1. Make your carton contraption

1. Cut out your Carton Contraption along the dotted line.

2. Fold two opposite diagonal corners together to make a triangle, then open it back up.

3. Fold the other two opposite diagonal corners together to make a second triangle then open back up.

4. Turn the paper printed side down and fold all four corners to the center of the paper.

5. Flip your paper over so that the cow characters are face down. Again, fold all four corners to the center of the paper.

6. Fold your paper in half making sure that the cow characters are on the outside. Then slide your thumbs and fingers under the four flaps.

8. Finally, rotate your hands bringing all four points of the Carton Contraption together. The Milk Machine should expand. The triangles with the categories written on them will disappear inside. Now you’re ready to challenge your opponent!

2. Challenge your friends

First, with your Carton Contraption closed, ask your opponent to pick a cow character. White, Chocolate, Strawberry or Cookies n’ Cream. Then close-and-open the Carton Contraption once for each letter in the cow characters name, leaving it open at the end so that you can see the four categories inside. For example, if your opponent chooses White you would open and close your Carton Contraption five times (W-H-I-T-E). When you open and close it, open it once with your forefinger and thumb on each hand together. Then open it with your two forefingers together and your two thumbs together.

Second, Have your opponent choose a category. Open the category and ask them if they would like to answer the one-point question or challenge themselves and answer the tricky two-point question.

Third, Ask them the question found inside (one point or two point question depending on what they chose). If they guess the answer correctly add their points (one or two) to the scoreboard.

Take turns asking and answering questions and adding points to the scoreboard. The first player to collect 10 points wins!
PLAYER A

KEEP SCORE! Place a check mark in the boxes below for every point you earn. The first player to fill all of their boxes wins.

**Food**
1 point or 2 points?
Q. What section of MyPlate does milk fit in?
A. Dairy
Q. True or false: Butter gets its yellow coloring from carotenoids, which comes from the grass that the cows eat.
A. True
Q. Milk is the official beverage of what state? (multiple choice)
A. California
- Florida
- North Dakota
- Georgia
- Hawaii

**Places**
1 point or 2 points?
Q. When did Cleopatra live? (small multiple choice)
A. 69 B.C.
- 37 B.C.
- 50 B.C.
- 53 B.C.

**Cartons**
1 point or 2 points?
Q. Which cartons were first to use the milk and cheese brands? (small multiple choice)
A. Michael Foods
- Fage
- Dannon
- Yoplait

**Random**
1 point or 2 points?
Q. What stage in the life of an animal is the most important for getting milk? (optional answer)
A. Kid or teenager
Q. Medical books from ancient Egypt (1500 to 50 B.C.) suggest milk to be milked when it is one year old.
A. True
Q. How many years did people make milk out of dairy products before people made out of pop? (multiple choice)
A. 250
- 75
- 300
- 150

**Fitness**
1 point or 2 points?
Q. What is the most important vitamin for your body to have? (small multiple choice)
A. Vitamin D
- Vitamin A
- Vitamin B12
- Vitamin C

**Body**
1 point or 2 points?
Q. How long does it take your body to break down a vitamin and make use of it? (multiple choice)
A. 24 hours
- 48 hours
- 36 hours
- 72 hours

**Sports**
1 point or 2 points?
Q. What did Romans eat for breakfast? (small multiple choice)
A. Oatmeal
- Wheat
- Rice
- Corn

**Vitamins**
1 point or 2 points?
Q. What do vitamins do for your body? (small multiple choice)
A. Energy
- Health
- Growth
- All of the above

**Cookies n' Cream**
1 point or 2 points?
Q. What is the most popular cookie flavor? (small multiple choice)
A. Chocolate chip
- Peanut butter
- Oatmeal
- Sugar
PLAYE B

KEEP SCORE! Place a check mark in the boxes below for every point you earn. The first player to fill all of their boxes wins.

- How many of the 50 states in the United States have dairy farms?
- What food can you mix with milk every morning to start your day off with a dose of calcium?
- Milk is used to make butter. Can you think of any other foods that are made with milk? (1 point each)
- What function in your body is helped by drinking lots of milk? (multiple choice)
- Time or false, make sure your bones are strong and healthy. What foods can help?
- How much water does the human body need each day?
- How much chocolate milk is good for your body while it is flowering?
- What is the most popular food in your country? (1 point each)
- How much milk, butter, and cheese do you need to make one cup of milk?
- What is your favorite food? (1 point each)
- What is the color of your favorite food?