

Do Florida dairy products like milk and cheese give your body SUPER powers like strong bones and muscles? You bet! Dairy products have 9 essential nutrients that your body needs to help you grow strong and stay healthy.

See if you can match the dairy nutrients to their correct health benefit so *you* can be a Superhero, too!



Dairy Superhero Nutrient

1. Calcium
2. Niacin and Riboflavin
3. Vitamin A
4. Protein
5. Potassium
6. Carbohydrates
7. Vitamin B-12
8. Phosphorous
9. Vitamin D

Superhero Health Benefit

- A. Nutrient that gives energy to your body
- B. Two nutrients that help cells make energy
- C. Mineral that helps make healthy cells and strong bones
- D. Vitamin that helps your vision
- E. Mineral that builds strong bones and teeth
- F. Vitamin that moves oxygen through your body
- G. Mineral that helps make strong bones and teeth
- H. Nutrient that builds strong muscles
- I. Mineral that helps build healthy muscles, including the heart

Now make your own Dairy Superhero!

1. Color and cut out the Superhero nutrient names below.
2. Draw a Superhero figure on a separate sheet of paper.
3. Glue the Superhero nutrients onto your Superhero figure in the areas that best match the body part that nutrient helps. Some body parts are helped by more than one nutrient.
4. Write a sentence from your Superhero about the power of dairy products!

Superhero Nutrients

Vitamin D

Potassium

Calcium

Phosphorous

Niacin and Riboflavin

Carbohydrates

Vitamin A

Vitamin B-12

Protein