

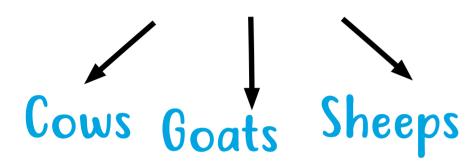
#### MILK AND DAIRY PRODUCTS





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### WHAT ANIMALS DO WE DRINK MILK FROM?



#### WHAT DAIRY PRODUCTS DO YOU KNOW?

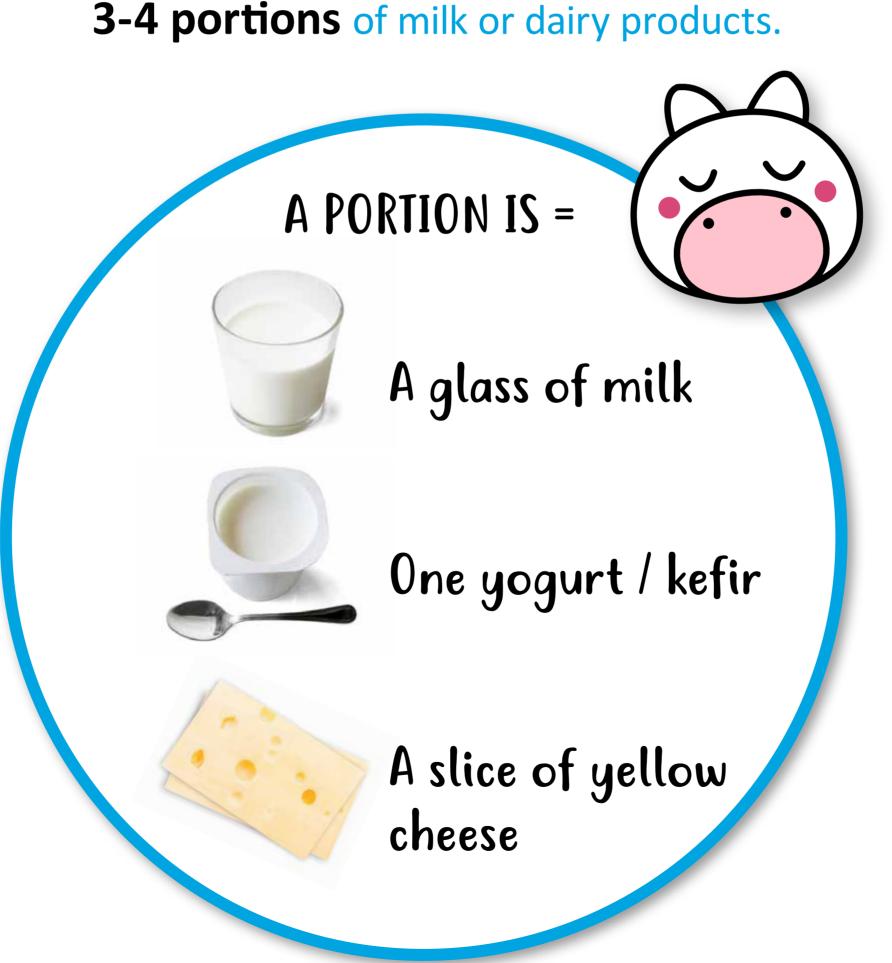
Natural yogurt, kefir, buttermilk, cottage cheese (e.g. ricotta), cheese rennet (e.g. cheese).



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



## 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!