













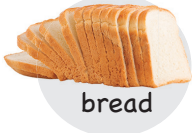





Where Does ^{milk} Food Come From?

Everything you eat comes from somewhere. Draw a line to connect the food on the left with where it comes from on the right.

 apple	 cow
 carrot	 ground
 milk	 wheat
 peas	 milk
 eggs	 tree
 blueberries	 vine
 cheese	 chicken
 bread	 milk
 yogurt	 bush



From MILK to CHEESE

Ever wonder how cheese is made? Read about the cheesemaking process below and then complete the maze.

start

end

HOW DOES MILK BECOME CHEESE?

Milk comes from healthy, well-fed cows that are milked at least twice a day. The milk is then pumped into a refrigerated truck called a "tanker" and taken to a cheese plant, where it is poured into a large vat and thickened until it can be cut into tiny pieces called curds. These curds are then stirred, salted and pressed into forms and shapes, resulting in the final product: Cheese!



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Build a Better Snack

PART I

Draw a line to connect the appropriate food group to its most important nutrient.

PART III

FRUITS

A. Protein: helps you grow and build strong muscles

VEGETABLES

B. Calcium: builds strong bones and teeth

PROTEIN

C. Vitamin A: for healthy skin and good vision

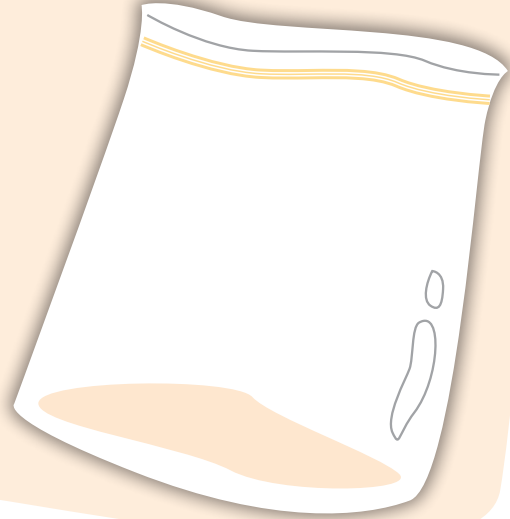
GRAINS

D. Vitamin C: helps heal cuts, as well as fight infection

DAIRY

E. Carbohydrate: an excellent source of energy

Build your favorite snack to take to school using the list from Part II. Draw your snack in the bag below. Your snack must include at least three different food groups.



PART II

Label each of the snacks below with their appropriate food groups using the following key: F = Fruits, V = Veggies, P = Protein, G = Grains, D = Dairy.

HINT: Some of these snacks may belong under multiple groups!

Popcorn



Strawberries

Pita & Hummus Dip



Graham Crackers

Yogurt

Veggie Sticks



Milk

Peanut Butter & Crackers



String Cheese



Banana

Cheese Quesadilla

Fruit Smoothies

Granola

Chocolate Milk

Mixed Nuts



Low-Fat Pudding

Applesauce

Cheese Cubes



Raisins



Celery & Veggie Dip

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Draw a line to connect the appropriate food group to its most important nutrient.

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VEGETABLES

PROTEIN

GRAINS

DAIRY

A. Protein: helps you grow and build strong muscles

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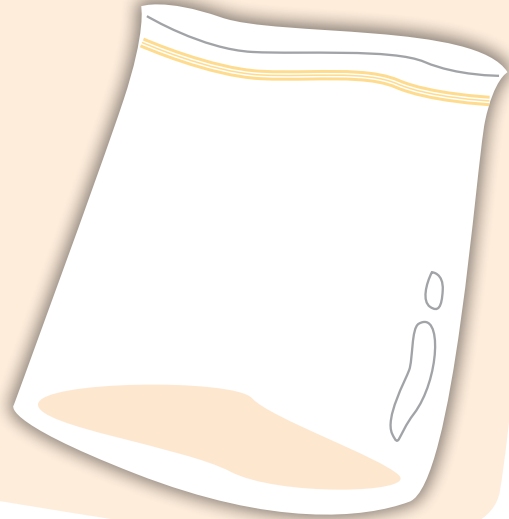
C. Vitamin A: for healthy skin and good vision

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PART III

Build your favorite snack to take to school using the list from Part II. Draw your snack in the bag below. Your snack must include at least three different food groups.



