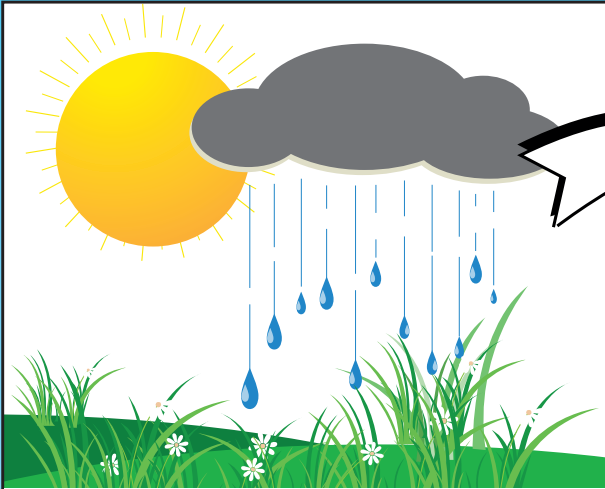
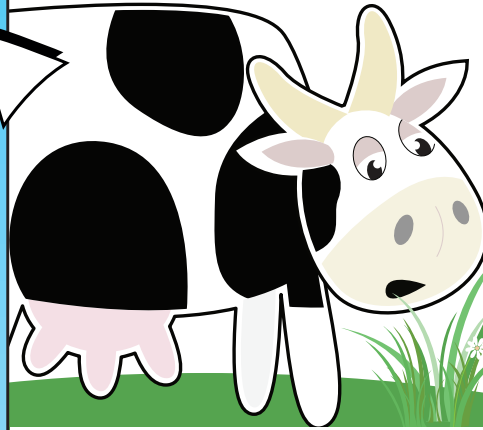


# WHERE MILK COMES FROM!

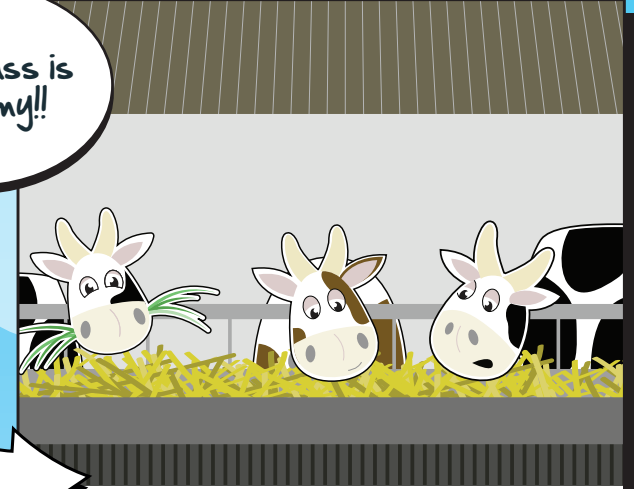


Sun and rain helps the grass grow in our countryside.

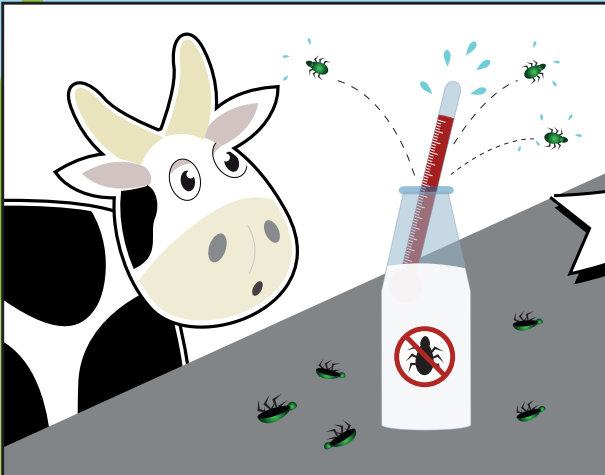


This grass is so yummy!!

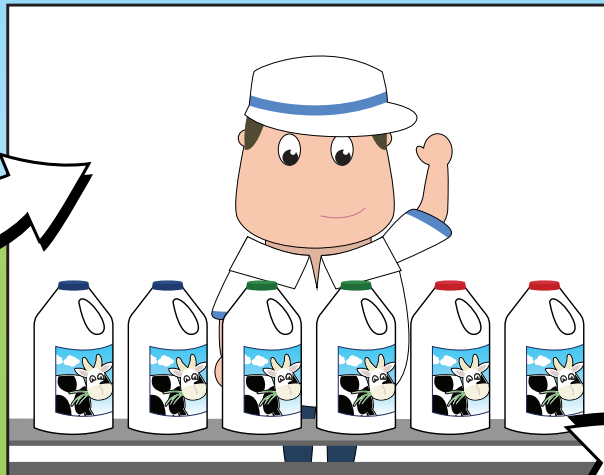
Cows eat grass to produce milk.



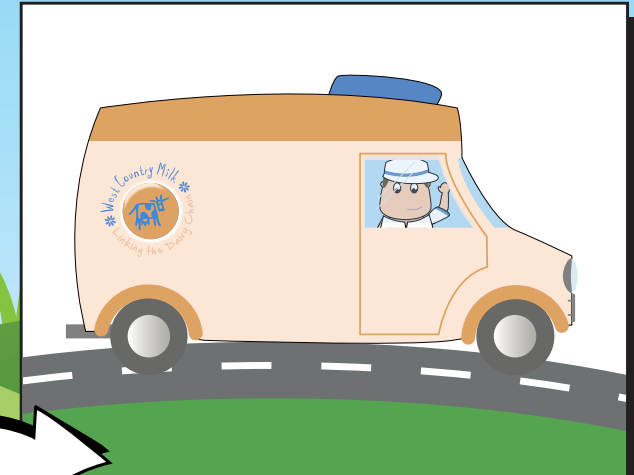
Cows are milked twice per day and then the milk is taken to the dairy.



At the dairy, milk is heated (pasteurised) to kill any bugs and squeezed (homogenised) to distribute the fat.



Milk is put into bottles of whole (blue), semi-skimmed (green) and skimmed (red).



Milk is then taken out for deliveries.



# WHY DRINK MILK?

## DRINKING MILK HELPS TO:

- Give you healthy teeth and bones
- Give you healthy skin
- Grow your muscles
- Give you healthy eyes
- Use energy from your food
- Give you healthy blood



