



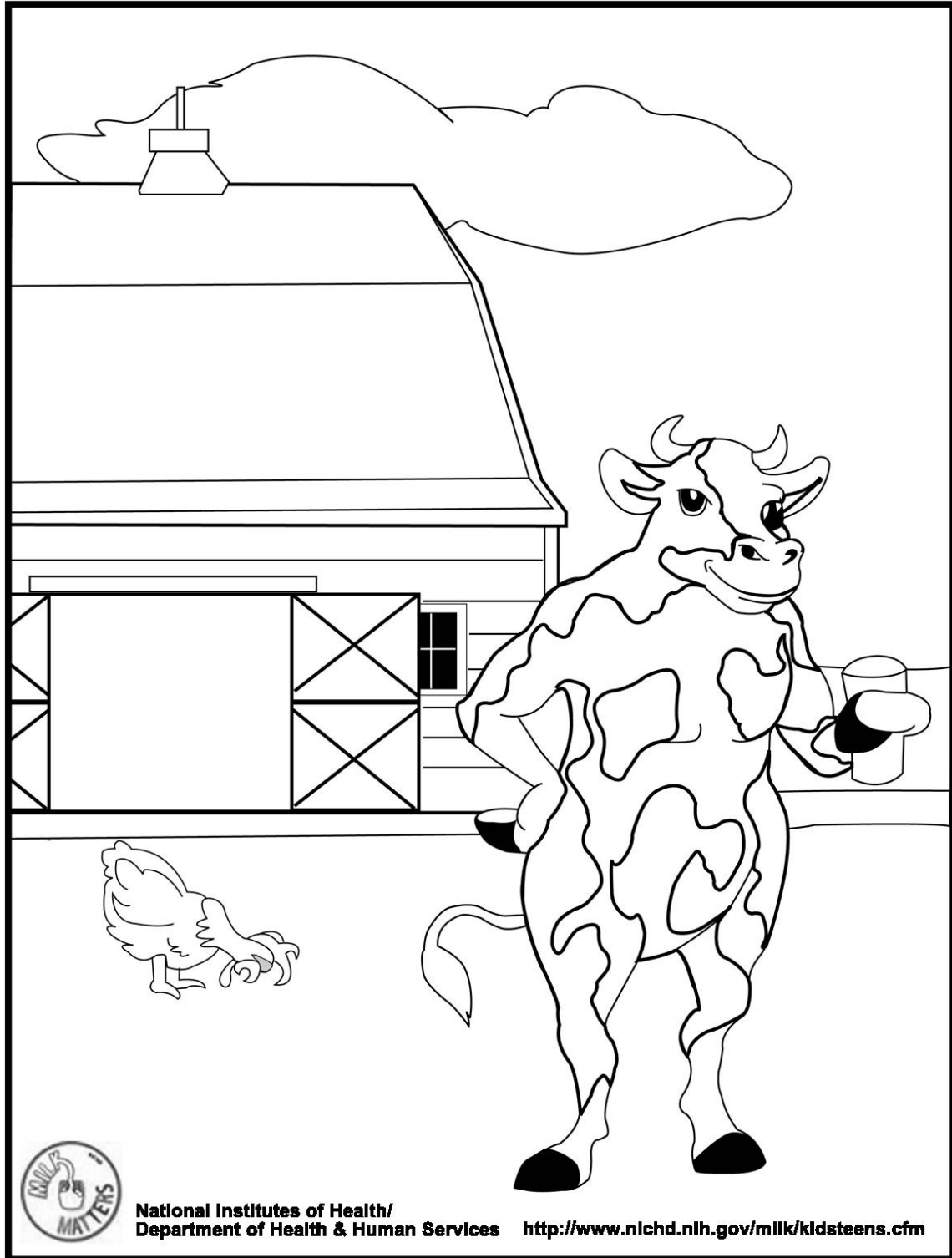
Foods of the Month
Coloring and Activity Sheets

