



# DAIRY ALL DAY

REPRODUCIBLE MASTER

## Part 1:

You've probably heard that kids your age need **three servings of dairy** every day. But did you know that there are many delicious ways to get the dairy nutrition you need each day? The chart below shows different types of dairy foods in the amounts that equal one serving of dairy nutrition for each. Using this chart, answer the questions below:

<b>MILK</b>	• 1 cup (8 fluid ounces)
<b>YOGURT</b>	• 1 cup yogurt (8 fluid ounces)
<b>CHEESE</b>	<ul style="list-style-type: none"> <li>• 1½ ounces hard cheese (Cheddar, mozzarella, Swiss, Parmesan)</li> <li>• ½ cup shredded cheese</li> </ul> <p>For more dairy suggestions and servings, go to <a href="http://choosemyplate.gov/dairy">choosemyplate.gov/dairy</a>.</p>

## BREAKFAST MENU

Dairy: \_\_\_\_\_

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Fruit/Veggie: \_\_\_\_\_

Protein: \_\_\_\_\_

Grain: \_\_\_\_\_

## Part 2:

Use this graphic to calculate the % Daily Value (DV)\* of each of these nutrients you would get if you drank 3 glasses of milk a day.

Calcium: \_\_\_\_\_ Protein: \_\_\_\_\_ Vitamin B12: \_\_\_\_\_

Pantothenic Acid: \_\_\_\_\_ Vitamin A: \_\_\_\_\_ Riboflavin: \_\_\_\_\_

Phosphorus: \_\_\_\_\_ Vitamin D: \_\_\_\_\_ Niacin: \_\_\_\_\_

1. Sarah drinks 4 oz. of milk with her breakfast. At lunch, she sprinkles ½ cup of shredded cheese on her chili. Which dairy foods can she eat at dinner to meet her recommended daily amount, and how much should she eat of those products?

### SARAH'S DAIRY DAY

Breakfast: 4 oz. milk  
Lunch: ½ cup shredded cheese

How many more servings of dairy does Sarah need for this day?

Which dairy foods and how much of each does Sarah need to get her three servings of dairy nutrition for the day? \_\_\_\_\_

2. Create a breakfast menu using at least two of the dairy foods in the chart. The breakfast menu must include ½ of the recommended three daily servings of dairy, as well as a fruit or veggie, protein, and grain.

## MILK'S UNIQUE NUTRIENT PACKAGE

### BENEFITS FOR STRONGER BONES AND BETTER BODIES



#### CALCIUM (25% DV)

Helps build and maintain strong bones and teeth.

#### PANTOTHENIC ACID (20% DV)

Helps your body use carbohydrates, fats, and protein for fuel.

#### PHOSPHORUS (20% DV)

Helps build and maintain strong bones and teeth, supports tissue growth.

#### PROTEIN (16% DV)

Helps build and repair muscle tissue.

#### VITAMIN A (15% DV)

Helps keep skin and eyes healthy, helps promote growth.

#### VITAMIN D (15% DV)

Helps build and maintain strong bones and teeth.

#### VITAMIN B12 (50% DV)

Helps with normal blood function, helps keep the nervous system healthy.

#### RIBOFLAVIN (35% DV)

Helps your body use carbohydrates, fats, and protein for fuel.

#### NIACIN (10% DV)

Used in energy metabolism in the body.

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

