



Green Schools Network

ACTIVITY SHEET

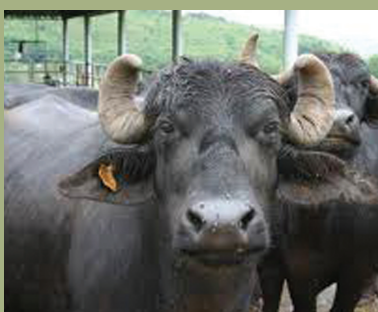
September 2011

Why talk about Milk?



Most children begin their day fussing over the glass of milk that parents deem absolutely crucial for growth.

Milk distribution has come a long way from the days when milk was brought to your doorstep by the local dairy delivery man in cans huddled together on a bicycle carrier to Poly packs and Tetrapacks delivered by huge corporations.



Name.....

School Name

Class..... Date

Gobar Gyan

So why is milk so important for children?

Well, milk according to experts is “a nutrient dense food” – it provides large amount of nutrients essential for growth with relatively fewer calories. Milk is a good source of protein, zinc and vitamins A, B2 (riboflavin) and B12, and makes a valuable contribution to the intake of iodine, niacin and B6. It is also rich in calcium which children need for strong bones. A third of a pint of milk provides half the daily recommended amount of calcium a four to six year-old needs.



Ever wondered what is the difference between the different coloured milk poly packets? Where does all the milk come from in the neighbourhood Mother Dairy, cooperative milk booths and branded tetra packs? What are these different ‘types’ of milk?

Did you know?

Operation Flood was a rural development programme started by India's National Dairy Development Board (NDDB) in 1970. One of the largest of its kind, the programme’s objective was to create a nationwide milk grid. It resulted in making India the largest producer of milk and milk products, and hence is also called the **White Revolution of India**.



Hi! I am Pandit Gobar Ganesh. You will find me in Gobar Times—a magazine that tells you how your everyday life is linked to the world around you. Hooked, huh? If you want to know more about me and GobarTimes visit us at:

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Activity 1

Find out how much milk is bought in your house every day and from where. Fill the quantity, source and time of purchase in the table given below:

Quantity (in litres)	Source	Time of purchase (morning/evening)

Mother Dairy

Mother Dairy was set up in 1974 under the Operation Flood Programme. A wholly owned company of the National Dairy Development Board (NDDB), Mother Dairy manufactures, markets and sells milk and milk products. The selling is done under the Mother Dairy brand which includes the Dhara range of edible oils, Safal range of fresh fruits and vegetables, frozen vegetables, processed fruit and vegetable products, fruit pulps and concentrates in bulk aseptic packaging and fruit juices.



Mother Dairy sources a significant amount of its milk from dairy cooperatives. Fruits and vegetables are sourced from farmers as well as growers' associations. Mother Dairy also contributes to the cause of oilseeds grower cooperatives that manufacture and pack the Dhara range of edible oils by nationally marketing all their products. It is Mother Dairy's constant endeavor to ensure that milk producers and farmers regularly receive market prices. They do this by offering quality milk, milk products and other food products to consumers at competitive prices. They also uphold institutional structures that empower milk producers and farmers through equitable processes.

For more information visit www.motherdairy.com

Activity 2

Find out which types of milk are used in your house. Find out the brand name as well as the quality type and fill it in the table below:

(If you do not know what type of milk a particular colour pack contains, ask your parents or the milk vendor)

Brand name	Quality type



Mother Dairy bulk vended toned milk (Token Milk) is healthy and tasty to the last drop. Ever wondered why it is thicker? Because it is homogenised to evenly distribute the cream content. It is this magic of homogenisation that makes your kheer tastier, shakes frothier and coffee and tea whiter. Fortified with Vitamin A, which is good for complexion and helps prevent night blindness, it gives the energy required to stay active throughout the day!

Activity 3

Find out from your mother what type of milk is used for what purpose in your house

Milk quality type	Purpose used for

Activity 4

Find out what the following types of milk mean. Interview the milk vendor close to your house, ask your parents or use the Internet.

Homogenised milk

Pasteurised milk

Full cream milk

Toned milk

Double toned milk

Standardised milk

Skimmed milk

The protein contained in milk is called 'Casein'. This protein is rich in calcium and white in colour. Milk also contains fat, which adds to the whiteness. That's why low-fat milk is less white in appearance though you may not be able to spot the difference with the naked eye.



Most of the calcium in milk is not stored in the fat globules that are removed during skimming. The fat is actually stored in the water content of the milk. Removing the milk fat (containing a lower percentage of calcium) therefore increases the relative percentage of calcium in the milk.



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