



FACT OR FICTION?

Please circle your answer: **Fact** or **Fiction**

- Chocolate and flavored milks aren't as healthy as white milk.
Fact | **Fiction**
- People sensitive to lactose can't consume any dairy foods.
Fact | **Fiction**
- You will build almost half of the bone mass you'll have for life before you become a teenager.
Fact | **Fiction**
- Dairy foods are the number one source of calcium for Americans.
Fact | **Fiction**
- A cup of milk has as much protein as an egg.
Fact | **Fiction**
- One of the healthiest snacks for your teeth is cheese.
Fact | **Fiction**
- Other foods have calcium so you don't need to drink milk.
Fact | **Fiction**
- Girls who drink carbonated drinks are 5 times more likely to break bones than those who don't.
Fact | **Fiction**
- Dairy foods are a good source of perfect protein to help build muscle.
Fact | **Fiction**
- Your body needs Vitamin D to absorb calcium.
Fact | **Fiction**

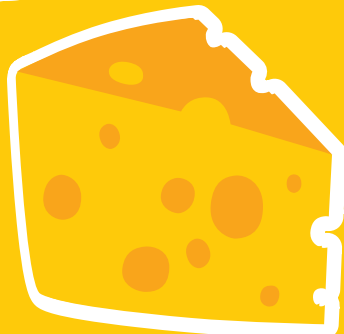
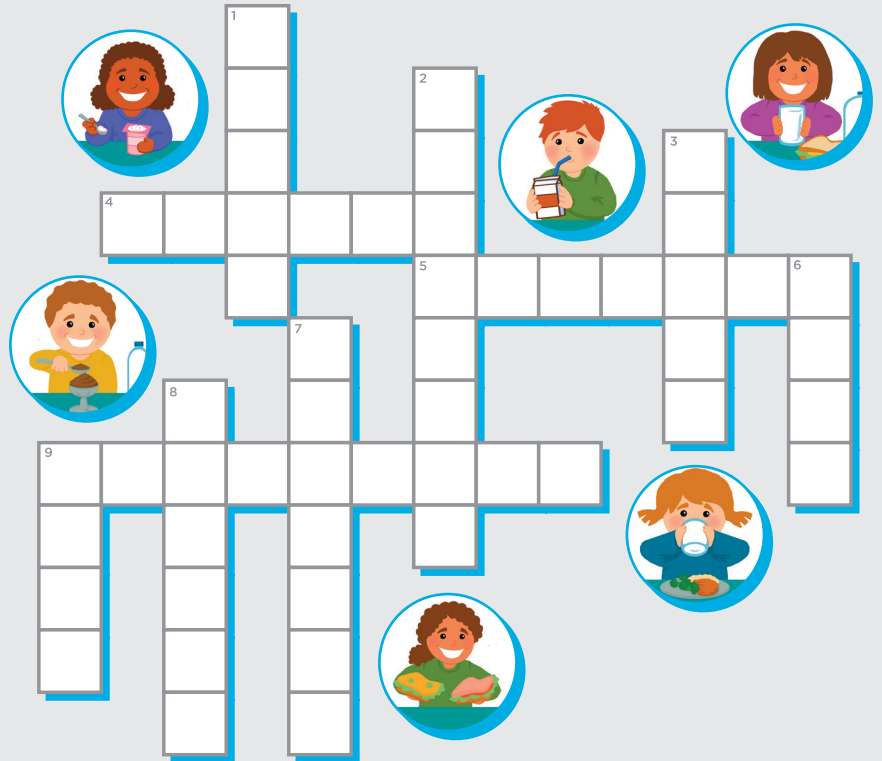
CROSSWORD PUZZLE

ACROSS

- A dairy food that tastes great with hamburgers or macaroni
- A mineral that is important for healthy teeth and bones
- A popular flavor of milk

DOWN

- What your skeleton is made of
- A tasty, frozen dairy dessert
- The food group that includes milk, yogurt, and cheese
- A healthy drink that comes from a dairy farm
- Part of food important for building strong muscles
- A creamy dairy food that comes in lots of flavors
- The animals that make milk on a dairy farm



SAY CHEESE!

3 ways cheese keeps you smiling:

- Cheese fights cavities.
- Cheese makes your mouth produce saliva to help wash food particles from your mouth.
- Cheese protects teeth from acids that can weaken tooth enamel.



The Nutrition Education People

www.stldairycouncil.org

HOW MUCH DAIRY?

We all need dairy foods for good health. See how many dairy servings you need each day. How old are you? Find the right path to follow through the maze and count your dairy servings along the way.



TOP 5 REASONS TO DRINK LOW-FAT CHOCOLATE MILK:

- 1
It has the same amounts of vitamins, minerals, and protein as white milk.
- 2
It has the calcium you need for strong bones and healthy teeth.
- 3
It helps kids get 3 servings of dairy every day!
- 4
It rebuilds your body after exercise with carbs, protein and electrolytes.
- 5
It tastes great!

Can you think of more good reasons to drink chocolate milk?

1. _____
2. _____
3. _____

DID YOU KNOW

- It only takes 2-3 days for milk to get from the farm to your table.
- Chocolate milk has more nutrients than most sports drinks.
- A dairy cow produces 6½ gallons of milk a day...enough for 33 school kids to drink three 6-ounce glasses of milk a day!
- It takes 10 lbs of milk to make 1 lb. of cheese.

How Much Milk: 4-8 year olds need 3 servings each day. Based on the daily recommendation of 1000mg calcium. 9-18 year olds need 4 servings every day. Based on the daily recommendation of 1300mg calcium.
Fact or Fiction?: 1. Fiction. Flavored milks have the same amounts of vitamins, minerals and protein as white milk. 2. Fiction. Since yogurt and cheese are very low in lactose, most people with lactose intolerance can enjoy them. 3. Fact. 4. Fact. 5. Fact. 6. Fact. 7. Fiction. Dairy foods usually have the most calcium and it is easy for your body to use. 8. Fact. 9. Fact. 10. Fact.
Crossword Puzzle: Across: 4. Cheese, 5. Calcium, 9. Chocolate
 Down: 1. Bones, 2. Ice Cream, 3. Dairy, 6. Milk, 7. Protein, 8. Yogurt, 9. Cows
 It is harder for your body to use calcium from non-dairy foods.