Reduced Fat Dairy

Grades K-2



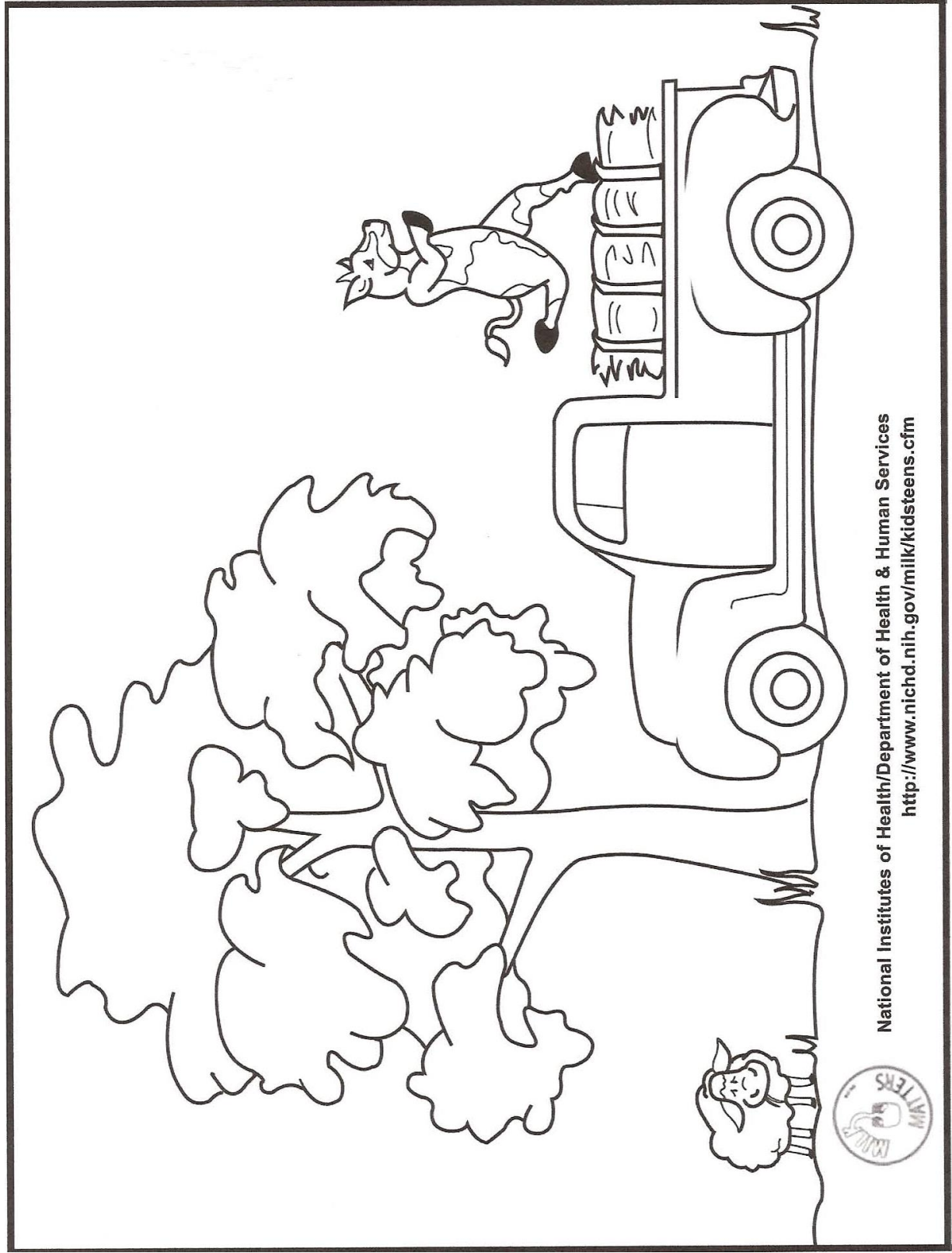
www.nrpa.org/CommitToHealth
[#CommitToHealth](https://twitter.com/CommitToHealth)



National Institutes of Health/
Department of Health & Human Services <http://www.nichd.nih.gov/milk/kidsteens.cfm>



