

Goats' Milk

	Goat	Cow
Protein %	3.0	3.0
Fat %	3.8	3.6
Calories/100 ml	70	69
Vitamin A (i.u. /gram fat)	39	21
Vitamin B1/thiamin (mg/100 ml)	68	45
Riboflavin (mg/100 ml)	210	159
Vitamin C (mg/100 ml)	2	2
Vitamin D (i.u. /gram fat)	0.7	0.7
Calcium %	0.19	0.18
Iron %	0.07	0.06
Phosphorus %	0.27	0.23
Cholesterol (mg/100 ml)	12	15

Cut out matchbook on solid lines. Mountain fold on dotted lines. Cut Out questions and glue inside matchbook.

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Which milk contains more Vitamin B1? _____

Which milk contains more Riboflavin? _____

How much less cholesterol does goat milk have than cow milk? _____

How much more Vitamin A does goat milk have than cow milk? _____

Which milk contains the most calcium? _____

Overall, which milk is the most nutritious? _____