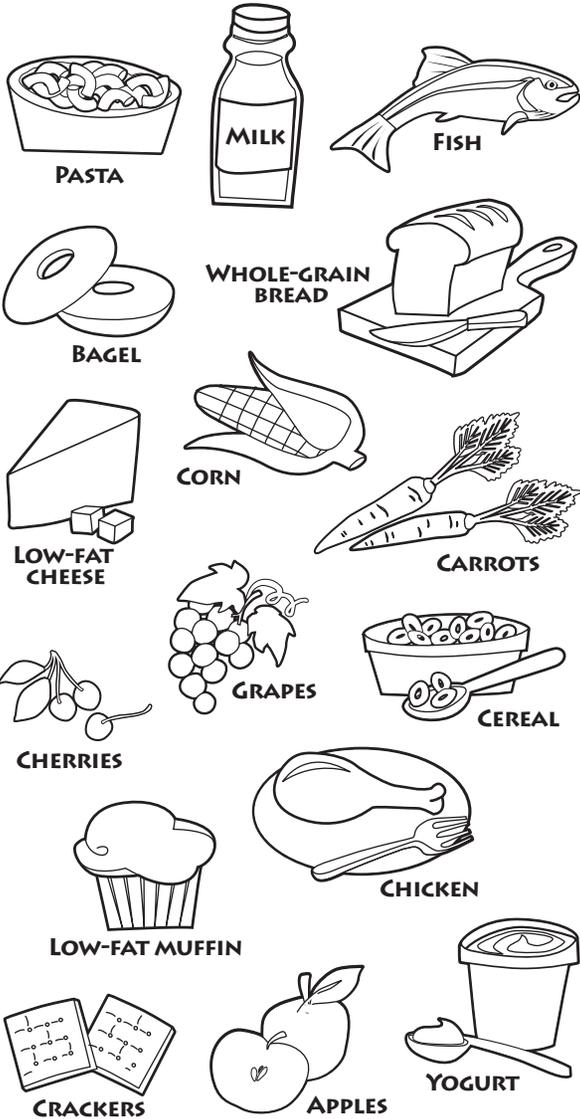


Check out these healthy choices for eating and growing strong!

- Draw a circle around 6 foods from the grain group.
- Draw a square around 2 vegetables.
- Draw a star around 3 fruits.
- Draw a heart around 3 dairy foods.
- Draw a triangle around 2 foods from the meat group.



Y	I	S	R	D	T	P
O	M	U	P	A	L	R
G	A	I	F	I	N	O
U	M	E	S	R	J	T
R	W	D	S	Y	K	E
T	G	T	F	L	A	I
O	B	O	N	E	S	N
G	M	H	L	K	S	P
M	S	I	H	L	S	I
F	I	U	L	S	D	K
I	S	B	T	K	C	I
Y	C	H	E	E	S	E
C	A	L	C	I	U	M
E	A	B	H	J	V	A

yogurt  
dairy  
protein  
bones  
cheese  
calcium  
milk



The Dairy Council of Florida works with schools, health professionals, social service agencies and others to educate Floridians on the health benefits of milk and other nutrient-rich dairy foods.

Florida Dairy Farmers is Florida's milk promotion group, working to educate people on the dairy farming industry and the nutrient-rich foods it provides. FDF represents more than 130 dairy farming families throughout the state.



For more fun and educational activities for kids, visit [www.floridamilk.com/dairy101](http://www.floridamilk.com/dairy101).

To watch SunnyBell & the Florida Dairy "Moo"sical, visit [www.floridamilk.com/sunnybell](http://www.floridamilk.com/sunnybell).

Thank you to the Wisconsin Milk Marketing Board for their contributions to making the Dairy Council of Florida's Activity Booklet possible.

### FLORIDA DAIRY FARMERS

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407-647-8899 | 800-516-4443 | [www.floridamilk.com](http://www.floridamilk.com)

# FLORIDA DAIRY FARMERS' ACTIVITY BOOKLET



# WORD GAME

- Day of the week
- City in Florida
- Boy's name
- Adjective
- Adjective
- Triple digit number
- Triple digit number
- Color
- Color
- Girl's name
- Dairy food
- Dairy drink
- City in Florida
- Grocery store

## MY DAY AT THE DAIRY FARM

Last \_\_\_\_\_, my parents took me to \_\_\_\_\_ to visit my Uncle \_\_\_\_\_'s dairy farm. I'd never been to a farm before, so I was very \_\_\_\_\_.

