Test your milk knowledge!



A.2 % B. 1 % C. Whole D. Fat Free E. All the Same

2. Who should drink 1% or fat free milk?

A. Adults & Teenagers B. Children 2 and older C. Both A&B

3. What does whole milk have that is not found in fat free milk?

A. Vitamin D B. Calcium C. Vitamin A D. Fat

4. Which milk has the most calories?

A. Fat Free B. 2% C. Whole D. 1%

5. Fat free milk is watered down.

True or False

6. What is the healthiest milk for everyone 2 years old and older to drink?



Milk Matters.

Children of every age, and adults too, need milk for strong bones, teeth and muscles.