

Activity 4: Do the Dairy Search

Your body is growing fast! It needs many foods to stay healthy. One important food is milk. Milk is good for your growing bones and teeth. Many foods are made from milk. They are called Dairy Group foods. Your body needs three servings of milk or Dairy Group foods each day.

Look at the food pictures here. Five of these foods are made with milk. Do you know what they are? Circle the foods made with cows' milk. Then pick your favorite ice cream flavor and color the ice cream picture.

