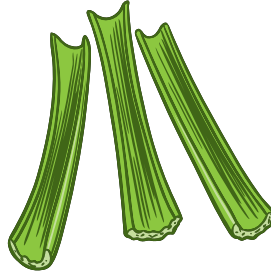


Dental health starts with dairy!



1 Which snack is healthiest for your teeth?



Chocolate

2

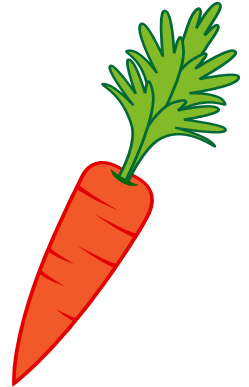
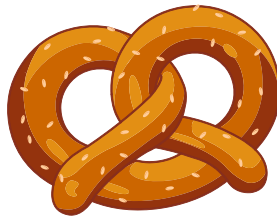
Which drink has more nutrients than most sports drinks?



Chocolate Milk

3

Which food actually strengthens tooth enamel (the outer coating of your teeth)?



Chocolate

4

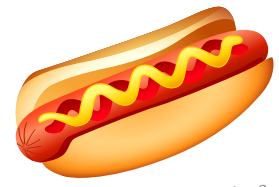
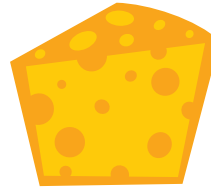
Foods from one food group help keep your teeth healthy. Can you name that food group?

Y GR

Dairy Group

5

Which of these foods help protect teeth from decay?



Milk, Yogurt, Cheese

6

Milk has several essential nutrients. How many can you find below?

- Calcium
- Vitamin B12
- Vitamin D
- Riboflavin
- Protein
- Niacin
- Potassium
- Phosphorus
- Vitamin A



All of the 9 essential nutrients your body needs are found in milk!

7

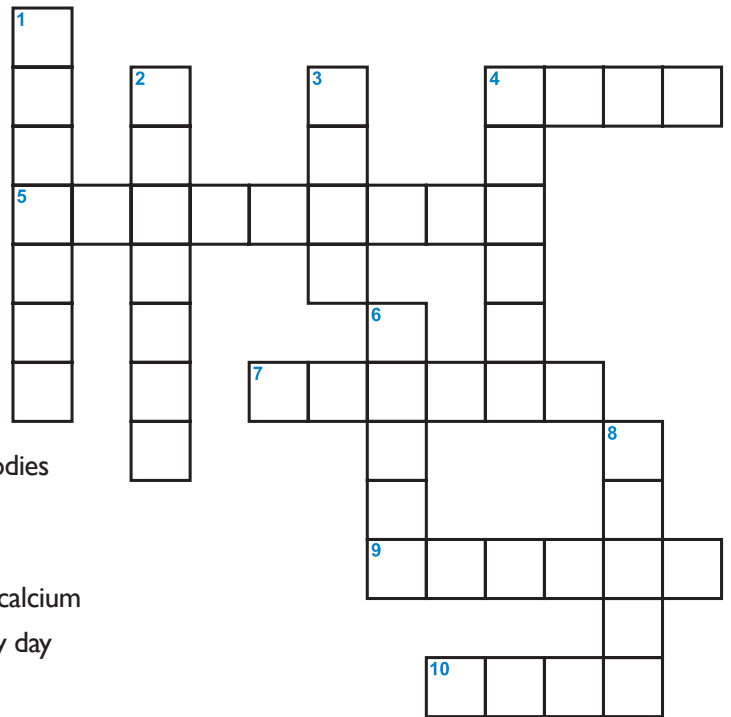
Dairy Crossword Puzzle

Across

4. Most of the milk people drink comes from these
5. This flavored milk has more nutrients than sports drinks
7. Cheese strengthens this part of the tooth
9. A creamy food that comes in lots of flavors
10. Milk has this number of essential nutrients

Down

1. A mineral that is important for healthy teeth and bones
2. Nutrient found in dairy foods that builds strong bodies
3. Has nine essential nutrients
4. One of the healthiest snacks for your teeth
6. The food group that is the number one source of calcium
8. The number of dairy servings you should eat every day



Across: 4. Cows 5. Chocolate 7. Enamel 9. Yogurt 10. Nine
Down: 1. Calcium 2. Protein 3. Milk 4. Cheese 6. Dairy 8. Three



St. Louis District Dairy Council
www.stldairyCouncil.org