PART II

Label each of the snacks below with their appropriate food groups using the following key: F = Fruits, V = Veggies, P = Protein, G = Grains, D = Dairy.

Popcorn **g**

Strawberries **f**

Pita & Hummus Dip **g,p**

HINT:
Some of these snacks may belong under multiple groups!

Graham Crackers **g**

Yogurt **d**

Veggie Sticks **v**

Milk **d**

Peanut Butter & Crackers **p,g**

String Cheese **d**

Banana **f**

Cheese Quesadilla **d,g**

Fruit Smoothies **f,d**

Granola **g**

Chocolate Milk **d**

Mixed Nuts **p**

Low-Fat Pudding **d**

Applesauce **f**

Cheese Cubes **d**

Raisins **f**

Celery & Veggie Dip **v,d**

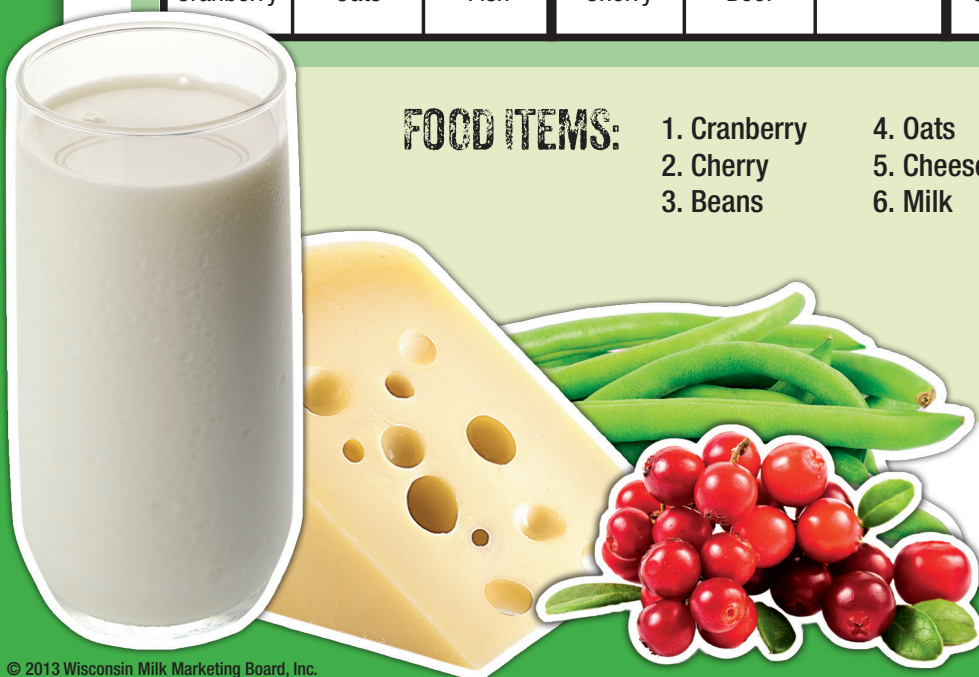
Food Group SUDOKU

It's Sudoku with food items! Instead of numbers, we have foods representing each of the five food groups. Fill in the blank boxes with the correct combination of foods below so that each horizontal row, vertical column and 3x3 box contains all nine food words.

Cherry		Oats	Potato	Fish	Cranberry	Beans	Cheese	Milk
	Fish		Beef	Cherry		Potato	Oats	
Potato	Cranberry	Beans		Oats	Milk		Fish	Cherry
Beef		Milk	Cranberry	Cheese	Fish	Cherry	Beans	Oats
	Beans	Cherry	Oats		Beef		Cranberry	
Oats	Cheese	Cranberry	Beans	Milk	Cherry	Fish	Beef	Potato
Cheese		Beef		Beans	Oats	Cranberry		Fish
Beans	Milk		Fish	Cranberry	Cheese		Cherry	
Cranberry	Oats	Fish	Cherry	Beef		Cheese	Milk	Beans

FOOD ITEMS:

