

You are what you eat!

People first domesticated cows about 5000 years ago.

Milk is a natural food.

No other drink delivers such a package of goodness as Jersey Milk



**Jersey Milk is full of vitamins and minerals.
How do they keep you healthy?**

Find the answers to this question in a glass of milk!

1. Name a vitamin and mineral that aids vision.
2. Which mineral keeps your bones and teeth healthy?
3. Name a mineral that heals wounds.
4. Which mineral helps to control the balance of fluids in the body?
5. Name a vitamin and mineral you require for a healthy nervous system.
6. Which minerals help your muscles to contract?

Cows are descended from a wild species known as Aurochs.

Why do you think that Jersey Milk is a meal in glass?

