

How do you like your milk?

[This is a brainstorming activity for the whole class, followed by a lead-in discussion.]

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?**

[Suggested answers: almond milk, buttermilk, coconut milk, cow's milk, dairy milk, dried milk, full-fat milk/whole milk, goat's milk, oat milk, soya milk (British English)/soy milk (US English), rice milk, semi-skimmed milk, sheep's milk, fat-free/skimmed milk, low-fat milk]



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?

[Suggested answers: in glass/plastic bottles, plastic bags, cartons, jugs]

- 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.**

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

MEANINGS:

- 1) **strain**: pass something thick through an object with tiny holes to catch the liquid

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- 2) **soak**: make something very soft by leaving it in water
- 3) **drain**: allow the liquid to run out of something
- 4) **rinse**: wash something in clean, clear water
- 5) **dry**: remove all of the liquid from something
- 6) **flavour**: add an ingredient to food or drink to make it taste better
- 7) **dilute**: add water to a liquid to make it thinner or weaker
- 8) **pour**: empty liquid from a container
- 9) **blend**: mix two or more items together, often in a liquid form

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

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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.

- a) Most plant-based milks have less carbohydrates than dairy milk. **TRUE** [01:15]
- b) Plant-based milks have more 'good fats' than milk. **TRUE** [01:19]
- c) Vitamin D occurs naturally in most plant-based milks. **FALSE** [01:24]
- d) Almond and oat milk are higher in protein than dairy milk. **FALSE** [01:36]
- e) Soy milk has as much protein as cow's milk. **TRUE** [01:57]
- f) There isn't much potassium in soy milk. **FALSE** [02:03]
- g) Any of the four milks is nutritious enough to be part of a balanced diet. **TRUE** [02:45]
- h) Usually, the milk that's best for you is most harmful for the planet. **FALSE** [02:51]

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

[Note: Students have to use their own knowledge and ideas for this activity so it is best done in pairs or groups of three or four so they can share their ideas.]

1) It takes almost square kilometers of land to produce just one glass of cow's milk. [03:01]

- A **four** B ten C forty

2) It takes land to produce one glass of oat or soy milk. [03:19]

- A a similar amount of B **a lot less** C a lot more

3) Farms producing are a major driver of deforestation. [03:35]

- A **soy beans** B almonds C oats

4) It takes about liters of water to produce one glass of cow's milk. [03:49]

- A 40 B 80 C **120**

5) It takes more than liters of water to produce one glass of almond milk.

[03:58]

- A 30 B **70** C 90

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

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6) It takes about liters of water to produce one glass of oat or soy milk.

[04:18]

A 1–5

B 5–10

C 10–20

7) One glass of plant-based milk creates about grams of greenhouse gas emissions. [04:30]

A 100–200

B 200–400

C 500

8) One glass of dairy milk creates over of greenhouse gas emissions.

[04:44]

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?

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.

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[Project cards]

Dairy milk

- has been enjoyed for thousands of years
- is a great source of nutrients, including vitamins B12 and D, calcium and potassium, which are often missing from people's diets
- is a good source of quality protein
- has been associated with strong and healthy bones
- is versatile! It can be used in your diet in many different ways
- is available as whole, skimmed or semi-skimmed milk

Soy milk

- is ideal for people who have a lactose intolerance
- has been consumed by vegans and non-vegans for more than 40 years
- gives you an instant energy boost
- is usually fortified with added nutrients that our bodies need
- is high in protein
- has been linked to lower cholesterol levels
- uses less water in its production than some other plant-based milks

Oat milk

- is ideal for people who have a lactose intolerance
- is a great choice for vegans
- is high in fibre which is important in our diet
- supports weight loss
- has been shown to help balance blood pressure
- is usually fortified with B vitamins which aren't always present in people's diets
- uses less water in its production than other plant-based milks
- is nut-free, soya-free and lactose-free

Almond milk

- is ideal for people who have a lactose intolerance
- is a great choice for vegans
- has been shown to be beneficial in improving vision
- is known to be effective in boosting the immune system
- is low in calories but high in vitamin E which is important in our diets
- is lower in sugar than some other plant-based milks
- can be added to our diet in many ways