



MILKDROP SCORE CARD

Your mission, should you choose to accept it, is to encourage more people in your school to drink more milk; to explain to them why this delicious drink is important for their health; and to think of fun ways to include dairy foods at mealtimes! Make sure everything you do is within the rules at school or at home and that you get the permission of your parent/ guardian/ school where necessary.

DID YOU KNOW YOU COULD WIN THE SPONSORED SPORTS DAY FOR YOUR SCHOOL?

Earn 'milkdrop points' by playing fun games and completing simple tasks outlined in the Spring edition of The **Fresh Edition Ezine** and on the **score card**. By completing certain tasks, you can also win special prizes such as tickets to fun attractions for you and your family.

Once you have filled in your score card and added up your Total Score, POST this form, along with your ['Mooovers and Shakers' Registration Form](#) to Mooovers and Shakers Club, The National Dairy Council, Innovation House, 3 Arkle Road, Sandyford Industrial Estate, Dublin 18. To be in with a chance to win, **forms must be sent in by March 30th, 2012.**

Remember, you don't have to do all of these tasks but the more tasks you undertake the more points you earn!

Club Name:

Name of sender (nominate one of your team members):

Address of sender:

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School name and address:

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School phone number:

School roll number (Ask your teacher):

Parent's Signature (Ask a club member's parent to sign this for you):

(Remember to include this sheet when posting your Milkdrop Score card to us, and be sure to fill in all details requested above)

Task	Points	✓
Springtime Ezine!		
Create a drawing or send in a photo of you and your family enjoying your favourite dairy foods (milk, cheese, or yogurt) in the spring weather.	20	
Make pancakes with delicious dairy toppings (with the help of an adult) on Pancake Tuesday (February 21st, 2012) using our recipe in the Foodie Fun section of the February Ezine.	10	
On Mother's Day (March 18th, 2012), serve Mum or Granny breakfast in bed e.g a bowl of her favourite breakfast cereal with ice-cold milk.	10	
For St. Patrick's Day (March 17th, 2012), use the recipe in the Foodie Fun section of the February Ezine to create a green, mint-flavoured smoothie (with the help of an adult).	5	
Milk It!		
Get 10 people (family, friends, teacher) to try nice cool milk and write down here their first words that describe what they like about it. _____ _____	5	
Draw your own posters which tell people why it is fun to drink milk and put them up at school or in your front window at home (with permission of the school/ guardian at home).	10	
Fill in here 5 things that a glass of milk is especially nice with. _____	5	
Helping at Home		
Make your bed every day for a week.	5	
Take on an extra job at home like helping to set the dinner table, helping with the grocery shopping, or putting away the clean clothes.	5	
Bonus Points: Fill in any other activities that your Mooovers and Shakers Club did below, and you could earn bonus points!		
	5	
	5	
	5	
TOTAL SCORE		