

Place Cards & Instructions for Milk Fat Demonstration

Directions: Print this document on card stock. Cut out each box for the Apply activity. Set out next to glasses, milk, oil, and measuring devices.

**Whole Milk
(3.25% fat)**

Milk
4 ounces
+
1 teaspoon

Oil
3 ounces
+
5 teaspoons

**Reduced Fat Milk
(2% fat)**

Milk
5 ounces
+
2 teaspoons

Oil
2 ounces
+
4 teaspoons

**Low Fat Milk
(1% fat)**

Milk
6 ounces
+
2 teaspoons

Oil
10 teaspoons

**Skim Milk
(Nonfat milk)**

Milk
7 ounces
+
4 teaspoons

Oil
2 teaspoons



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