

Milk helps me to...



Milk is a great source of minerals and vitamins
for healthy bones | teeth | muscles | brains | eyes | bodies

Cool Milk

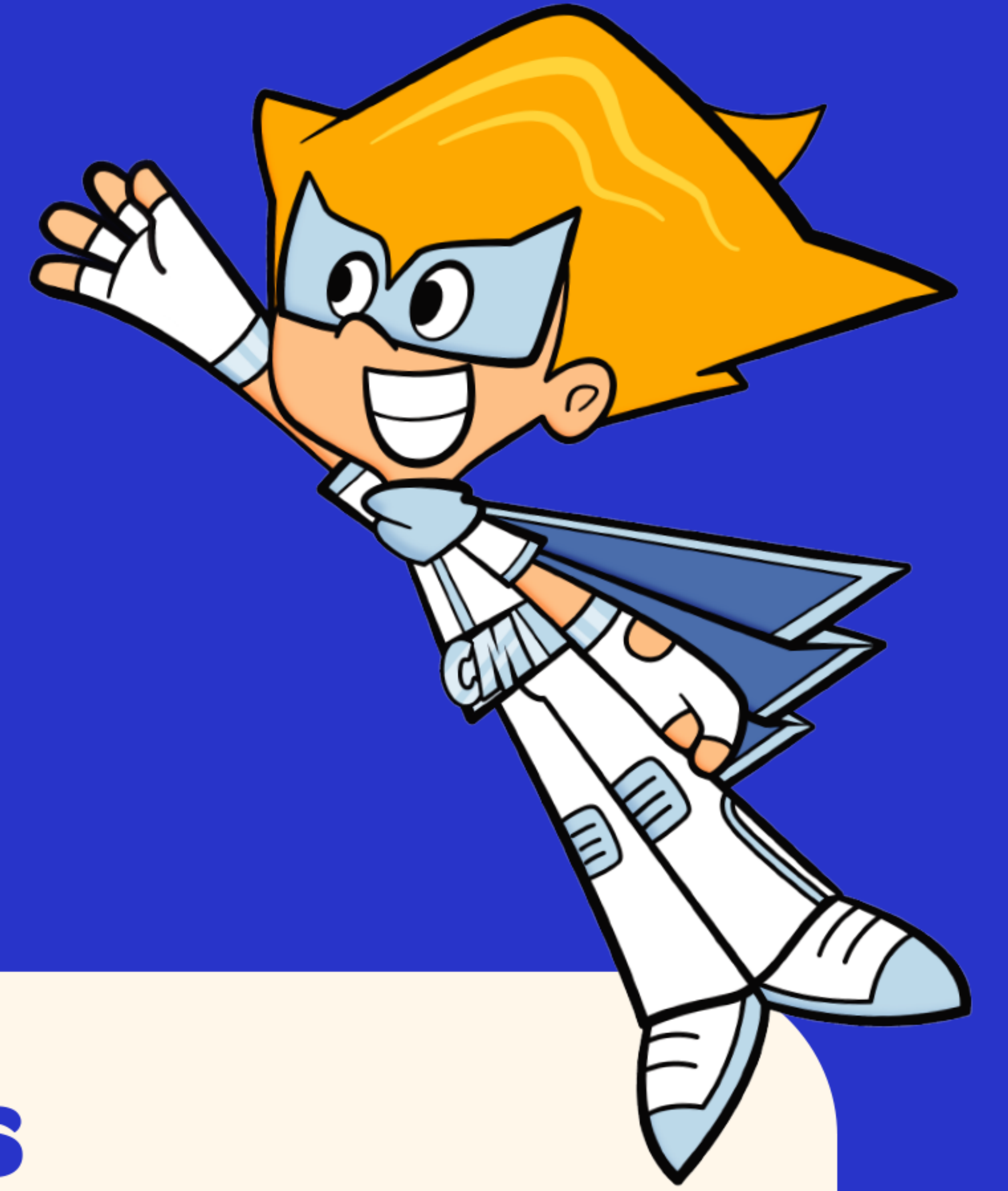
Children in receipt of benefits-based free school meals are eligible for free school milk. Speak to the school for further information. Register online www.coolmilk.com

Free milk for under 5s is funded by the Department of Health and milk for over 5s is subsidised by DEFRA.

Let's talk about milk!

Milk is a great source of a wide range of vitamins and minerals for the children in your class. As well as being great for hydration (made up of over 87% water!) it provides a wealth of health benefits for growing children.

NB: If you have children in your class who are not able to drink dairy milk there are a range of alternative ways to add these into their diet (read on to find out more!)



Key Stage 1 Science Curriculum Objectives

Year 1: Students should be taught to identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.

Year 2: Pupils should be introduced to the basic needs of animals for survival, as well as the importance of exercise and nutrition for humans.



Calcium

Calcium helps build and maintain strong bones and teeth. Milk contains over 50% of a child's RNI* of calcium.

Also found in: plant drinks, fortified cereals, bread, pulses, tinned fish & leafy greens



Potassium

Potassium regulates the body's fluid balance and helps maintain normal blood pressure. It's also needed for muscle activity and contraction.

Also found in: fruits, vegetables and legumes



Protein

Protein builds and repairs muscle tissue and is also a critical structural component of body tissues. Milk contains over 30% of a child's RNI of protein.

Also found in: eggs, meat, seafood, fortified plant-based milks



Phosphorus

Phosphorus helps strengthen bones and generates energy in your body's cells. Milk contains over 50% of a child's RNI of phosphorus.

Also found in: meat, fish and seafood, eggs, legumes, nuts and seeds



B Vitamins

Vitamin B2 helps break down proteins, fats and carbohydrates. Vitamin B12 helps build red blood cells that carry oxygen from the lungs to working muscles.

Also found in: eggs, meat, seafood, fortified plant-based milks



Iodine

Iodine helps with the production of the thyroid hormones which help keep cells and the metabolic rate healthy.

Also found in: eggs, meat, seafood, fortified plant-based milks



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*RNI = Reference Nutrient Intake - all values here are based on the RNI for 4-6 year olds