Foods of the Month
Coloring and Activity Sheets





*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

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.**

CLUES

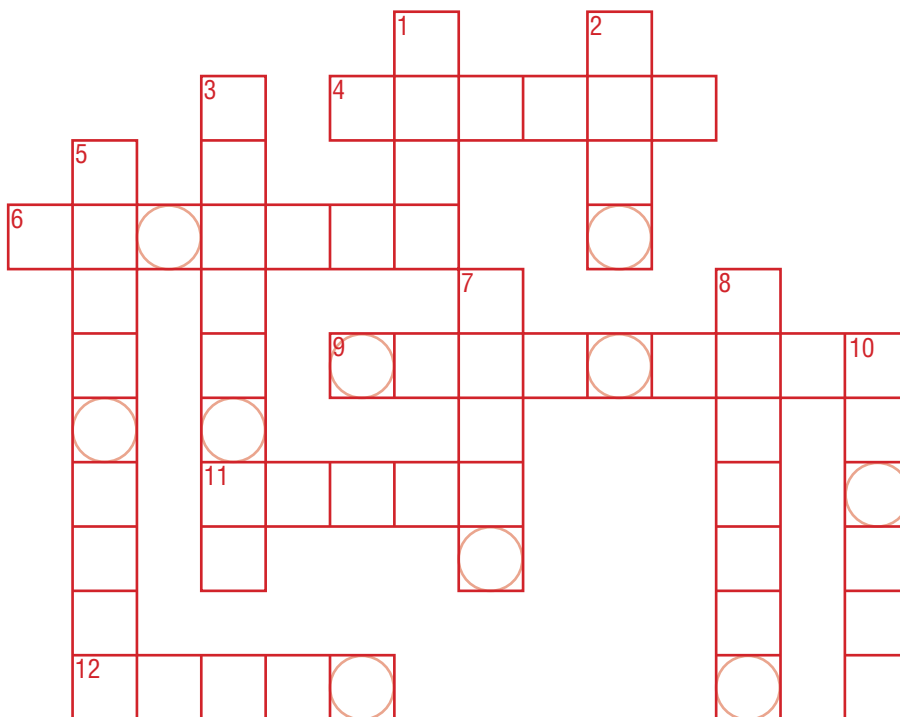
ACROSS

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.



**You are
what you drink.**

CLUES

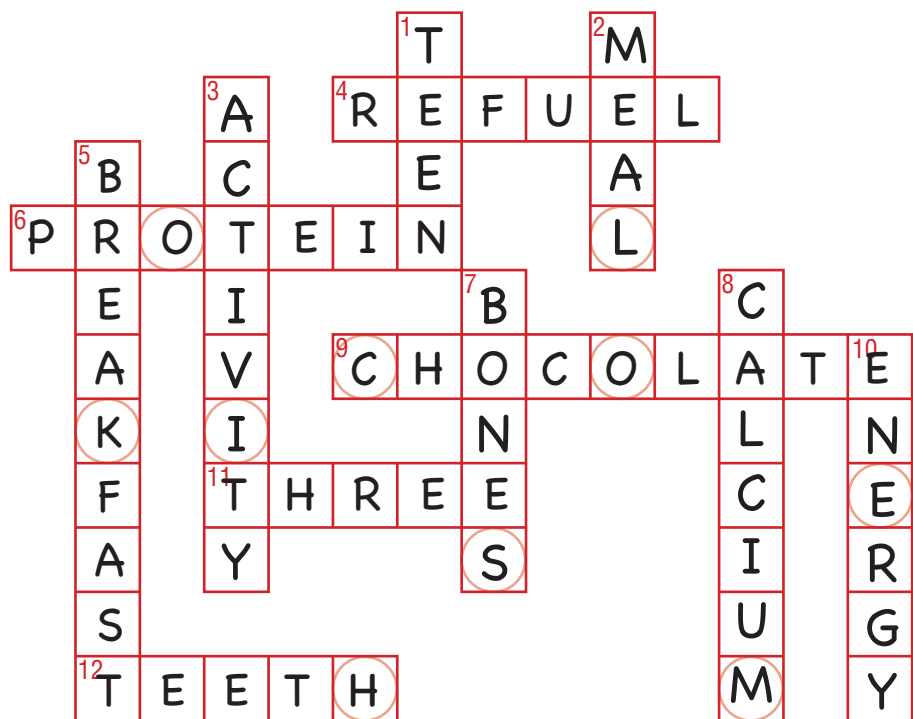
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CROSSWORD PUZZLE



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C H O O S E M I L K

Choose SMART. Choose NATURAL. Choose MILK.





