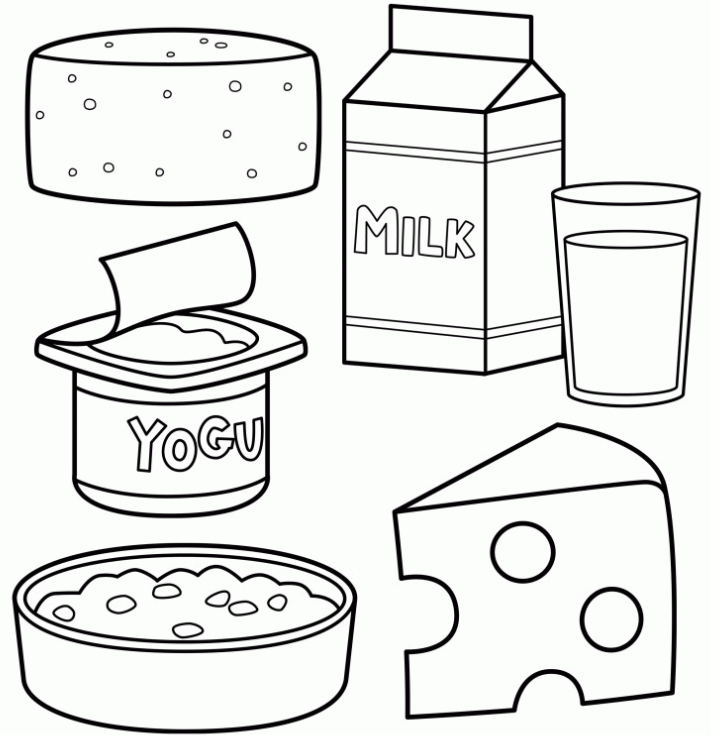


# DAIRY FUN & FACTS

## WHERE DOES DAIRY COME FROM?

All dairy products  
come from milk.  
Dairy products  
include milk, cheese,  
and yogurt.



## WORD FIND

D	A	T	D	W	C	G	B	P	K
E	C	M	A	E	A	U	A	R	H
L	O	I	I	L	L	B	L	O	E
C	W	L	R	L	C	M	A	T	A
A	H	K	Y	N	I	A	N	E	L
M	K	E	S	E	U	R	C	I	T
B	D	C	E	S	M	K	E	N	H
R	E	Z	Z	S	N	E	X	G	Y
E	F	T	S	T	E	T	X	Q	Z
W	P	Z	G	Y	O	G	U	R	T

## WHY DO KIDS NEED CALCIUM?

Dairy products provide  
calcium and this is especially  
important in children.

Strengthens bones

Keeps teeth healthy

- |           |          |         |         |
|-----------|----------|---------|---------|
| Delcambre | Wellness | Calcium | Cheese  |
| Protein   | Yogurt   | Market  | Healthy |
| Balance   | Dairy    | Milk    | Cow     |

# June is Dairy Month

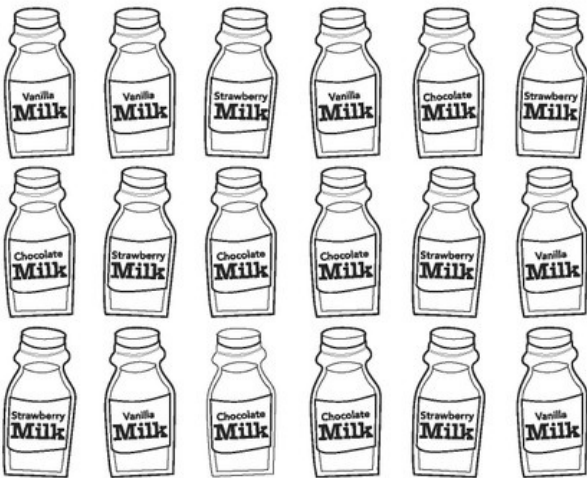
## WHY IS MILK NUTRITIOUS?

Dairy packed with important nutrients like calcium, phosphorus, B vitamins, potassium and vitamin D.



## FLAVORED MILK

tastes great and is good for you, with the same important nutrients as white milk. Your favorite low-fat flavor might be chocolate, strawberry or vanilla. Find all the chocolate milk bottles and color them brown. Color the strawberry bottles pink. Color the vanilla bottles yellow.



## YOGURT

is a great tasting dairy food made from milk and often flavored with fruit. It's fun and easy to eat right out of the package. Unscramble the letters below to find some popular yogurt flavors.



- RBRYUELEB \_\_\_\_\_
- RYHERC \_\_\_\_\_
- YTRRWABRSE \_\_\_\_\_
- HAPCE \_\_\_\_\_
- NABNAA \_\_\_\_\_
- CIPTOAR \_\_\_\_\_
- EPRYASRBR \_\_\_\_\_
- WIIK RBTWASRYRE \_\_\_\_\_
- GEARON GAMNO \_\_\_\_\_

## HOW MANY SERVINGS OF DAIRY DO KIDS NEED?

Boys and girls ages 4 to 8 need 2.5 cups of dairy products per day.

Kids ages 9 to 18 need 3 cups per day.