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 comes from a tree.
- Carrot comes from ground.
- Milk comes from milk.
- Eggs come from chicken.
- Blueberries come from a vine.
- Cheese comes from milk.
- Bread comes from wheat.
- Yogurt comes from milk.

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Where Does **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 → tree
- carrot → ground
- milk → cow
- grapes → vine
- eggs → chicken
- blueberries → bush
- cheese → tree
- bread → wheat
- yogurt → milk
Build a Better Snack

PART I

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

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

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
- Graham Crackers
- Peanut Butter & Crackers
- Granola
- Low-Fat Pudding
- Strawberries
- Yogurt
- String Cheese
- Chocolate Milk
- Applesauce
- Raisins
- Pita & Hummus Dip
- Milk
- Veggie Sticks
- Banana
- Fruit Smoothies
- Cheese Cubes
- Mixed Nuts
- Cheerio Quesadilla

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.

HINT: Some of these snacks may belong under multiple groups!
**Build a Better Snack**

**PART I**

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

- **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

**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**
- Graham Crackers **g**
- Peanut Butter & Crackers **p,g**
- Granola **g**
- Low-Fat Pudding **d**
- Strawberries **f**
- Yogurt **d**
- String Cheese **d**
- Chocolate Milk **d**
- Applesauce **f**
- Raisins **f**
- Pita & Hummus Dip **g,p**
- Veggie Sticks **v**
- Banana **f**
- Fruit Smoothies **f,d**
- Milk **d**
- Cheese Quesadilla **d,g**
- Mixed Nuts **p**

**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.

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

<table>
<thead>
<tr>
<th>Cherry</th>
<th>Oats</th>
<th>Potato</th>
<th>Fish</th>
<th>Cranberry</th>
<th>Beans</th>
<th>Cheese</th>
<th>Milk</th>
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**FOOD ITEMS:**
1. Cranberry
2. Cherry
3. Beans
4. Oats
5. Cheese
6. Milk
7. Beef
8. Fish
9. Potato

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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.

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**FOOD ITEMS:**
1. Cranberry
2. Cherry
3. Beans
4. Oats
5. Cheese
6. Milk
7. Beef
8. Fish
9. Potato
Ever wonder how cheese is made? Read about the cheesemaking process below and then complete the maze.

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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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
- Calcium
- Heart
- Zinc
- Iron
- Grow
- Health
- Milk
- Minerals
- Muscle
- Energy
- Fuel
- Smart
- Natural
- Protein
- Skin
- Sports
- Strong
- Cheese
- Metabolism
- Teeth
- Vitamins
- Sports
- Fortified
- Chocolate
- Carbohydrate
- Yoghurt
- WHEY
- FORTIFIED
- CHOCOLATE
- CARBOHYDRATE
- YOGHURT
- METABOLISM
- SPORTS
- STRONG
- PROTEIN
- SKIN
- NUTRITION
- MILK
- MINERALS
- ENERGY
- ZINC
- IRON
- CALCIUM
- HEART
- BONES
- ACTIVE