### Abstract

**Background and Objective:** Consumption of dairy products in teenagers, especially girls, is very important to earn optimum growth and to prevent osteoporosis in future. According to this, the related government offices have distributed free milk in girl's high schools in recent years to improve the consumption of milk among student girls. This study was intended to determine acceptance of these interventions in high school girls in Yazd.

**Methods and Materials:** The present descriptive-analytic research was carried out in 2010 and 703 girls from Yazd high schools participated in this study. Random sampling was used for both Education and Training Organization regions. Data were gathered through a questionnaire containing questions about students' demographic and questionnaires about the number of consumed milks weekly. The acceptance status of milk consumption was determined by the number of consumed milk packs that was distributed in the schools. The data were analyzed by the SPSS software version 16.

**Results:** Results of this research showed that 33% of participants didn't consume distributed milk. Among the students who consumed milks (67%), 30% consumed less than 3 times a week and 60% consumed more than 4.5 times a week. Among students who did not consume distributed milks 65% expressed bad taste as their major reason. The consumers express health benefits of milk as the major reason.

**Conclusion:** Considering to this study, the major reason of not to use of distributed milk was poor quality and undesirable flavor of it, therefore enhancement of quality and taste of milk distributed by government can help boosting the student's interest to consume it and to obtain most advantage of this strategy.

**Keywords:** Milk, High School, Milk Acceptance

**Presentation:** Poster