

Worksheet 1a

Source Materials

How much dairy do kids need?



1 [Dairy Australia knowledge pre quiz](#)



2 [How much dairy do kids need?](#)
(2:01 - YouTube)



3 **Worksheet 1a** - How much dairy do I need?
(Foundation to Year 2) **or**

4 **Worksheet 1b** - How much dairy do I need?
(Year 3 to Year 6)

5 [Dairy Australia knowledge post quiz](#)



6 **Worksheet 1c** - Five things I now know about dairy

Multimedia questions

How much dairy do kids need?



Milk plays an important role in children's growth and development. It is packed with more than 10 essential nutrients, including calcium, which helps build strong bones and teeth. Milk is also a good source of energy and protein.

Watch the video [How much dairy do kids need? \(2:01\)](#) and answer the questions below.

1 Tick the words as you hear them.

a) Calcium

b) Protein

c) Zinc

d) Vitamin A

2 Fill in the missing words below.

The number of serves per day depends on your _____ and _____. It's easy to get enough dairy in your diet, and there are so many delicious ways to enjoy dairy every day.

3 Circle your favourite option below.

a) Milk on cereal

b) Cheese on a sandwich or crackers

c) A delicious smoothie

d) Yoghurt

Multimedia questions

How much dairy do kids need?



- 4 Why is zinc included in dairy products important for school-aged children?

- 5 Fill in the gaps

The number of serves per day depends on your _____ and _____. It's easy to get enough dairy in your diet, and there are so many delicious ways to enjoy dairy every day. You can have milk on _____, cheese on a _____ or crackers, or a delicious _____ with milk and yogurt for an after-school snack.

So don't forget to enjoy dairy.

Worksheet 1b

Multimedia questions

How much dairy do kids need?

An educational
resource for
**Years
3-6**



Milk plays an important role in children's growth and development. It is packed with more than 10 essential nutrients, including calcium, which helps build strong bones and teeth. Milk is also a good source of energy and protein.

Watch the video [How much dairy do kids need? \(2:01\)](#) and answer the questions below.

1 What role does calcium play in development?.

a) It enhances brain function

b) It strengthens bone density

c) It improves eyesight

d) It increases energy levels

2 What nutrient found in dairy helps with muscle development?

a) Vitamin C

b) Iron

c) Protein

d) Carbohydrates

3 List three nutrients provided by milk, cheese, and yogurt.

4 How many serves of dairy do you need?

Worksheet 1c

Five things I know about milk



Activity

After watching the videos and completing the pre and post quizzes, you should know a lot about the importance of eating and drinking dairy products!

Record five things that you have learnt.

1

2

3

4

5

