

# DISCOVER Dairy



Have you “discovered dairy” yet? Try your luck at the games below! Learn more about dairy at [www.discoverdairy.com](http://www.discoverdairy.com).



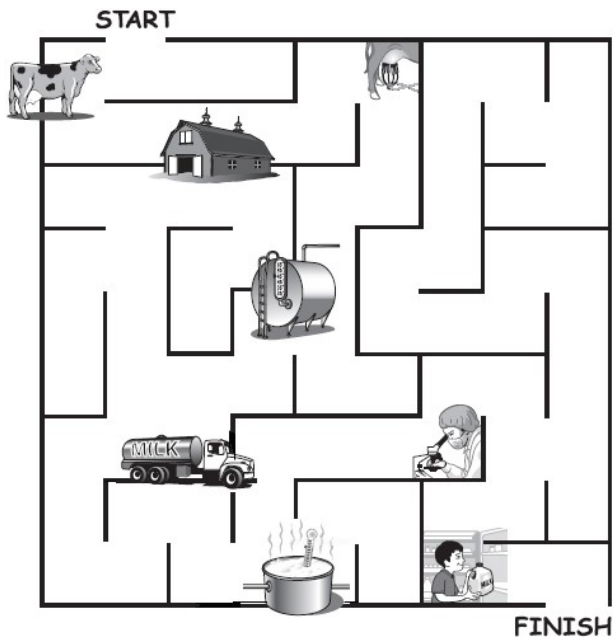
## Can you find these animal care words?

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

- |                     |                     |
|---------------------|---------------------|
| <b>COW</b>          | <b>STALL</b>        |
| <b>HEIFER</b>       | <b>CALF</b>         |
| <b>FARMER</b>       | <b>VETERINARIAN</b> |
| <b>NUTRITIONIST</b> | <b>HERDSMAN</b>     |
| <b>BARN</b>         |                     |
| <b>RATION</b>       |                     |
| <b>WATER</b>        |                     |
| <b>HOOF</b>         |                     |

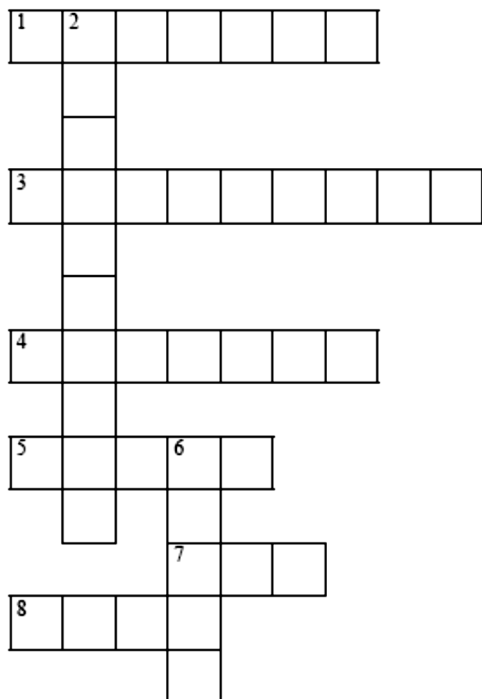
## Can you follow milk's trail from farm to fridge?

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



## What's Your Dairy Nutrition IQ?

Fill in the blanks to figure out the crossword puzzle.



### ACROSS

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

### DOWN

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

