

ASSIGNMENT 2: Minerals FOR ME

The human body is an amazing thing. Let's take a look at what's on the inside to find out just how amazing it is!

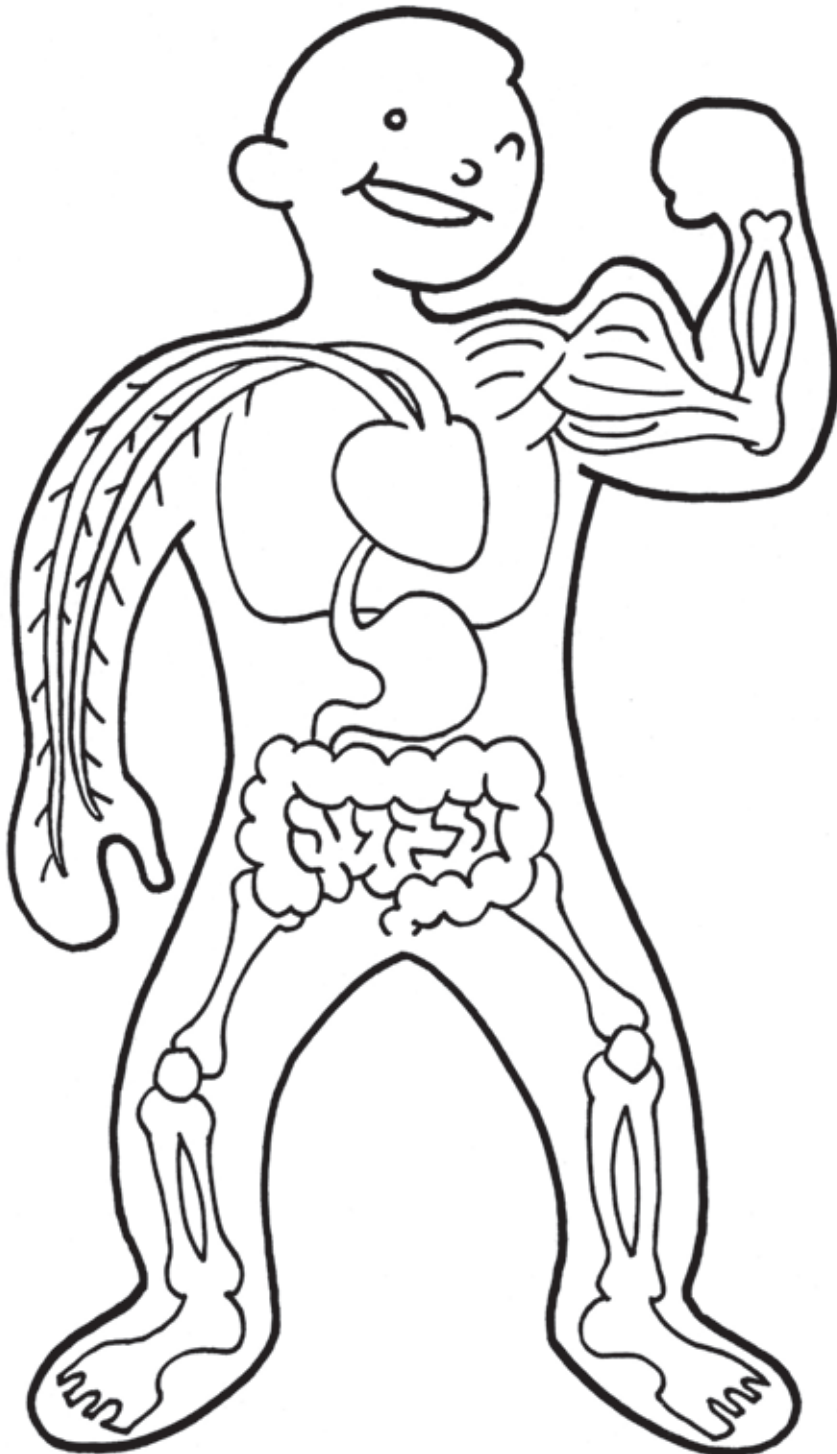
Your bones are called the **skeletal system**. They help protect important organs such as the brain and heart. And because your muscles—your **muscular system**—are attached to the bones, they also allow you to move. Speaking of muscles, did you know that you have more than 600 of them? You control some of your muscles, like when you decide to move your arms and legs. But other muscles, like your heart, work without you having to do a thing. What are nutrients? When you eat, your body's **digestive system** breaks the food down until all those vitamins and minerals it contains—the nutrients—can be absorbed into the bloodstream. Other nutrients, like carbohydrates, fats, and protein, can be used for fuel, which helps our **nervous system**.

It is important to eat healthy, balanced meals that include dairy—because that's how you get the minerals you need for strong bodies! Here are some of the important minerals that you get when you have that glass of milk with each meal. Show each body system or body part below in the color listed.



Dairy products have:

- **Calcium**, which builds strong bones. (skeletal system: blue)
- **Magnesium**, which helps keep your muscles strong. (muscular system: green)
- **Pantothenic Acid**, which helps nutrients convert to fuel to produce energy. (nervous system: red)
- **Phosphorus**, which helps turn the food you eat into energy. (digestive system: purple)
- **Zinc**, which boosts your senses of smell and taste so you can enjoy all that delicious food. (nose and mouth: orange)



TAKE-HOME ACTIVITY

What are your family's favorite dairy foods? Talk with your parents about them, and then list them in the space below and share your choices with the class.

ATTENTION PARENTS!

Add minerals to your menus. Serve dairy with each and every meal! Check out www.nationaldairycouncil.org/recipes for information and tips.

