

1. Each Cow can give up to _____ of milk a day.
2. There are over _____ dairy farmers in the country producing _____ litres of milk, enough to fill _____ Olympic sized swimming pools.
3. _____ are consumed as liquid milk.
4. Milk, yogurt and cheese are important sources of _____ in the diet.
5. _____ of the calcium in your body is found in your bones and teeth!

18,000

2,160

Calcium

495
million
litres

5,400
million

99%

28
litres