



MILK AND DAIRY PRODUCTS



WHAT ANIMALS DO WE
DRINK MILK FROM?

Cows Goats Sheeps

WHAT DAIRY PRODUCTS DO
YOU KNOW?

Natural yogurt, kefir,
buttermilk,
cottage cheese (e.g.
ricotta), cheese
rennet (e.g. cheese).



*These are
different
types of
cheese.
Choose your
favorite!*

How many times a day do you
need to eat dairy products to
be healthy?

Every day, we should consume
3-4 portions of milk or dairy products.

A PORTION IS =



A glass of milk



One yogurt / kefir



A slice of yellow
cheese

WHAT DOES MILK
AND DAIRY PRODUCTS
CONTAIN?

They are the main source
of calcium in the diet.

WHAT DO YOU NEED
CALCIUM FOR?

- Calcium is an important mineral ingredient, necessary for proper bone development and teeth.
- Strong bones in childhood, they won't break when we are older!