

Scavenger Hunt: Milk Milk Milk

An activity of "Where does milk come from?"

Read "Q: Where does milk come from?" (page 8, *What's Up* April 2023).

1) List any three examples of non-dairy milk mentioned in the article.

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2) With the following list, go on a scavenger hunt to discover the various milk-related items found in a nearby supermarket and/or grocery store. Fill each cell of the table below with one of the brand names you spot on food labels. You may go to several stores to look for the less common items. Have fun!

SCAVENGER MILK HUNT			
A non-dairy milk product	A brand selling cows' milk	A brand selling goats' milk	A savoury milk product
A sweet milk product	A colored milk product	A milk-based non-edible product	A milk product found in the frozen food section
A milk advertisement	An item of milk-related memorabilia	A milk product found in the dried food section	A canned milk product

3. Respond to these questions to help you to reflect on the value of dairy products and non-dairy products.

a) Of all the milk products you found, which is your favourite one? Why?

b) What is the value of including dairy milk in our diets? Why do you say so?

c) What are the benefits of having non-dairy milk in our diets?

d) Which is a non-dairy milk product you would recommend to someone? Why?