## HOW DAIRY FITS IN THE NUTRITION 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 acitivy daily.
- 7. Vitamin B<sup>12</sup> 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.

<sup>1</sup> <b>P</b>	<sup>2</sup> R	0	T	Ε	1	N
3						
<sup>4</sup> C	Α	L	C	I	U	M
_					ı	
5			<sup>6</sup> <b>T</b>			
			Н			
			<sup>7</sup> <b>R</b>			
8			E			

discoverdairy.com





