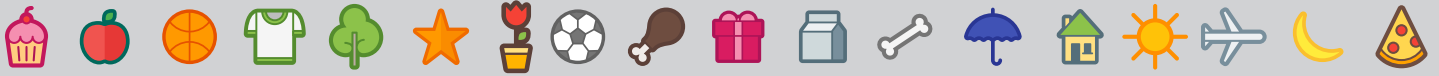


# DAIRY FUN & FACTS!

We all need dairy foods for good health! See if you can solve the dairy messages by following the letter code below.

A C D E G H I J K L M N O R S T U Y



1. \_\_\_\_\_ !



2. \_\_\_\_\_ !



3. \_\_\_\_\_ !



4. \_\_\_\_\_ !



5. \_\_\_\_\_ !

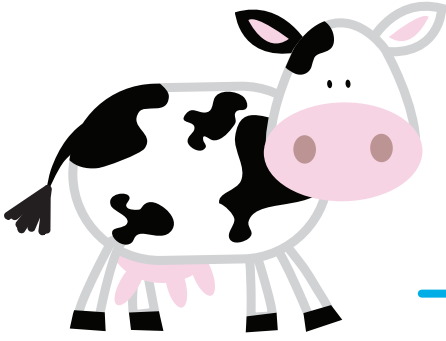


## YES OR NO?

1. All dairy milks have the same vitamins, minerals and protein.
2. The milk you drink now builds bones you'll have all your life.
3. Dairy foods are the #1 source of calcium for Americans.
4. Cheese is one of the healthiest snacks for your teeth.
5. A cup of milk has as much protein as an egg.
6. Dairy foods have the most calcium.
7. Dairy foods help build muscle.
8. Your body needs Vitamin D, too.



# GUESS WHAT?

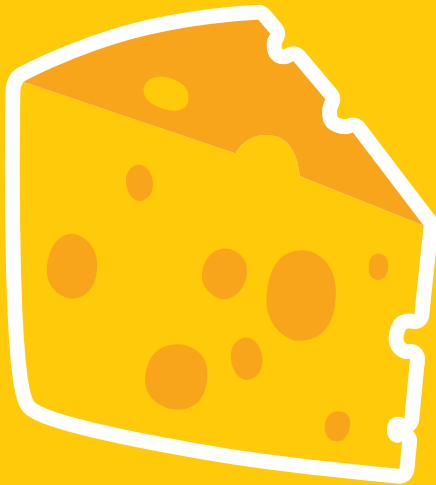


A cow makes 6 1/2 gallons of milk a day.

It takes 10 pounds of milk to make 1 pound of cheese.



It only takes 2 days for your milk to get from the farm to your grocery store.



## SAY CHEESE!

1. Cheese fights cavities.
2. Cheese makes your mouth produce saliva to help wash bits of food from your mouth.
3. Cheese protects teeth from acids that can weaken tooth enamel.



**ANSWERS:**  
DAIRY FUN & FACTS!  
1. DRINK MILK 2. EAT CHEESE 3. CHOOSE YOGURT  
4. YUMMY CHOCOLATE MILK 5. ENJOY ICE CREAM  
.....  
YES OR NO?  
1. Yes 2. Yes 3. Yes 4. Yes 5. Yes 6. Yes 7. Yes 8. Yes