

PROTEIN PLUS

MILK [+ BREAKFAST]



Milk gives you complete protein to help power your potential every day. But that's not all! One 8-ounce serving of milk gives you protein *plus* 8 other essential nutrients. Unscramble the words below to identify all 9 essential nutrients found in milk.

1. rpoeitn _____
2. soptasuim _____ a _____ u _____
3. cialmuc c _____ c _____
4. atiVimn A _____ t _____
5. hpsorophsu _____ s _____ o _____
6. matiVin 12B _____ m _____
7. tamniiV D _____ n _____
8. cianin _____ i _____
9. obirvalfni _____ o _____ v _____



WHY NUTRIENTS MATTER

Nutrients matter when it comes to keeping your body strong and healthy for school and play. It's important to choose foods that are nutrient-dense, or foods that offer a lot of nutrients, more often than foods like soda, junk food, and desserts, which provide calories with few or no nutrients. Milk, fruits, vegetables, and whole grains are examples of nutrient-dense foods. Kids ages 9 and up should get three 8-ounce servings of milk or dairy foods each day. Pairing each meal with a glass of milk makes it easy to get 9 essential nutrients!



Challenge Question:

According to the Dietary Guidelines for Americans, most Americans – including kids – fall short on four essential nutrients of concern, meaning they are most likely to be missing in our diets. Three of those nutrients can be found in milk. What are they?

1. _____
2. _____
3. _____

Now follow your teacher's directions to complete a group project that will help you learn more about each of the 9 essential nutrients found in milk.

Our Group's Nutrient: _____

Nutrient Benefit: _____

Use the other side of this sheet and additional paper as needed to create a slogan, poem, or rap that describes your nutrient's role in keeping you healthy, as well as an animated character that brings your nutrient's role to life. For example, a nutrient that is important for heart function might be portrayed as a heart-shaped drummer keeping the beat for the body "band"!

milk life®

