



# Worksheet 5.1: Dairy and Good Nutrition

Complete the answers below.

1. List four nutrients found in milk:

Any of the nine essential nutrients, which include: calcium, magnesium, phosphorus, potassium, protein, riboflavin, vitamin A, vitamin B12, and vitamin D.

2. List one way each of the following nutrients help our bodies:

Calcium: helps build strong bones and teeth

Protein: builds and repairs our bodies, especially muscle

Riboflavin: changes the food we take in into energy

3. Why it is important that we make good choices when it comes to choosing which foods we eat?

Choosing the right foods is an important part of staying healthy. We need the right and proper amounts of nutrients to help our bodies grow and develop.

**Fill in the missing blanks:** Write down the correct number of servings you should eat from each of the five food groups every day and write down a food you like to eat from each particular food group.

**Grains:**

- ◆ Servings: 1.5 cups
- ◆ Choice: \_\_\_\_\_

**Fruits:**

- ◆ Servings: 5-6 servings
- ◆ Choice: \_\_\_\_\_

**Milk:**

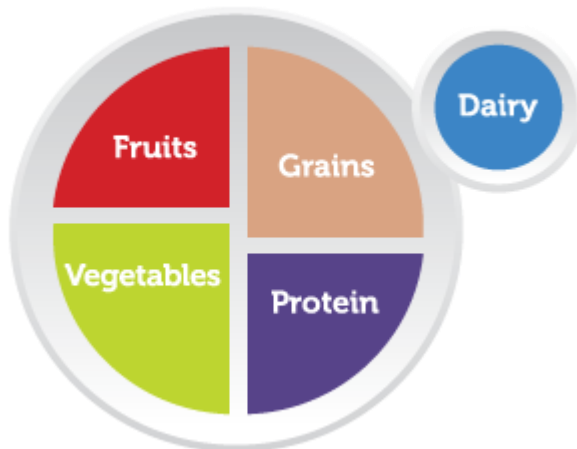
- ◆ Servings: 2-3 cups
- ◆ Choice: \_\_\_\_\_

**Protein:**

- ◆ Servings: 5 ounces
- ◆ Choice: \_\_\_\_\_

**Vegetables**

- ◆ Servings: 2 - 2.5 cups
- ◆ Choice: \_\_\_\_\_





# Worksheet 5.2: Dairy and Good Nutrition

**Additional Classroom Activity:** Record your results and answer the questions below.

- Describe the appearance of the calcium tablets in each of the glasses:
  - Soda Glass: The soda will disintegrate the calcium tablet, making it appear dissolved & smaller
  - Milk Glass: The tablet will remain intact and whole because the calcium in milk protects it.
- Describe how this experiment would translate to the contrasting effects that soda and milk would have on your bones, which are made of calcium. The calcium in milk would protect our bones and support the calcium in them, while the soda would not contribute to the calcium in bones.

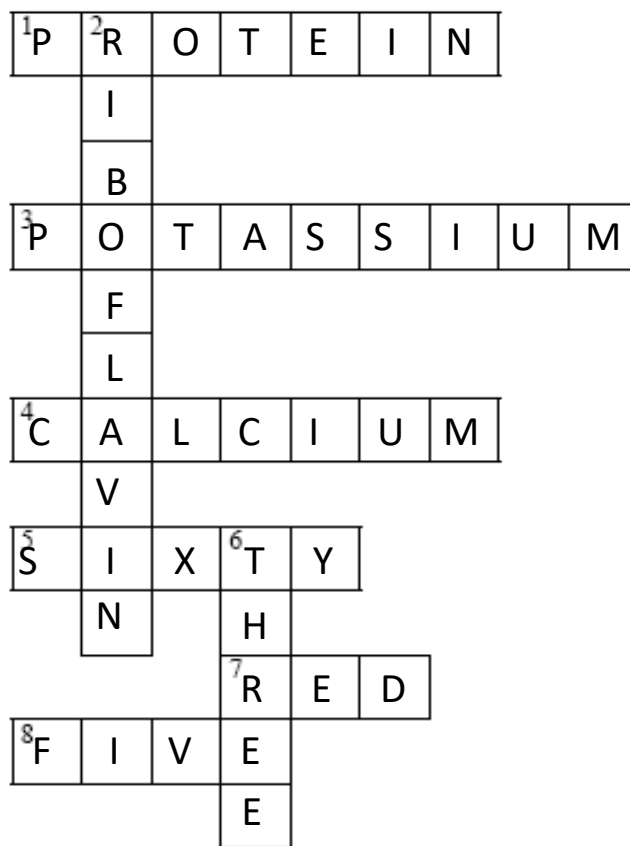
## Complete the Crossword Puzzle:

### 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 activity daily.
- Vitamin B<sup>12</sup> helps the body make blood cells.
- Number of food groups listed in the “MyPlate” nutritional guidelines.

### DOWN

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



***Writing Enrichment:*** On a separate piece of paper, describe a plan you could follow to make good choices for your health and wellness after school today. Include the foods you could eat and the physical activity you could engage in once you arrive home from school.

**Note to Teachers:** Answer keys to this worksheet are available on [www.discoverdairy.com](http://www.discoverdairy.com).