

# Paragraph on Milk

**Question:** Write a paragraph on 'Milk'. In your paragraph define milk as an ideal food, describe the various foods from it and its overall utility to man.

**Answer:** A man can live on milk without taking another food. Milk is an ideal liquid. It contains all kinds of vitamins. It is the most nutritious food. It is white of all kinds of food. It is the best food for children. Mother's milk is the best for infants. It gives health and vigor to men at all stages of life. It is first boiled and then drunk. Warm milk is more tasteful and nutritious than cold milk. Un-boiled milk is considered unfit for drinking and is injurious to health. Butter, cheese, ghee, curd, and many sweets are prepared from milk. They serve to make our food tasteful and improve our health: Doctors favor milk as their patients died in eighty percent of cases. The production of milk in Bangladesh is not enough, considering its utility people should raise more and more dairy farms to increase its production. It is very much liked by all classes of people. 97. Read the following description.

Or,

## A Paragraph on Milk

Milk is liquid food. It is nutritious. It is white. It is liked by all. We get milk from our domestic animals such as cows, goats, sheep, etc. Milk is very good food for babies. It is good for sound health. Milk has all the elements of good food. Different kinds of sweets are made from milk. We get ghee butter, cheese, curd, etc from milk. Milk is a tasteful and ideal food. we use milk to make popular drink tea. Milk increases the taste of tea. Milk is a popular drink. It keeps fresh our brain. It is an ideal food for babies and patients. we boil milk and then we drink it. We get vitamins from

milk. It plays an important role in our diet every day. Milk is called an ideal food.

Or,

## A Paragraph About Milk

Milk is a liquid substance. Its color is white. It is neither so light as water nor so heavy as oil or honey. It looks fine. It is called an ideal food because all kinds of food value belong to it. We get milk generally from cows, goats, and sheep but we are not so accustomed to drinking or using the milk of goats or sheep rather we always use the cow's milk. Other animals also produce milk but people do not consume that because they are not suitable for our health. Milk is used for various purposes. It is used to make many kinds of delicious foods: semai, payesh, cake, polao, biriani, curd, ghee, sweets and so on. Probably milk is the most beneficial food in the world. It makes a man healthy and strong. It contains so many food values that if a man regularly drinks milk, he need not take any other kind of nutritious food. Only milk is enough for a man to supply all kinds of nutrition. So we should be aware of the importance of drinking milk. Again the government and the private sectors must work together to take great care of the cows in our country so that they can supply huge quantities of milk to meet the demand of the people of Bangladesh.