



Intermediate



## Dairy

Milk has so many health benefits! Did you know that you could get some of these nutrients not only by drinking milk, but also by eating foods made with milk? Check your refrigerator for dairy items and write down the healthy snacks you can make using those products.

- 1 (Example) Yogurt can help make a delicious smoothie!
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

Milkovich, Berry and Wedge are all MyPlate Games winners that are full of vitamins and benefits. But who has what benefit? Below each character, write in the benefits that are associated with it. Use the word box for help. Hint: Answers may be used more than once.




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| Protein   | Calcium   | Vitamins A and D | Riboflavin         | Phosphorous |
| Vitamin B | Potassium | Probiotics       | Vitamins A and B12 | Zinc        |

Answers: **Yogurt:** protein, calcium, Vitamin B, potassium, probiotics, **Milk:** protein, calcium, Vitamins A and D, riboflavin, **Cheese:** protein, calcium, Vitamins A and B12, riboflavin, phosphorous, zinc