

Where Are the Milk Group Foods?

There are **22** foods from the milk group hidden in this picture. Can you find them all?

WHERE ARE THE MILK GROUP FOODS?

"MOOS" YOU CAN USE

Getting your milk group foods is as easy as breakfast, lunch, and dinner! Start your day off with a bowl of your favorite cereal with a cup of milk. Munch sticks of string cheese at lunch. For a snack, have a cup of lowfat yogurt. Yum!

BE A DAIRY DETECTIVE

Color in all the milk, cheese, and yogurt you can find. Score bonus points if you know what eating milk group foods everyday can do for you.

Answer:
Build stronger bones.



MILK IT!

Try mixing it with milk for a dairy-licious drink! Stir in your favorite flavor like chocolate or strawberry. Or, mix up lowfat milk with fat-free pudding and add your favorite fruits for an extra kick!

DID YOU KNOW?

Being strong isn't just about having big muscles... you have to have strong bones, too! Two out of three kids aren't getting the calcium they need.

KEY

- Yogurt cups
- Glass of Milk
- Milk Gallon
- Swiss Cheese Slice
- Frozen Yogurt Pops
- American Cheese Slice
- Cheese Wheels
- String Cheese
- Cheese Cube
- Milk Bottle

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