



**Does All  
Milk Come  
From Cows?**

Milk can come from goats too! Did you know that you can also make milk from rice or almonds?



goat milk



rice milk



almond milk

# Drink Choices

Which two drinks give your body and brain the most nutrition?



milk



soda



water



juice



# Drink Choices

Milk and water are the most nutritious!



milk



soda



water



juice



# Your Drink Choices



soda



sports  
drink



milk



water



WHAT HEALTHY CHOICE  
CAN YOU MAKE WHEN  
YOU ARE THIRSTY?



# Nutritious Drink Choices



*fit*<sup>TM</sup>  
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