



MILKED

PATHWAYS FOR EDUCATION

The following are research questions for classroom settings to deepen students' understanding of the topics raised in the film.

Reference the [MILKED Booklet](#), or the annotated [Facts](#) page available for free on the [MILKED.film](#) website to explore the science detailed in the film.



Research Pathway: Understand the Science

In the film and the chapter [“Environment”](#), experts describe how the dairy industry causes emissions, pollutes water, and uses land inefficiently.

Choose emissions, water, or land, and create a presentation or report that explains one of the following:

1. *What is the science of the impact*
2. *What are the statistics in your region or country*
3. *The impact on local communities and beyond*



Research Pathway: Human Health

Experts in the film and the chapter [“Health”](#) suggest that the health benefits of cow’s milk have been misrepresented. Choose one of the following topics raised in the film and create an informational brochure, well-cited, about your understanding of the topic:

- *Lactose Intolerance*
- *Diabetes, obesity, heart disease and other chronic illnesses*
- *Bone Health*
- *Cancer*



Research Pathway: Industry Greenwashing

The film and the chapter [“Economy”](#) shows several ways in which the dairy industry misleads or misrepresents consumers with claims of sustainable practices.

Choose one of the following industry claims to research and report on:

1. *New Zealand’s dairy industry is the most carbon efficient*
2. *Grass-fed dairy farms benefit the climate by sequestering carbon (the report [“Grazed and Confused”](#) will be helpful)*
3. *Purchasing carbon-offset milk balances dairy emissions*
4. *Dairy farms do not promote deforestation*



Research Pathway: Animal Welfare

The film and the short chapter [“Animal Welfare”](#) detail ways in which dairy cows and their calves are harmed by the industry, from mastitis and sickness, to shortened lifespans and being separated from their young. Research what happens to dairy cows in your area or in a country of your choice with regard to:

- *The lifespan and health of the cows that are milked*
- *What happens to the calves that are separated from their mothers*
- *Experimentation to increase milk production and reduce emissions*



Research Pathway: Plant-Based and Technology Solutions

The film and the chapter [“Solutions”](#) suggests several different solutions to mitigate or eliminate the impacts of the dairy industry.

Research the environmental, health, and economic impacts of the following:

- *Plant-based alternatives to milk, such as soy, almond, and/or oat milk*
- *Creating animal-free dairy using precision fermentation*
- *Regenerative farming of plant-based foods*



Research Pathway: Policy Solutions

Using the resources from **MILKED** partners [Plant Based News](#), [Switch4Good](#) or [others](#), research actions and policies that have been enacted or are being advocated for around the world and assess their potential for impact.

Here are a few examples:

1. [*Push corporations towards non-dairy practices*](#)
2. [*Demand a governmental plan of action in New Zealand to transition away from dairy farming*](#)
3. [*Remove dairy from U.S. Dietary Guidelines*](#)





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