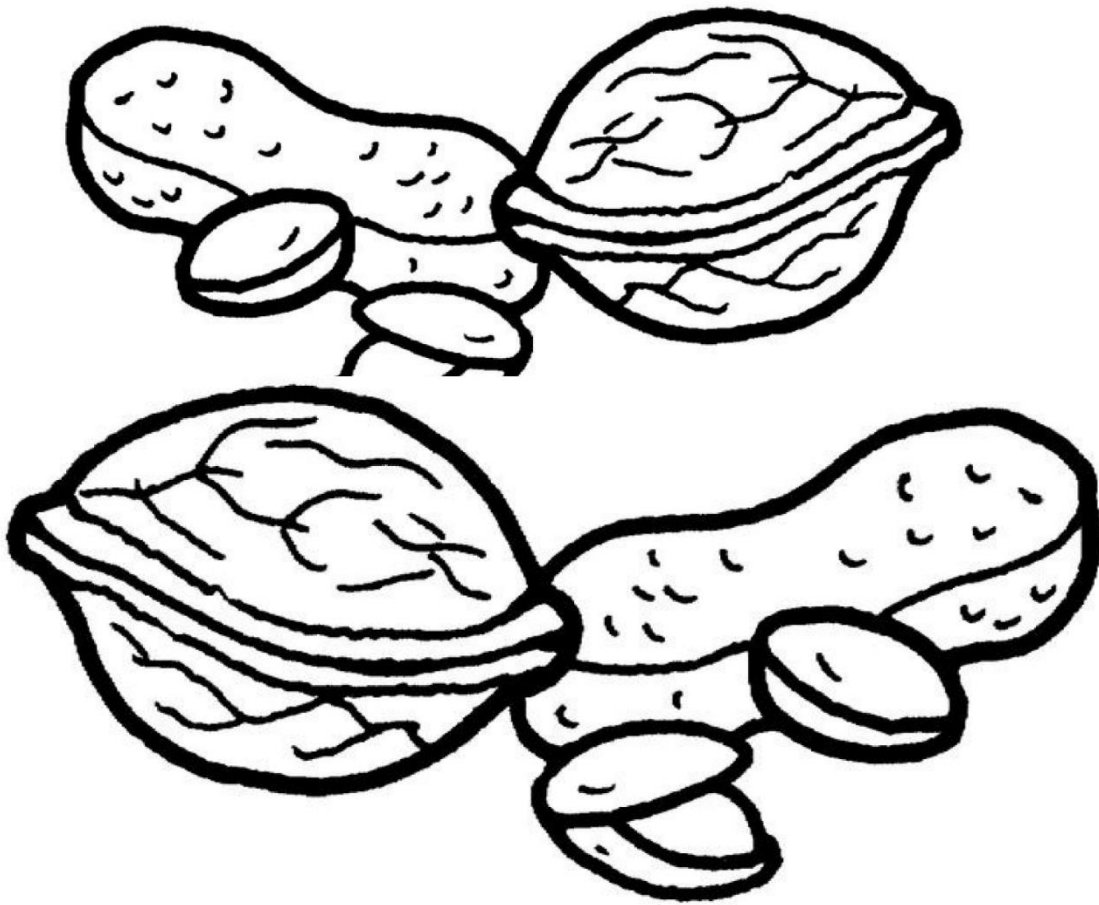
Foods of the Month
Coloring and Activity Sheets

