

Worksheet for the National Dairy Council Video “Busting Dairy Myths”



Background

This worksheet is to accompany the National Dairy Council (NDC) Back-to-School video entitled “Busting Dairy Myths”. The video can be accessed on the NDC Youtube channel (<https://www.youtube.com/playlist?list=PLwYgTsV2Gym2-5dwB2keqyyQN4SqJtFoR>)

An additional resource to help you answer the questions is the Common Dairy Myths Booklet available on the NDC website <https://ndc.ie/our-publications/>)

Instructions

After watching the video, please answer the questions below.

Q1. Dairy is recommended as part of a healthy diet – what nutrients does it contain?

Q2. What is the percentage of people living in Ireland with lactose intolerance?

Q3. How much lactose can someone with lactose intolerance usually tolerate?

Is it 10g/12g/15g?

Q4. How much lactose is found in 200ml milk, 125g yogurt and 25g cheese?
