



# Milk Madness

## Customize Your Calcium



**Purpose:** Students can discover the important nutrients milk contains while using their creativity to make their favorite flavor of customized milk.

### Background:

- Milk contains nutrients including calcium, potassium, protein, and phosphorus.
- The protein naturally found in milk helps to build strong muscles.
- The water in milk can help keep you hydrated.
- 8 oz. glass of milk provides kids with the same amount of:
- Potassium as one small banana
- Protein as 1 ½ medium eggs
- Calcium of 10 cups of raw spinach
- Phosphorus as 1 cup canned kidney beans
- Vitamin B12 as 4oz. of cooked turkey
- Vitamin D as ¾ oz. of cooked salmon
- Vitamin A as ¾ cup of broccoli

**Materials:** milk, your favorite flavors, food coloring, fun straws or decorations, fun cups, blender (optional)

### Activity:

1. Pour It! Pour milk into a cup. (You can use Skim, 1%, 2%, whole milk, soy milk, etc.)
2. Flavor It! Add your favorite mix of flavors. (Chocolate, strawberry, vanilla, cookies, flavor drops, fruit, etc.)
3. Color it! Add a few drops of food coloring and stir.
4. Name It! What do you call your milk creation? Take your milk to the next level by blending it into a smoothie or adding your favorite fun toppings!

### Resources:

- Florida Dairy Farmers
  - <https://www.floridamilk.com/in-the-schools/dairy-curriculum/>