

Florida dairy products like milk and cheese have 9 essential nutrients that help you grow.



Nutrients

Calcium
Phosphorous
Niacin and Riboflavin
Protein
Vitamin A
Potassium
Vitamin D
Vitamin B-12
Carbohydrates

Health Benefits

Strong bones and teeth
Helps make healthy cells and strong bones
Helps cells make energy
Strong muscles
Helps vision
Helps build healthy muscles, including the heart
Strong bones and teeth
Moves oxygen through your body
Gives energy to your body

Now follow your teacher's directions to play this matching game.

Eyes

Bones



Teeth

Muscles

