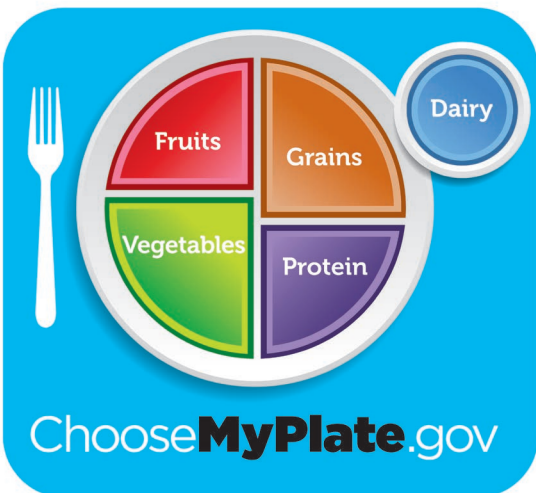


ASSIGNMENT 1: Mission Nutrition

Let's check out the fridge and the freezer! How many of your favorite foods do you see? Look at the MyPlate icon and identify the category each food belongs to by coloring or labeling the fruits in red, veggies in green, dairy products in blue, protein foods in purple, and grains in orange.

- ★ Which foods are your favorites? Put a star next to those.
- Which foods did you eat today? Draw a circle around those.
- ✕ Which foods should you limit? Mark those with an X.

Did you know that dairy foods are an important part of a healthy and nutritious diet? That's because dairy foods have vitamins and minerals that help you stay healthy. Pair every meal with a glass of fat-free or low-fat milk to make sure you get enough dairy every day!



Unscramble the scrambled word in each of the following sentences to learn more about how some of the vitamins in dairy foods help you stay healthy.

Vitamin A: Good for your **yees** _____ and skin.

Vitamin B-2 (riboflavin): Helps your **doby** _____ turn food into energy.

Vitamin B-3 (niacin): Helps give you **genery** _____.

Vitamin B-12: Makes red blood **clles** _____.

Vitamin D: Keeps your **nobes** _____ strong.

ATTENTION PARENTS! Focus on mission nutrition. Serve dairy with each and every meal! Check out www.nationaldairycouncil.org/recipes for information and tips.

TAKE-HOME ACTIVITY

How much do your parents know about the vitamins that are found in dairy foods? Challenge them to unscramble the words above!



AMERICAN DAIRY ASSOCIATION