

The Milk You Drink

Kindergarten

The milk you drink helps make you strong. It helps your bones. It helps your teeth.

The milk you drink helps make you healthy. It is nutritious. It contains calcium.

The milk you drink is sold at the store.

Where does the store get the milk you drink?

The milk you drink was produced on a dairy farm. It was made by dairy cows. It was stored in their udders. It was pumped from their teats by a milking machine.

The milk you drink traveled by truck to the processing plant. It was put in a carton. It was shipped to the store.

The milk you drink was bought by your family. Drink it for breakfast. Drink it for lunch.

Drink it for dinner. The milk you drink will help you grow.

Thank the dairy cows for the milk you drink!

