

MilkCowsMoo



We get milk from dairy cows. Milk is used to make many foods like yogurt, butter, cheese and ice cream.

Everybody needs 3 glasses of milk every day! Drinking lots of milk will help you grow and build strong bones. Can you find the milk-related words in this puzzle? Words can be up and down, left to right, and backward and diagonal.

Find these words: bones, cow, dairy, calcium, milk, protein, cheese, strong and vitamin D.

s e k r h c h b l v f t v s
t u g j c o w o j i j h c y
x i w j n a k n i t l h q k
c d y u i o p e c a e c v b
c a l c i u m s h m l w l l
m i l k p r o t e i n x t w
x r g h j u j g e n h e h d
t y s t r o n g s d c h x h
p o i t r f j k e l y l l h