Nuts

Grades K-2



www.nrpa.org/CommitToHealth
#CommitToHealth



nuts

www.kidsparkz.com

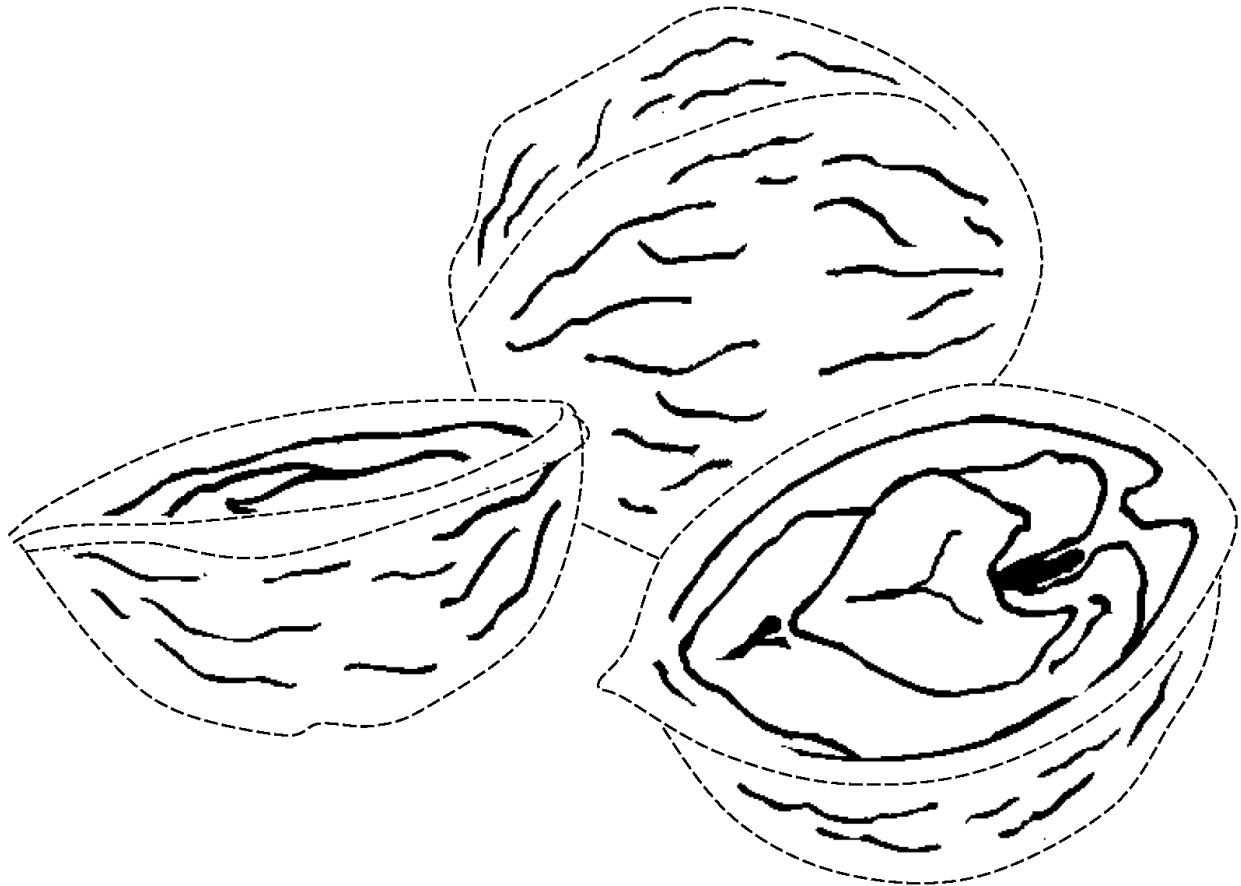
Oh, Nuts!

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/>

Trace and Color



walnuts

www.kidsparkz.com

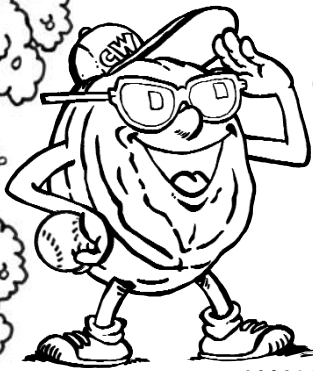
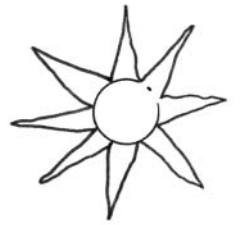


