

Your health and dairy: Milk

Use the **powerpoint** to complete responses to the following questions.
When completed turn in on google classroom

1. How many types of 'milk' can you think of? Record at least 5.
2. What are some of the things you might consider when choosing what type of milk we like to consume?
3. What is Lactose Intolerance [Lactose intolerance - Symptoms and causes](#)
4. Identify 3 symptoms of Lactose Intolerance [Lactose Intolerance -Symptoms and causes](#)
5. What is the difference between a dairy allergy and a dairy intolerance [Intolerance Versus Allergy](#)
6. What is the different environmental impact of cow and nut milk production?
<https://insideclimateneews.org/news/24012018/almond-soy-milk-non-dairy-climate-change-impact>
7. Which cows' milk are the most ethically produced? [Ethical milk production](#)

8. Sensory analysis of a range of milks:

Milk name	Appearance	Flavour	Texture	Aroma
Full cream cows milk				
Soy milk				
Almond milk				
Rice milk				
coconut milk				