



***You are  
what you drink.***

## **IDEAS FOR TEACHERS (GRADES 6–8)**

### **Celebrity “Admiration” Collage**

Create a collage of celebrities (or other important people in your life) whom you admire for qualities that can be attributed to the nutrients found in milk, e.g., Brad Pitt for his smile, Halle Berry for her skin, etc.

### **Milk Journal/Blog/Challenge**

Encourage students to keep a daily blog or journal about their feelings towards milk. This could be coupled with an actual challenge to drink, say, at least 3 glasses of milk a day for a week.

### **Milk Expressions**

Assign students to:

- ...write a poem about milk
- ...write a song or an ad jingle
- ...create a “milk holiday” (What would it be called? How would you celebrate it?)
- ...have a mural contest
- ...create a “work of art” (could be a painting, drawing, sculpture, etc.)

### **Milk Calendar**

A combination of all of the above, where every day for a week or a month, students would have one daily milk-related activity to complete as part of their homework.

***For additional resources, visit [www.wmmb.com/wdc](http://www.wmmb.com/wdc).***

***Choose SMART. Choose NATURAL. Choose MILK.***

