

# Discover Dairy!

Have you “discovered dairy” yet? Try your luck at the games below and, to learn more about the many ways dairy farms contribute to our world, visit [www.discoverdairy.com](http://www.discoverdairy.com). Click on “KIDS” to find games, videos and more about where milk comes from!



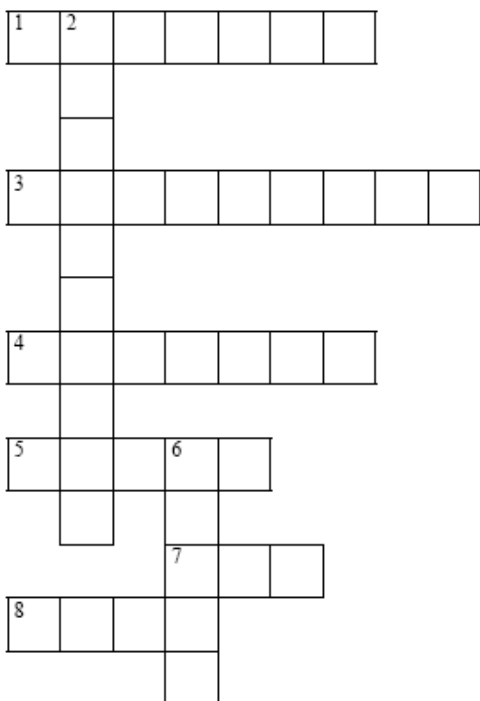
Can you find these animal care words?

Find these words in the puzzle to the right. Words can be written up, down, forward, backward and diagonally.

- COW
- HEIFER
- FARMER
- NUTRITIONIST
- BARN
- RATION
- WATER
- HOOF
- STALL
- CALF
- VETERINARIAN
- HERDSMAN

## What's Your Dairy Nutrition IQ?

Fill in the blanks to figure out the crossword puzzle.



### ACROSS

1. Helps build and repair everything in the body.
3. Keeps fluids balanced and blood pressure normal.
4. Builds strong bones and teeth.
5. Number of minutes we need of physical activity daily.
7. Vitamin B<sup>12</sup> helps the body make \_\_\_\_\_ blood cells.
8. Number of food groups on Food Guide Pyramid.

### DOWN

2. Helps body change food to energy
6. Number of dairy servings we need each day.

Can you follow milk's trail from cow to table?

Trace the trail of milk from the cow to the table by following each of the 8 steps in milk safety.