walnut

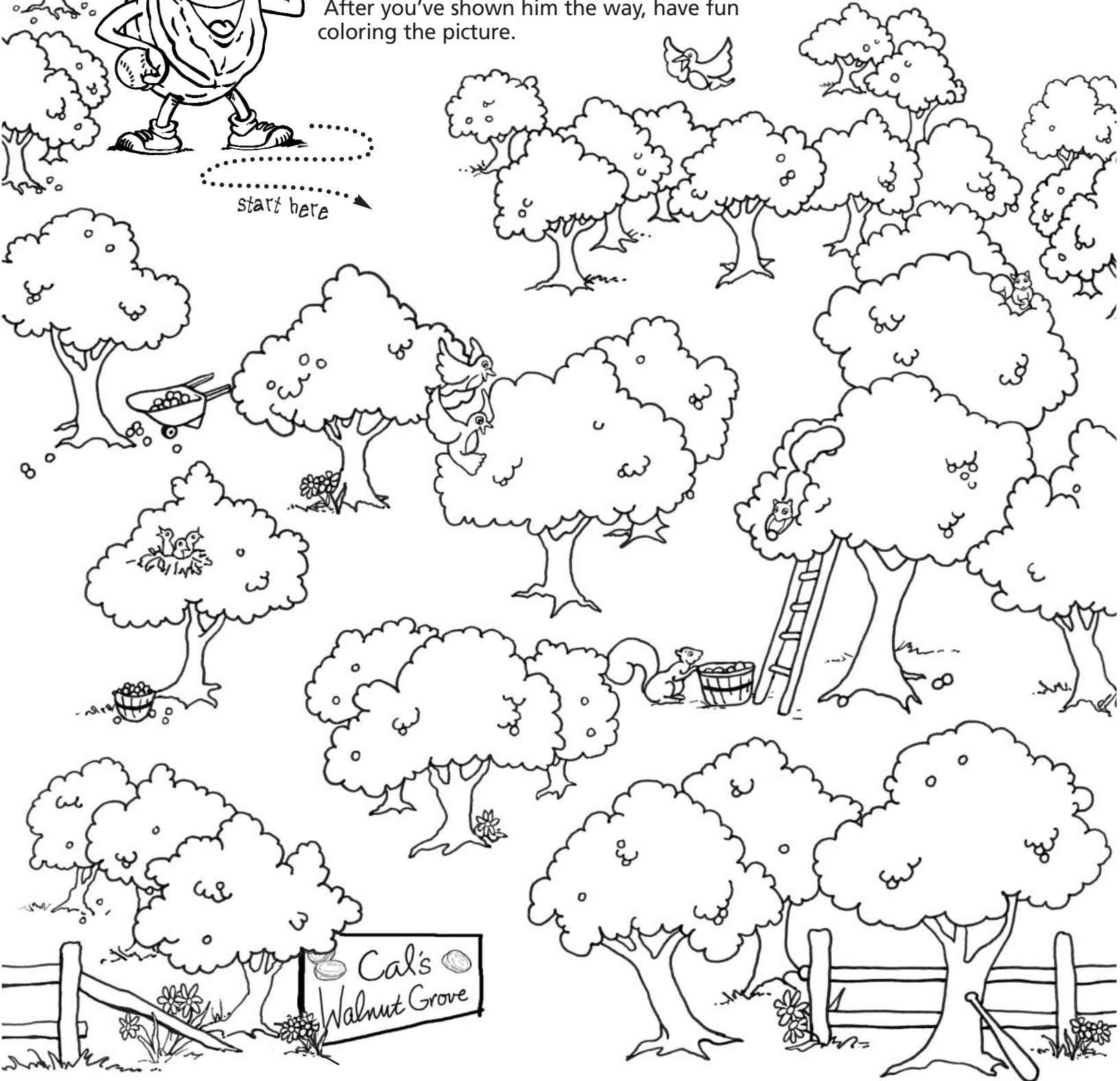
Fun fact: Most US-grown walnuts grow in California.

USDA Farm Service Agency
www.fsa.usda.gov/ca/agforkids.htm

Cal Walnut's a-MAZE-ing Walnut Grove



Cal Walnut lost his baseball bat. He's pretty sure he left it on the other side of the walnut grove. Would you be Cal's guide through the grove? After you've shown him the way, have fun coloring the picture.



Finish here

