

# Supermarket Scavenger Hunt



KEY: ■ ✓ = 1 point, ■ ✓ = 2 points, ■ ✓ = 3 points

<p>STANDARD MILK</p> 	<p>LIGHT MILK</p> 	<p>PROTEIN PLUS LITE MILK</p> 
<p>BLUE MILK</p> 	<p>TRIM MILK</p> 	<p>SILVER TOP MILK</p> 
<p>CALCI-TRIM MILK</p> 	<p>FLAVOURED MILK</p> <ul style="list-style-type: none"> <li>strawberry</li> <li>banana</li> <li>caramel</li> <li>lime</li> <li>banoffee</li> <li>strawberries &amp; cream</li> <li>butterscotch</li> </ul>	<p>LACTOSE FREE MILK</p> <ul style="list-style-type: none"> <li>Lactose Free Long-life milk</li> <li>Zero Lacto blue</li> <li>Zero Lacto Trim milk</li> <li>Low Fat Lactose free</li> </ul>

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<p><b>A2 MILK</b></p> <p>A2 light <input type="checkbox"/></p> <p>A2 protein homogenised <input type="checkbox"/></p> 	<p><b>UHT MILK</b></p> <p>UHT <input type="checkbox"/></p> <p>Prebiotic UHT milk <input type="checkbox"/></p> <p>UHT reduced fat milk or low fat <input type="checkbox"/></p> <p>Long-life <input type="checkbox"/></p> <p>Lactose free long-life <input type="checkbox"/></p> <p>Calci-trim <input type="checkbox"/></p>	<p><b>JERSEY MILK</b></p> <p>Homogenised <input type="checkbox"/></p> <p>Lactose Free Homogenised <input type="checkbox"/></p> <p>Non-Homogenised <input type="checkbox"/></p> 
<p><b>MILK POWDER</b></p> <p>Whole <input type="checkbox"/></p> <p>Trim <input type="checkbox"/></p> <p>Skim <input type="checkbox"/></p> 	<p><b>ORGANIC MILK</b></p> <p>Fresh organic <input type="checkbox"/></p> <p>Fresh organic whole milk <input type="checkbox"/></p> <p>Organic light <input type="checkbox"/></p> <p>Whole goat milk <input type="checkbox"/></p> <p>Goat milk powder <input type="checkbox"/></p> <p>Sheep milk powder <input type="checkbox"/></p>	<p><b>SOY MILK</b></p> <p>Regular <input type="checkbox"/></p> <p>Protein plus unsweetened <input type="checkbox"/></p> <p>Light <input type="checkbox"/></p> <p>Calci-Plus <input type="checkbox"/></p> <p>Low sugar <input type="checkbox"/></p>
<p><b>ALMOND MILK</b></p> <p>Unsweetened <input type="checkbox"/></p> <p>Vanilla flavoured <input type="checkbox"/></p> <p>Prebiotic <input type="checkbox"/></p> <p>Protein almond milk chocolate <input type="checkbox"/></p> <p>Unsweetened long-life <input type="checkbox"/></p> <p>Macro Organic <input type="checkbox"/></p> <p>Almond milk powder <input type="checkbox"/></p>	<p><b>OTHER PLANT AND SEED-BASED MILK</b></p> <p>Unsweetened rice milk <input type="checkbox"/></p> <p>Prebiotic Oat milk <input type="checkbox"/></p> <p>UHT Unsweetened or no added sugar oat milk <input type="checkbox"/></p> <p>Cashew milk <input type="checkbox"/></p> <p>Hemp Creamy seed milk <input type="checkbox"/></p> 	

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- What is the most common type of milk available for purchase in New Zealand supermarkets?

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- Enhanced calcium milk has extra calcium added. Can you find the calcium enriched milks listed on the worksheet?

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- What is lactose free milk?

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- What is organic milk?

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- How are the plant-based products such as soy, almond, rice, cashew, coconut and hempseed milk made?

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- What is A2 milk?

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- Is whole sheep milk, not just milk powder, available for purchase in New Zealand?

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- What does Jersey milk mean?

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- Dairy products are food produced from or containing the milk of mammals. Can you give some examples of dairy products?

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