

Milk

Milk is the most nourishing food in the world, and it's the best-tasting drink. Milk has almost all the nutrients we need to grow and to be strong and healthy. All mammals produce milk, but people from the United States, Canada, and other countries think first of milk that comes from cows. Goat milk is used in Europe, however, and camels provide milk for people who live in northern Africa and the deserts of the Middle East. Some people in South America drink milk from llamas. Reindeer milk is consumed by people who live in Arctic regions. All kinds of milk taste delicious.

One of the reasons cows' milk is so good for you is that 87 percent of it is water. The other 13 percent contains nutrients needed for growth and energy. Milk is such an important food that it is the first food given to newborn babies. A child who drinks milk will grow faster than a child who does not drink any milk. For taste and nutrition, there's nothing better than a tall glass of cold milk.

5th Grade—Opinion

This passage clearly supports the nutritional benefits of drinking milk. In your opinion, should all children be required to drink milk for a period of time after birth? Write an essay that clearly states your opinion. Be sure to include reasons and detail to support your opinion.

5th Grade—Informative/Explanatory

In the passage, the author writes about the nutritional value of milk. Think of another food that also has high nutritional value. Write an essay that explains the food and include facts and details to support it.