

Caring About Nutrition



Part 1: You might enjoy a glass of milk, but how much do you know about the nutrition milk provides? One serving of milk provides many of the essential nutrients your body needs. Listen as your teacher describes milk's nutritional benefits, then write the letter under the milk carton to match each nutrient with how it benefits the body.



1. _____



2. _____



3. _____

a. Helps maintain a healthy immune system

b. Helps build and maintain strong bones

c. Helps build tissues like your muscles

Part 2: Eating balanced meals is important for our bodies. Dairy is part of that! Children ages 4 to 8 should get 2½ cups and children ages 9 to 13 should get 3 cups per day. What foods do you think are part of the dairy group? Circle the dairy foods below.



Look at the dairy foods you circled. Which could you add to your meals to help you get the recommended daily serving? Draw a picture of a different dairy food in each box.

Breakfast

Lunch

Dinner



Families! How can you incorporate more nutritious, delicious dairy products in your diet? As a family, create a meal plan that includes dairy products such as low-fat milk, hard cheeses, and yogurt at every meal.