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 B₁₂ helps the body make____________

8. Number of food groups listed in the “My Plate” nutritional guidelines.

DOWN

2. Helps body change food to energy.

6. Number of dairy servings we need each day.

Note to Teachers: Answer keys to this worksheet are available on www.discoverdairy.com.