

Dairy and Calcium

Fascinating Facts...About Milk

- Milk and milk products, like yogurt and cheese, make up one of the food groups in the MyPyramid you need to eat each day.
- These foods are loaded with calcium, which builds strong bones and teeth.
- You should eat dairy foods three times a day.
- Skim and 1% milk have almost no fat or cholesterol but all the nutrients of milk.

Unscramble the letters to reveal other foods made from milk.

eic arcme _____

routgy _____

lotwaf kilm _____

dipudgn _____

kbmtliuret _____

eshece _____

gotecat seehec _____



Milk, Milk, We All Drink Milk

(Sung to the tune: "Hail, Hail the Gang's All Here")

*Milk, milk, we all drink milk.
Milk will make us healthy.
Milk will make us healthy.
Milk, milk, we all drink milk.
Grown-ups like to drink milk, too.*



MAKING ICE CREAM



- 1/2 cup milk
- 1 pint plastic zipper bag
- 1 tablespoon sugar
- 1 gallon plastic zipper bag
- 1/4 teaspoon vanilla
- 6 tablespoons salt

Ice

Fill the large bag half full of ice. Add the salt. Seal the bag. Put milk, sugar and vanilla in the small bag. Seal it. Place the small bag inside the large one, and seal again carefully. Shake until mixture is ice cream, about 5 minutes. Wipe off top of small bag. Open carefully and enjoy!

Note: To make chocolate ice cream, simply use chocolate milk. Omit the sugar and vanilla.

Each serving has 103 calories, 4 grams protein, 18.7 grams carbohydrate, 1.3 grams fat, 4.8 milligrams cholesterol, 150 milligrams calcium.

Answers to puzzle:

ice cream
yogurt
low-fat milk
pudding
buttermilk
cheese
cottage cheese

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