



Foods of the Month
Coloring and Activity Sheets

Reduced Fat Dairy

Grades 3-5



www.nrpa.org/CommitToHealth
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Milk: A Nutrient Powerhouse

Meet milk! It's packed with nutrients you need to build a strong, healthy body and to have the energy to stay active and fit. Calcium, vitamin D, phosphorus, riboflavin, protein, vitamin B-12, potassium, vitamin A, and niacin — these nutrients are essential to good nutrition. In fact, without milk in your diet, it's difficult to get the right amounts of important nutrients.

→ How Much Do You Need?

- The Dietary Guidelines for Americans recommend three servings of lowfat or fat free milk each day for teens and adults.

→ The Facts About Milk

The experts agree. Milk is a nutrient powerhouse:

- Each 8-ounce serving of milk, whether it's white or flavored, contains 300 mg of calcium.
- Milk drinkers tend to have better quality diets that are richer in essential nutrients, compared to non-milk drinkers.
- Milk is packed with bone-building nutrients, including calcium, vitamin D, and protein. In fact, milk is the leading source of vitamin D in the diet.
- Flavored milk has the same nine essential nutrients as white milk.
- Milk provides nutrients that work hard for healthy, glowing skin, strong hair, teeth and nails, and along with exercise, a lean, toned body.

→ Part A: Nine Reasons Why You Should "Get Milk"

Anyone got milk? It's recommended that teens should have three glasses of lowfat or fat free milk a day. That's easy to remember, but do you know why you should drink milk? Check out milk's nine nutrients below, then unscramble the words to complete the statement to learn more about its benefit.



3. VITAMIN A 10% DV*

Vitamin A helps support healthy ivnso and kins. _____

1. CALCIUM 30% DV*

Calcium helps build and maintain strong bones and helps reduce the risk for tsessr rateruesf. _____

2. VITAMIN D 25% DV*

Vitamin D helps the body basrob ciucalm for healthy bones. _____

4. RIBOFLAVIN 20% DV*

Riboflavin (Vitamin B-2) plays an important role in converting food to ygrene. _____

5. PROTEIN 16% DV*

Protein, along with exercise, helps to build and maintain neal uslcm and supports strong, healthy hair and fingernails. _____

6. VITAMIN B-12 13% DV*

Vitamin B-12 is important to the development of edr loodb elcs. _____

8. PHOSPHORUS 20% DV*

Phosphorus works with calcium and Vitamin D to help maintain tgonsr nesbo. _____

9. NIACIN 10% DV* (NIACIN EQUIVALENTS)

Niacin (Vitamin B-3) helps the body's nezmyse function normally. _____

7. POTASSIUM 11% DV*

Potassium helps regulate the balance of lfuids in the body. _____

→ To find out more about why milk is such a great beverage choice, visit the **Body By Milk** website (bodybymilk.com).

→ Part B: Make Your Milk Mustache

Go to the **Body By Milk** website (bodybymilk.com/myomma/) and follow the directions for uploading a picture of yourself and making your own Milk Mustache ad. It's easy and it's fun. All you have to do is upload a photo, pick your favorite benefit of milk, choose your character and background, and put on a milk mustache!

*Percent Daily Values for 8-ounce glass of fat free milk. Daily Values were developed by the Food and Drug Administration and reflect current nutrition recommendations for a 2,000 calorie-a-day diet.





*You are
what you drink.*

The Magnificent Milk Mystery Mad-Lib Fill-in the blanks. Have fun!

One day at school, all the milk went missing. "_____!" exclaimed Principal _____. "How will the children get the 3 glasses of milk a day they need now?" Desperate, the principal brought in his/her _____ to help investigate. Unfortunately, the _____ immediately began chasing Mrs. Smith's _____, which she had brought in for show & tell that day. All the _____ commotion led Mr. Perry, the _____ teacher to storm into the cafeteria _____, where he immediately began digging through _____ of _____. "_____!" he cried in _____. "Now my _____ smell(s) like _____!" Suddenly, _____ from the cafeteria came _____ into the room asking, "What's going on here?" "The children's primary source of calcium—have you seen it?" cried Mr. Perry. "It's right here!" answered _____, pointing to a _____ full of milk cartons he/she had just wheeled in from _____. "Choose one and get the _____ you need for your body today!"

