

How do you like your milk?

1. How many types of milk can you name? Make a list. Then, look at the different types of milk on your list. What kind of people use each type?

2. Discuss these questions.

- Which milk do you buy? Why?
- What are the nutritional benefits of milk?
- How do you consume milk or milk products?
- How is milk usually sold in your country?
- Why do you think some people prefer to buy plant-based milks?



3. Read the sentences. Then, match the verbs in bold to the meanings.

- If you **flavour** the soup with some spices, it will taste much nicer.
- You have to **soak** the beans in water for 12 hours to make them soft.
- This coffee is too strong! Can you **dilute** it a bit, please?
- I put the tomatoes outside for a few days to **dry** naturally in the sun.
- Can you **pour** some more cream over my apple pie, please?
- It's easy to **blend** milk and bananas to make a milkshake.
- I just picked this lettuce so please **rinse** it before you use it.
- I prefer to **strain** the soup and just eat the clear liquid without the vegetables.
- Leave the cooked pasta here for the water to **drain** away.

MEANINGS:

- : pass something thick through an object with tiny holes to catch the liquid
- : make something very soft by leaving it in water
- : allow the liquid to run out of something
- : wash something in clean, clear water
- : remove all of the liquid from something
- : add an ingredient to food or drink to make it taste better
- : add water to a liquid to make it thinner or weaker
- : empty liquid from a container
- : mix two or more items together, often in a liquid form

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4. Read the rules. Then, play a game of 'Noughts and Crosses'.

Noughts and Crosses Rules:

- There are two players: noughts (0) and crosses (X).
- Copy the grid with the nine squares and nine words.
- Take turns to choose a square. To 'win' the square and draw a '0' or a 'X', explain how the verb can be used with some kind of food (except milk).
- The winner is the first player to make a row of noughts or crosses in any direction.

Noughts and Crosses grid

blend	dilute	drain
dry	flavour	pour
rinse	soak	strain

5. Watch the first part of a [video](https://youtu.be/s6TXDFp1EcM) [https://youtu.be/s6TXDFp1EcM] (to 02:56) about plant-based milks and decide whether the statements are true or false.

- Most plant-based milks have less carbohydrates than dairy milk.
- Plant-based milks have more 'good fats' than milk.
- Vitamin D occurs naturally in most plant-based milks.
- Almond and oat milk are higher in protein than dairy milk.
- Soy milk has as much protein as cow's milk.
- There isn't much potassium in soy milk.
- Any of the four milks is nutritious enough to be part of a balanced diet.
- Usually, the milk that's best for you is most harmful for the planet.

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6. Choose the correct options (A, B or C) to complete the sentences. Then, watch the second part of the [video](#) (from 02:56) to check your answers.¹

- 1) It takes almost square kilometers of land to produce just one glass of cow's milk.
A four B ten C forty
- 2) It takes land to produce one glass of oat or soy milk.
A a similar amount of B a lot less C a lot more
- 3) Farms producing are a major driver of deforestation.
A soy beans B almonds C oats
- 4) It takes about liters of water to produce one glass of cow's milk.
A 40 B 80 C 120
- 5) It takes more than liters of water to produce one glass of almond milk.
A 30 B 70 C 90
- 6) It takes about liters of water to produce one glass of oat or soy milk.
A 1–5 B 5–10 C 10–20
- 7) One glass of plant-based milk creates about grams of greenhouse gas emissions.
A 100–200 B 200–400 C 500
- 8) One glass of dairy milk creates over of greenhouse gas emissions.
A 250 grams B 500 grams C 1 kilogramme

7. Discuss the questions.

- What (if any) information surprised you in the video?
- Plant-based milks are sold as healthy, ecological options. What other healthy, ecological food products are popular?
- Are you going to change your milk drinking habits after watching the video?
- What are the most important considerations when it comes to buying food products?
- What are the best ways of ensuring a healthy, balanced diet?

¹ Note spelling differences between American English and British English: kilometer, liter, gram (AmE), kilometre, litre, gramme (BrE)

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8. Follow the steps to do a mini project.

1. Work in pairs or groups. Each group will be given one card with information about a particular type of milk.
2. Invent a brand name and a slogan, and design a label for your product.
3. Present your product to the rest of the class.