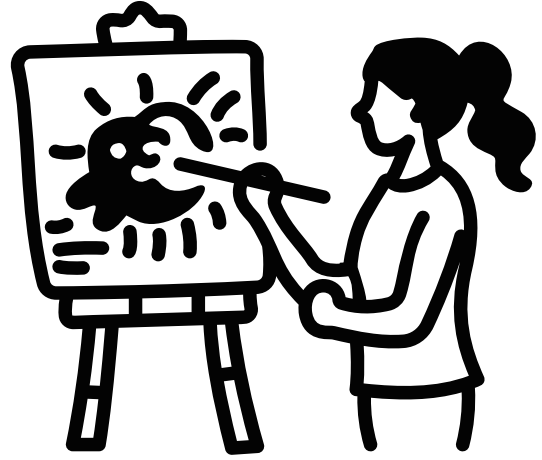


## CREATE a SIDE PANEL



Design a side panel that promotes health or sustainability.

Winner's design could be printed on actual cartons.

Your design should be bold yet simple with no fine lines. Submit your design to your school's Food Service Director for a chance to be featured!

## MILK QUIZ

1. What sugar is naturally found in milk?
  - a. Lactose
  - b. Glucose
  - c. Fructose
  - d. Sucrose
2. What is the largest component of cow's milk by weight?
  - a. Water
  - b. Fat
  - c. Carbohydrates
  - d. Protein
3. Which dairy breed is best known for high milk production?
  - a. Holstein
  - b. Jersey
  - c. Guernsey
  - d. Brown Swiss
4. Which mineral in milk is especially important for bone health?
  - a. Iron
  - b. Sodium
  - c. Potassium
  - d. Calcium

## MAKE a MEME

Add a caption that teaches something about nutrition or makes your classmates laugh!




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Return your sheet to the Food Service Director for the answers!