

18,000

2,160

1. Each cow can give up to \_\_\_\_\_ of milk a day.
2. There are over \_\_\_\_\_ dairy farmers in the country producing \_\_\_\_\_ litres of milk, enough to fill \_\_\_\_\_ Olympic sized swimming pools.
3. \_\_\_\_\_ are consumed as liquid milk.
4. Milk, yogurt and cheese are important sources of \_\_\_\_\_ in the diet.
5. \_\_\_\_\_ of the calcium in your body is found in your bones and teeth!

**CALCIUM**

495  
million litres

5,400  
million

28  
litres

99%