When we got there, I was amazed at how \_\_\_\_\_ the place was. My uncle took us on a tour of the whole farm. Can you believe he has more than \_\_\_\_\_ acres of land and \_\_\_\_\_ cows? Some were \_\_\_\_\_ and some were \_\_\_\_\_.

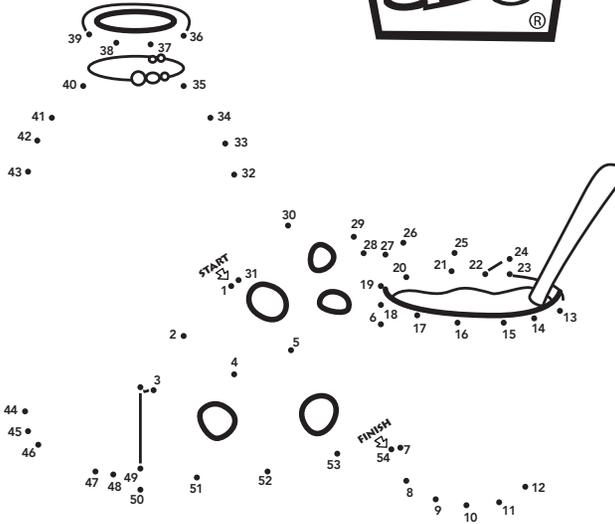
It was pretty hot outside, so my Aunt \_\_\_\_\_ brought us some \_\_\_\_\_ to eat and cold \_\_\_\_\_ to drink. Then we got to see how all of the cows are milked. Did you know that most cows make 60 pounds of milk every day? That's so cool!

My uncle told me that after he gets milk from all of the cows, he drives it to a place in \_\_\_\_\_ where they test the milk to make sure it's safe for us to drink. Then the milk is sent to stores like \_\_\_\_\_.

I'm so thankful for Florida dairy farmers like my uncle. They work hard to make sure we have fresh, wholesome milk so we can have strong bones and teeth.

# CONNECT THE DOTS

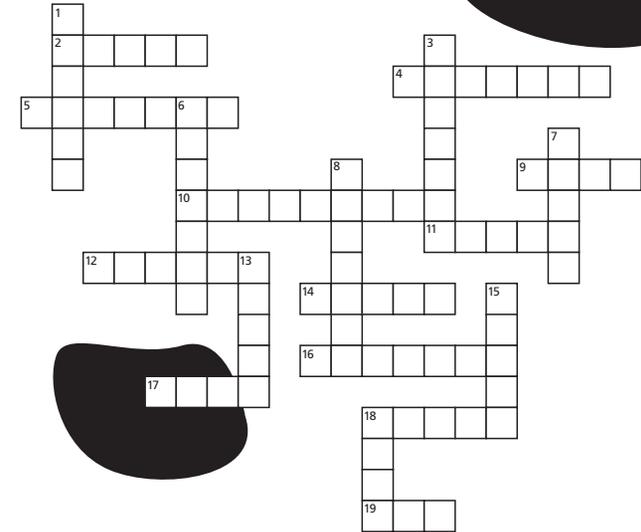
Three servings of dairy (milk, cheese or yogurt) every day helps you get the nutrients you need to build strong bones!



Circle the different milk jug.



# COW PUZZLER



### ACROSS:

- A cow stores her milk in this
- Famous milk slogan
- A cow's \_\_\_\_\_ has four compartments to digest food
- A baby cow
- The most popular flavor of milk
- Cold milk drink
- This dairy food comes in a cup
- About one-fifth of all U.S. cheese is used to make \_\_\_\_\_
- America's favorite ice cream flavor
- This month is Dairy Month
- 'Holey' cheese
- Cow talk

### DOWN:

- Tastes great on corn
- Milk goes well with this snack
- Milk mineral that keeps bones strong
- Milk is approximately 97 percent this
- Southeast's largest dairy state
- Get \_\_\_\_\_ servings of dairy every day
- Cows graze on \_\_\_\_\_
- Non-fat milk is also called