

# Milk Taste Test

**Suggested Grades: K–5**

## SUPPLIES NEEDED

- Flipchart or blackboard
- Skim, 1%, 2%, and whole milk
- Cups for milk samples (4 per person)



## DIRECTIONS:

1. In a classroom, health fair, or group setting ask: How many different kinds of milk have you tried, i.e., skim, 1%, 2%, or whole? What kind of milk is your favorite?
2. Using a show of hands, record how many children like each type of milk (no milk, skim, 1%, 2%, and whole). Using those numbers, draw a pie graph on the flipchart or blackboard for the preference % for each kind of milk.
3. Identify each type of milk on the bottom of the cups using the following code: A (skim), B (1%), C (2%), D (whole) and pour milk for each person to taste. Be sure to cover the milk jugs when pouring or pour behind a screen so that students cannot read which milk is being poured.
4. Explain that this will be a “blindfold taste test.” This means kids will be tasting milk without being able to see if it is skim, 1%, 2%, or whole.
5. Ask kids to taste each sample of milk (A, B, C, and D), and without looking at the bottom of the cup, place their “favorite” on a table.
6. Now look at the bottom of each cup to see what was preferred. At the end of the taste test, count up the total preferences for each kind of milk and determine preference % for each. Compare these results with the first preference survey. Were there any changes? Were any kids surprised at their picks?
7. Talk about all the good nutrients that milk has to offer: calcium, protein, and other nutrients your body needs.
8. Talk about the benefits of drinking lower fat milk (the same great nutrients with less fat means fewer calories and a healthier heart).

**Important note:**  
Check for milk allergies before starting the taste testing. Have the kids who can, taste sips of skim, 1%, 2%, and whole milk. Have the kids who cannot, help count preferences and mark numbers on the flipchart or blackboard. Also, make sure you have a way to keep the milk cold and fresh during your activity.