

To help you complete this worksheet, use the Good Food for You book.

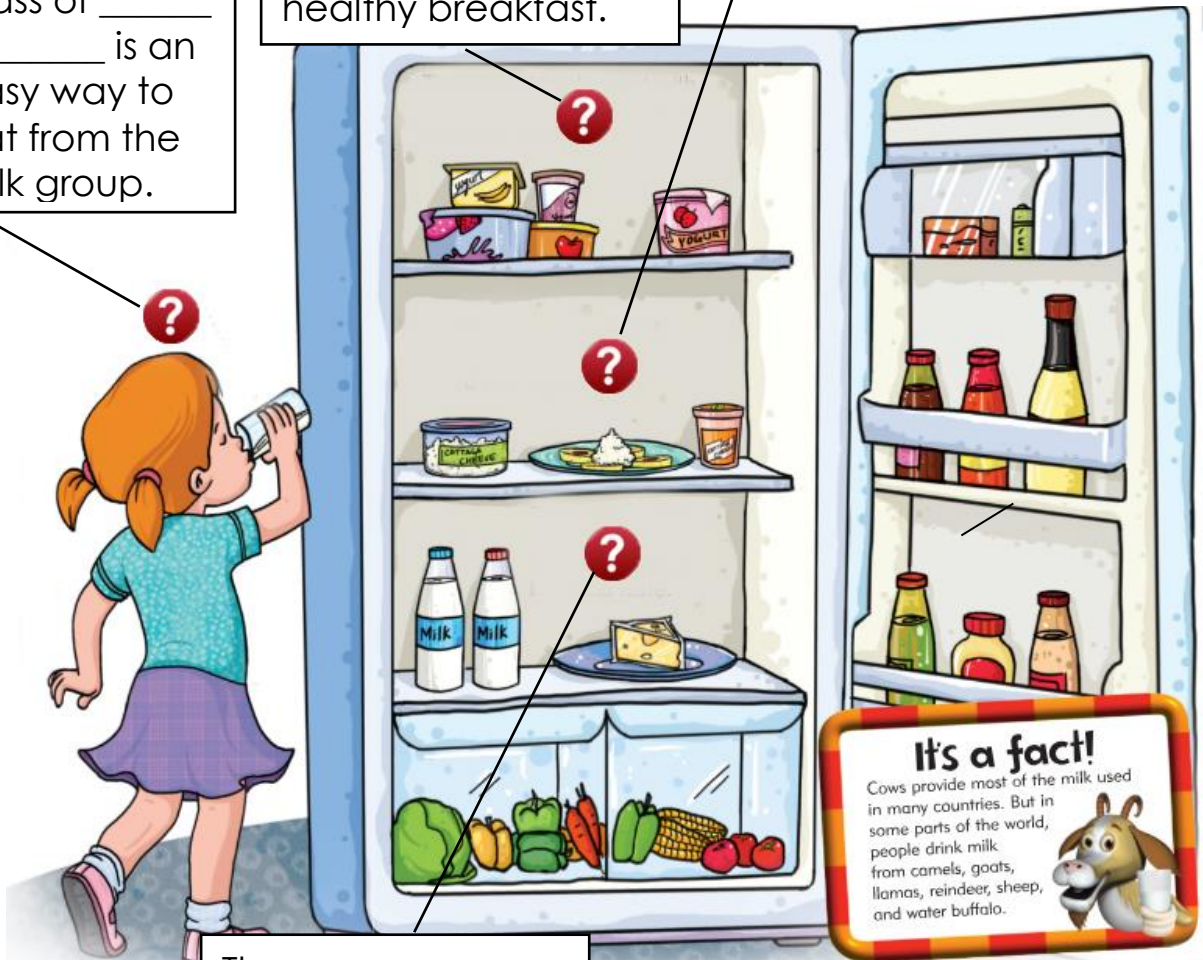


The milk group includes any foods made with \_\_\_\_\_.  
Calcium is a \_\_\_\_\_ in milk that helps make your bones strong. Be sure to include low-fat or fat-free milk products in your \_\_\_\_\_.

Drinking a glass of \_\_\_\_\_ is an easy way to eat from the milk group.

Try unsweetened \_\_\_\_\_ with fresh fruit and granola for a healthy breakfast.

\_\_\_\_\_ and fresh pineapple make a healthy snack.



There are many kinds of \_\_\_\_\_. Each has its own look and taste.

### It's a fact!

Cows provide most of the milk used in many countries. But in some parts of the world, people drink milk from camels, goats, llamas, reindeer, sheep, and water buffalo.

