



Name: _____

All about Milk

1. How many students in the class use:

Whole milk _____

2% milk _____

1% milk _____

Skim milk _____

2. Draw a bar graph to show the number of students that use each type of milk.

3. Review the labels from the 4 types of milk. Report the information below:

	Whole milk	2% milk	1% milk	Skim milk
Calories (8 oz.)				
Grams of fat				
Grams of protein				
Grams of carbohydrate				

How many teaspoons of fat* are in one cup of:

Whole milk _____

2% milk _____

1% milk _____

Skim milk _____

*one teaspoon of fat = 4 grams of fat