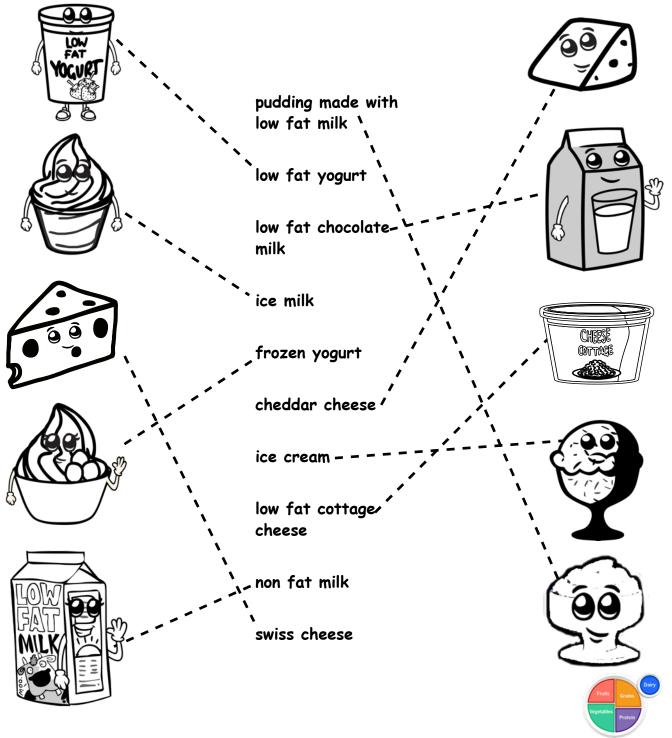
## Who Am I? The Milk Group

We are the milk food group. Can you guess our names? We give lots of vitamin D and calcium for your bones and teeth. Eat or drink milk or milk foods 2-3 times every day!



Draw a line from the Milk food to the name. Color the page when you are done!



Visit <u>www.ChefSolus.com</u> for Free <u>online nutrition games</u>, healthy interactive tools, <u>food group worksheets</u> and activities, recipes and tips! Copyright © Nourish Interactive, All Rights Reserved