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## Stacking Up Milk & Milk Substitutes

EXPLORE THE DIFFERENCES BETWEEN MILK AND PLANT-BASED MILK SUBSTITUTES.

1. Begin the online video lesson (0:00 – 2:35) linked [HERE](#). You will be introduced to the lesson and instructed on how the lesson is formatted.
2. Once instructed, pause the video and fill out the table below using the [Stacking Up Milk Information Cards](#).

	What is it?	How is it made?	What are the ingredients?	What nutrients does it provide?
Milk				
Soy				
Almond				
Coconut				
Rice				



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3. Once you complete the table resume the video (2:35 – 11:42).
4. Pause the video when instructed and listen to the [NPR Broadcast](#). After listening to the broadcast fill out the questions below.

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***NPR Broadcast Questions: Soy, Almond, Coconut: If it's Not From a Cow, Can You Legally Call it Milk?***

What are your initial thoughts on the NPR broadcast debate?

What if the package label were to say soy beverage, almond juice, or rice water? Would you view the drink differently? Would you perceive its healthfulness differently?

Consumer trends show increased sales of plant-based milk substitutes between 2009 and 2015. Could the labeling and associated consumer perceptions impact this trend? What other factors may impact this trend?

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5. Once you have completed all the questions finish watching the video (11:42 – 14:13).
  6. Turn your worksheet in to your teacher.

**Great job learning more about dairy and the milk label today!**