



READING MATERIAL

EXTENSION:

Use the following article to practice the skills you learned in *The Case of the Pea Milk* video.

PEA MILK: A SUPER DRINK!

Have you ever heard of pea milk? It is a yummy new drink that is becoming very popular. If you do not want to drink cow's milk or almond milk, pea milk is a perfect alternative* for your lunchbox. It is filled with healthy nutrients* that help your body grow big and strong.

Even though the name sounds funny, this milk is not made from the little green peas you eat at dinner. It is actually made from yellow split peas. These yellow peas are cheap and very easy for farmers to grow in their fields (Chiu, 2025; Besinek, 2024).

To make the drink, factories take these dried yellow peas and grind them down into a fine dust, almost like flour. Next, they use a special machine to take the protein* out of that dust. This step is very important because the protein is the best part of the pea.. After they get the protein, they wash it many times. This washing makes sure the taste of "peas" goes away completely. Then, they mix the clean protein with water and a little bit of sunflower oil. This creates a creamy white drink that looks and feels just like regular milk. Since it is made from peas instead of dairy or nuts, it is safe for kids who are allergic* to those foods (Chiu, 2025).

Pea milk is very good for your body because it is packed with protein. Protein is the stuff that helps make your muscles strong so you can run, jump, and play sports. One cup of pea milk has 8 grams of protein. That is the same amount found in cow's milk! It has much more protein than you would get from a cup of almond milk (DeAngelis, 2022; Santo, 2025).

The people who make pea milk also add special vitamins to it. They put in Vitamin D and calcium*. These two helpers are very important because they keep your bones hard and your teeth healthy (Besinek, 2024).

There is also a mineral in pea milk called iron. Iron helps your blood carry oxygen around your body, which gives you energy to think and learn. Regular cow's milk does not naturally have iron in it, but pea milk does. This makes it a great choice for keeping your energy up during the school day (Kubala, 2018).

Yellow peas are also very kind to our planet. Growing them does not take very much water. For example, the almonds used to make almond milk need lots of water to grow. Peas are not as thirsty as almonds, so they leave more water for us to drink (Chiu, 2022).

Finally, peas help the soil improve. As they grow, they put nitrogen back into the ground. Nitrogen acts like a natural food for the dirt! It helps plants grow faster, and it also makes plants healthier. This means farmers do not need to use as many chemicals to help their plants grow (Santo, 2025).

VOCABULARY:

alternative	A choice; another option.
nutrients	Substances that plants, animals, and people need to live and grow.
protein	A nutrient found in food (as meat, milk, eggs, and beans) that is a necessary part of the diet.
allergic	When your body has a bad reaction to certain foods, medicines, materials, etc.
calcium	A mineral found in many foods that is necessary for life, helping to build bones and keep them strong.

REFERENCES:

Benisek, Alexandra. (2024, September 18). Health benefits of pea milk. WebMD. <https://www.webmd.com/diet/pea-milk-health-benefits>

Chiu, Allyson. (2025, April 18). Got peas? This plant-based milk is healthy and good for the planet. The Washington Post. <https://www.washingtonpost.com/climate-solutions/2025/04/18/pea-milk-plant-based-nutrition-climate/>

DeAngelis, Danielle. (2022, July 28). Is pea milk healthy? EatingWell. <https://www.eatingwell.com/article/7990590/is-pea-milk-healthy/>

Kubala, Jillian. (2018, September 29). Ripple Milk: 6 Reasons Why You Should Try Pea Milk. Healthline. https://www.healthline.com/nutrition/ripple-milk#TOC_TITLE_HDR_2

Santo, Raychel. (2025, February 13). Which milks are best for the planet? World Resources Institute. <https://www.wri.org/insights/milks-environmental-impact>

Image: Mx. Granger/Wikimedia Commons. CC0 1.0 Universal