**Abstract:**

Introduction:

The necessity of milk uses for all ages has been recommended by specialists. As we know milk is a complete and rich food and has been considered as the main food sources during the school ages for students also now it has distributed in the schools freely. So we have decided to study about milk usage and benefits at the schools and determine the students’ knowledge in this regard.

Materials and methods:

The research is on the basis of intervention method that has been done in order to increase the students' knowledge about the importance of milk profits, the necessary daily rate and etc. So 10 schools have been selected by random and experts taught them the necessary knowledge then 5% of the students have been selected by random in each class and asked them some question in this regard.

Achievements:

The above survey shows that the students' trainings were useful and most of them knew about the necessary daily rate, the benefits, rich materials and its maintenance.

Discussion and results:

The results shows that the students were very happy when using milk and not only it promotes the suitable feeding and provides a useful unit of dairy products for the students but also has some effective influences on the hygienic mental aspects of the students, so if this positive steps and some training has continued in the schools and promoted the students awareness, it would be more effective. Hope that this research help us to improve the feeding difficulties in the children.

**Key Word:** Schools milk, Students, Primary and Guidance schools.

**Presentation:** Poster