



Complete this worksheet and
turn in to your coach by _____
to get a COLOR star!

Level 1

Name: _____

Dairy

Healthy Habit of the Week: I will eat a healthy breakfast each day.

Key Points:

- Dairy is a milk-based food product that comes from animals like cows or goats.
- Dairy provides our body with important nutrients and proteins.
- Examples of dairy that give us important nutrients: Low-fat milk, yogurt, cheese, and cottage cheese.

Activity

Draw a line connecting each dairy product to a food it can be eaten with.



Cheese



Cottage Cheese



Milk



Yogurt

Cereal



Fruit



(Scrambled) Eggs

