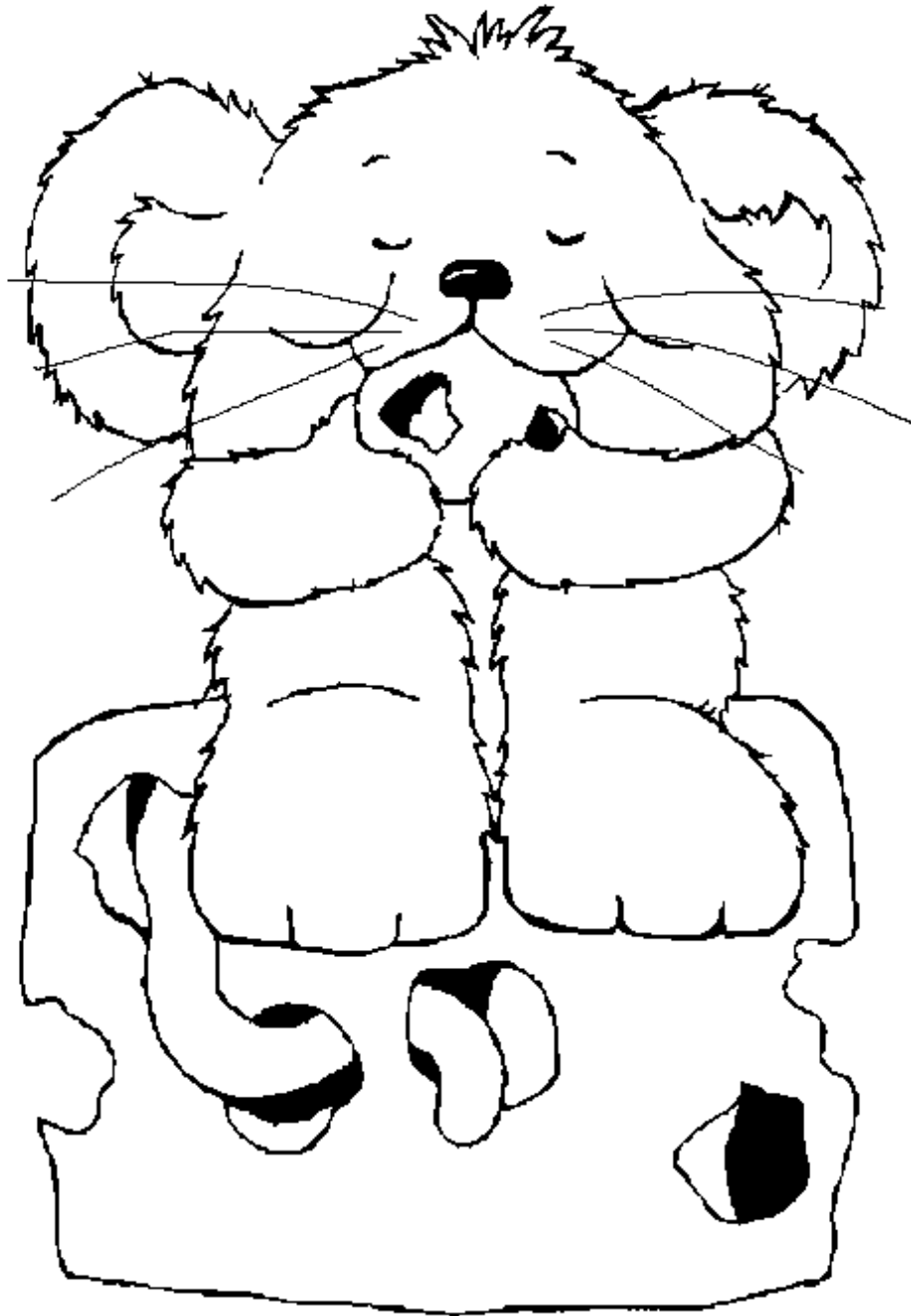


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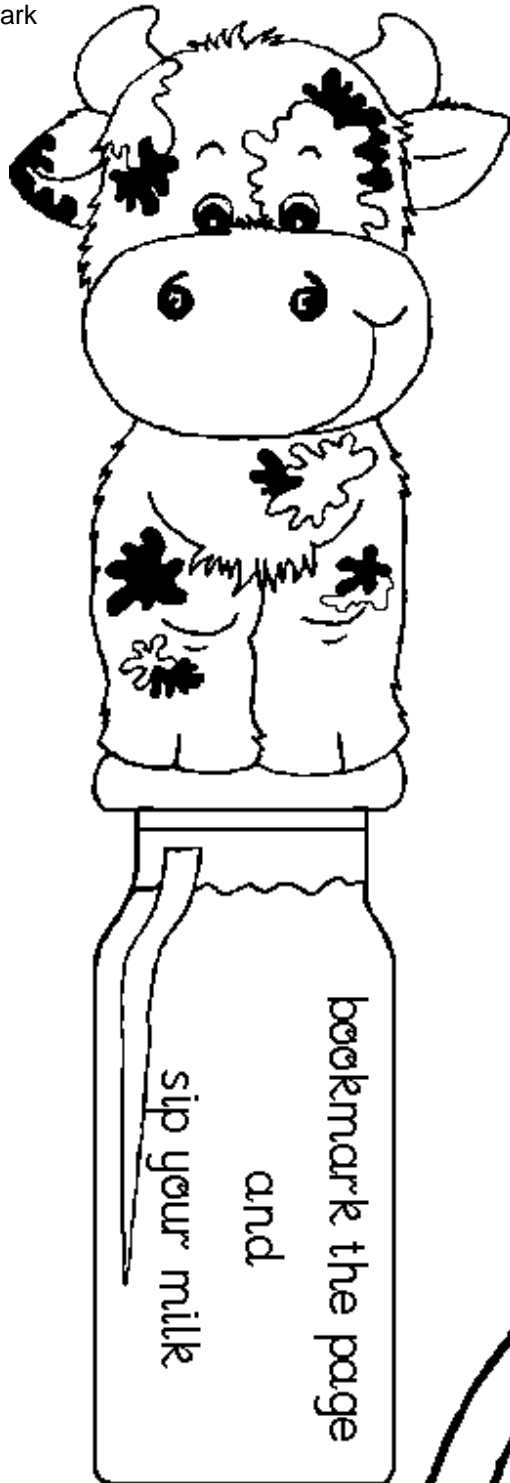
My name _____
Date _____



Coloring



Bookmark



Milk Time !

Door hanger



Mug mat. Color, cut out and laminate/sticky back plastic.