Choose SMART. Choose NATURAL. Choose MILK.



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Source: <http://www.wmmb.com/assets/images/pdf/ActivityWorksheets-WMMB.pdf>



*You are
what you drink.*

WORD LIST

ACTIVE
BONES
CALCIUM
DAIRY
DELICIOUS
ENERGY
GROW
HEALTH
MILK
MINERALS
MUSCLE
NIACIN
NUTRITION
POTASSIUM
PROTEIN
RIBOFLAVIN
SKIN
SPORTS
TEETH
VITAMINS

WORD SEARCH

All words can be found up, down or diagonal.

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

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Source: <http://www.wmmb.com/assets/images/pdf/ActivityWorksheets-WMMB.pdf>

Foods of the Month Coloring and Activity Sheets

WHERE'S THE DAIRY?

for more fun ways to eat milk, cheese and yogurt every day!
WWW.3-ADAY.ORG

THERE ARE 22 HIDDEN IN DAIRY FOODS. CAN YOU FIND THEM ALL?

BE A "DAIRY DETECTIVE"

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

*saipoo jaytaq pue
sauoq aabuoq: ping
-JANISNY*

"MOOS" YOU CAN USE

Eating 3-A-Day of Dairy 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 and for a snack, have a cup of lowfat yogurt. Yum!

DID YOU KNOW?

Being strong isn't just about having big muscles ... you gotta have strong bones, too! Two out of three kids aren't getting the calcium they need to help build stronger bones and better bodies. How many servings of lowfat milk, cheese or yogurt did you eat today?

MILK IT!

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

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**You are
what you drink.**

CLUES

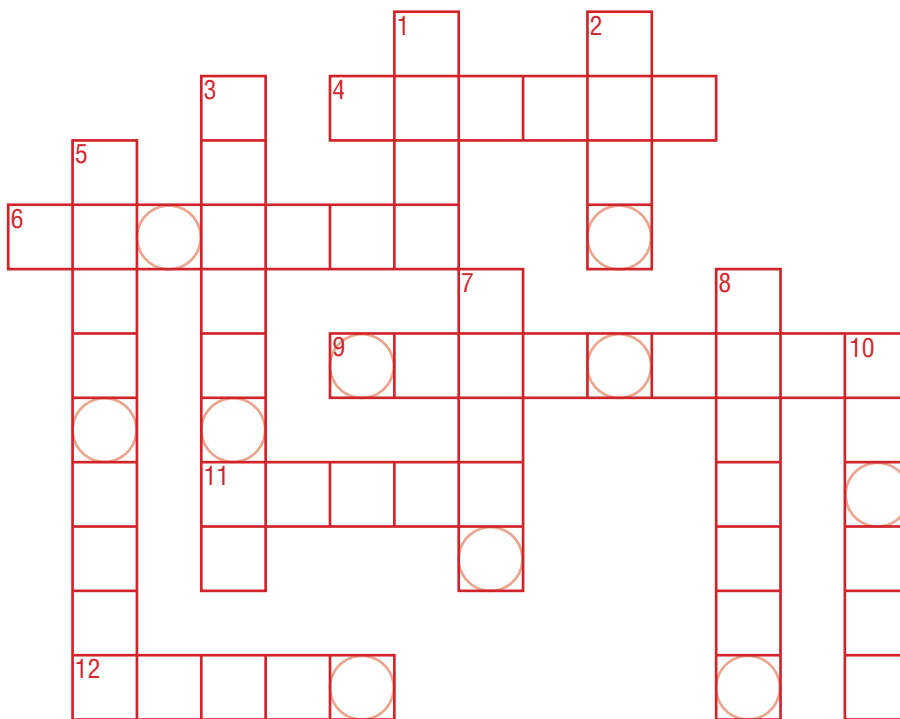
ACROSS

4. A glass of chocolate milk can help your body _____ after practice.
6. Makes muscles strong.
9. The most popular flavor of school milk.
11. The number of glasses of milk you should be drinking each day.
12. Flash your pearly whites!