- | | | |
|--------------|-----------|-----------|
| 1. Cranberry | 4. Oats | 7. Beef |
| 2. Cherry | 5. Cheese | 8. Fish |
| 3. Beans | 6. Milk | 9. Potato |

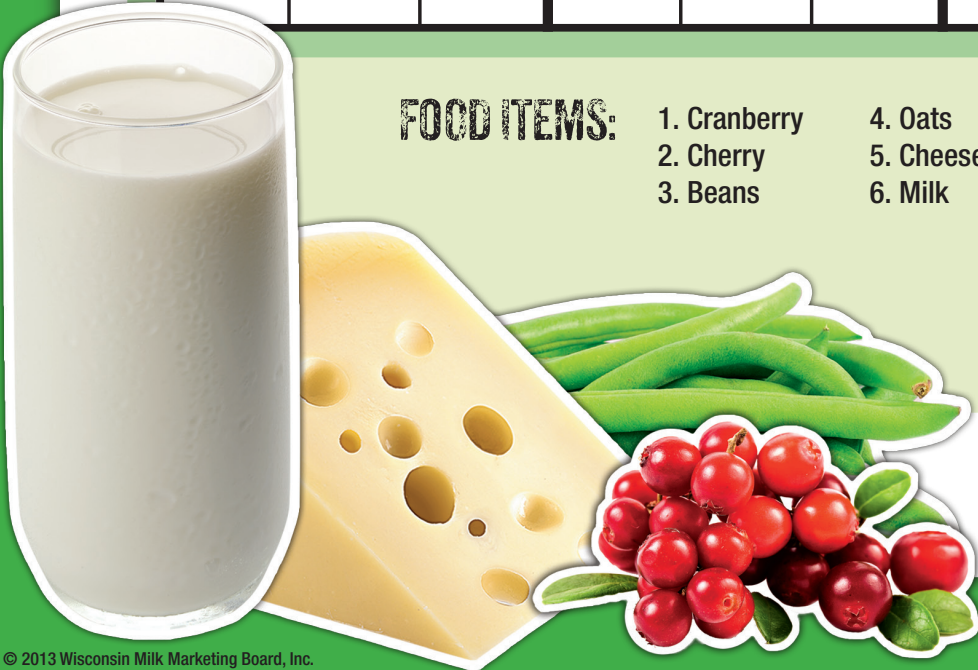


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Cherry	Beef	Oats	Potato	Fish	Cranberry	Beans	Cheese	Milk
Milk	Fish	Cheese	Beef	Cherry	Beans	Potato	Oats	Cranberry
Potato	Cranberry	Beans	Cheese	Oats	Milk	Beef	Fish	Cherry
Beef	Potato	Milk	Cranberry	Cheese	Fish	Cherry	Beans	Oats
Fish	Beans	Cherry	Oats	Potato	Beef	Milk	Cranberry	Cheese
Oats	Cheese	Cranberry	Beans	Milk	Cherry	Fish	Beef	Potato
Cheese	Cherry	Beef	Milk	Beans	Oats	Cranberry	Potato	Fish
Beans	Milk	Potato	Fish	Cranberry	Cheese	Oats	Cherry	Beef
Cranberry	Oats	Fish	Cherry	Beef	Potato	Cheese	Milk	Beans

- FOOD ITEMS:**
- | | | |
|--------------|-----------|-----------|
| 1. Cranberry | 4. Oats | 7. Beef |
| 2. Cherry | 5. Cheese | 8. Fish |
| 3. Beans | 6. Milk | 9. Potato |



Create Your Own Dairy Superhero



Create your own dairy superhero using the list of words provided below as inspiration. Give your superhero a name, a logo and of course, a superpower derived from one of the many benefits of drinking milk.

Design your superhero's logo:

My superhero's name:

Tell us how your superhero uses his/her powers:

Dairy Inspiration Word List:

- ACTIVE BONES
- GROW HEALTHY MILK
- FUEL SMART SKIN
- PROTEIN
- TEETH
- CALCIUM
- NATURAL
- VITAMINS
- HEART ZINC IRON
- DELICIOUS
- MUSCLE ENERGY
- STRONG CHEESE
- SPORTS METABOLISM
- WHEY FORTIFIED
- CHOCOLATE
- YOGURT

