

# MILK MAKES THE DIFFERENCE!

Reproducible



American Dairy Association Indiana Inc



One way to help your body perform at its best and stay focused at school is by including milk and other dairy products in your daily meals. Milk provides essential nutrients — which your body needs for energy, growth, repair, and immunity. Find out how dairy makes the difference by completing these fun puzzles.

## DID YOU KNOW?

Most people don't get enough of the nutrients found in dairy? Just 3 servings a day can set you up for success!

**Dairy Fact or Fiction?** Read each sentence about milk. If it is true, circle the bold word. When you are done, write the circled words in order on the blank lines below to complete the fact.

1. Winners drink milk because just one eight-ounce glass of milk includes 13 essential nutrients. **fifteen**
2. To get enough calcium, kids 9 years or older should consume 1 cup of milk and/or dairy foods every day. **ten**
3. A diet that includes three servings of milk or dairy foods a day does not help to prevent certain diseases. **quarts**
4. It is difficult to get enough calcium without consuming milk or other dairy foods. **gallons**
5. People who are lactose intolerant can consume dairy in various ways, such as lactose-free milk and dairy foods lower in lactose like natural cheese. **milk**
6. Drinking chocolate milk is a great way to refuel your body after a workout. **year**
7. It is better to rehydrate your body after a workout with a sports drink than with chocolate milk. **month**

The average American drinks \_\_\_\_\_ of \_\_\_\_\_ a \_\_\_\_\_.  
(People with milk allergies should avoid dairy products.)

## DID YOU KNOW?

After the 1936 Indianapolis 500®, driver Louis Meyer requested buttermilk to quench his thirst, which led to the Winners Drink Milk® tradition. Each year, an Indiana dairy farmer gives the iconic glass bottle of milk to the winner in Victory Circle.



**Dairy by the Numbers!** Put your math skills to the test to uncover some fun facts about Indiana's dairy farms. Write your answers on the blanks.



1. Number of dairy farms in Indiana:

$$25 \times 4 \times 7 = \underline{\hspace{2cm}}$$

2. Number of dairy cows in Indiana:

$$174 \times 1,000 = \underline{\hspace{2cm}}$$

3. Dollars added to the Hoosier economy because of dairy farming:

$$405 \times 2 \times 1,000,000 = \underline{\hspace{2cm}}$$

4. The average 12-year-old needs 9-12 hours of sleep a night. Cows sleep about this many hours a day:

$$1.75 + 1.25 + 0.25 + 0.75 = \underline{\hspace{2cm}}$$

**Athletes Win with Milk!** Not only does milk help boost learning in school, it also helps athletes improve their performance and recovery. Each sentence below contains two spelling errors. Write the correct spellings on the lines.

1. Choclate milk contians extra carbohydrates an athlete's body needs to refuel.

\_\_\_\_\_

2. Milk is a good source of protein, which helps to build and repair mucsles and is a good source of enregy.

\_\_\_\_\_

**Answers:** fifteen, gallons, milk, year, chocolate, contains, muscles, energy; 700 farms, 174,000 cows, \$810 million, 4.4 hours