DOWN

1. What you are after age 12, but not after 20.
2. Milk is an important part of every _____.
3. Exercise is basically this.
5. Cereal and milk make a great _____.
7. You want all 206 of these to be strong.
8. Milk's strongest nutrient.
10. Carbohydrate gives you this.

CROSSWORD PUZZLE



JUMBO PUZZLE

TAKE THE CIRCLED LETTERS AND UNSCRAMBLE THEM TO COME UP WITH THE PUZZLE'S THEME.



Choose SMART. *Choose* NATURAL. *Choose* MILK.





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what you drink.**

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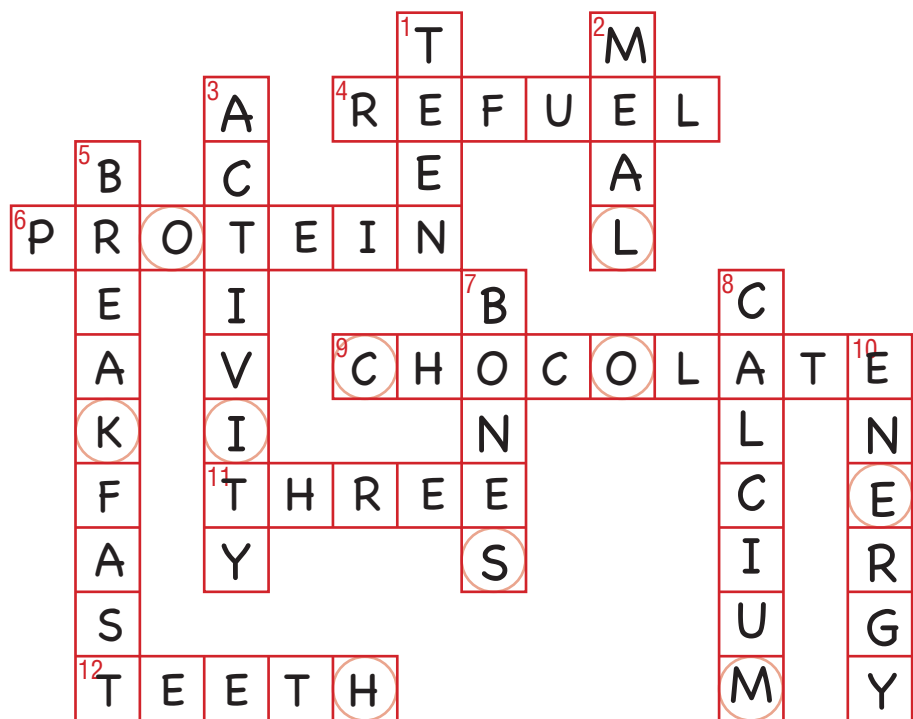
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CROSSWORD PUZZLE



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C H O O S E M I L K

Choose SMART. Choose NATURAL. Choose MILK.





Foods of the Month
Coloring and Activity Sheets

Nuts

Grades 3-5



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Oh, Nuts!

B	U	P	P	I	S	T	A	C	H	I	O	H	A
E	P	E	W	P	T	U	N	O	C	O	C	H	I
O	N	A	A	D	P	L	Z	I	P	N	B	D	M
U	T	N	L	T	E	C	H	P	N	T	R	C	A
H	A	U	N	P	C	H	P	A	A	I	A	C	D
P	A	T	U	T	A	W	A	E	I	T	Z	T	A
T	I	L	T	N	N	T	U	N	E	N	I	P	C
A	U	T	H	A	Z	E	L	N	U	T	L	N	A
I	T	N	E	R	P	O	T	A	H	N	N	C	M
E	T	A	A	E	N	E	O	A	T	N	U	T	N
E	P	N	P	L	C	A	S	H	E	W	T	H	W
T	A	I	T	Z	O	A	W	A	A	O	I	A	K
U	T	L	A	I	N	K	T	D	N	O	M	L	A
A	O	T	U	N	T	S	E	H	C	C	D	P	N

MACADAMIA
PECAN
BRAZIL NUT
COCONUT
CHESTNUT
KOLA NUT
HAZELNUT
CASHEW
PISTACHIO
PINE NUT
ALMOND
PEANUT
PEPITA
WALNUT

Play this puzzle online at : <http://thewordsearch.com/puzzle/21100/>