



## Core Nutrition Messages

# Milk Messages Activity Sheets for Kids

Snack like  
a super hero.

Power up with  
fruit and yogurt.

### BE "SUPER" AT THE SUPERMARKET.

Help your family do the grocery shopping. Make your own list of the low-fat yogurt and other foods, like fruits, that keep Super Heroes strong. When you go to the store, say: "Guess what mom? I want to try something that's good for me." Or, "Believe it or not, I want to try a healthy snack." Then ask your Mom, Dad, or grandparent if you can pick out those foods yourself.

When you get home, ask if you can make your own Super Powerful Snacks, such as:

- **Muscle Popping Pops:** For a "cool snack," place your favorite fat-free or low-fat yogurt into an ice cube tray and freeze it. Grab a spoon and enjoy!
- **Super Smoothie:** In your favorite Super Hero glass, mix together plain low-fat yogurt with crushed fresh or frozen berries.



Match  
these words to the  
rap below:  
fruit, teeth, orange,  
yogurt, milk

### HERO RAP

Now listen up and I'll be brief.

**Calcium** builds strong bones and \_\_\_\_\_

**Vitamin C** helps scratches heal.

So grab an \_\_\_\_\_ and give it a peel.

For muscles to grow like you've never seen,

Drink low-fat \_\_\_\_\_ for its **protein**.

Mix low-fat yogurt with \_\_\_\_\_ to see

How sweet and tasty **Vitamin D** can be.

Eat fruits and low-fat \_\_\_\_\_ each day

For the Super Kid energy

To keep rappin' away!

Fuel up with  
milk at meals.

And soar through  
your day like  
a rocket ship.



Make fat-free or low-fat (1%) milk your rocket fuel.

Want to grow big and strong like an astronaut? You need milk to help build muscles and to provide fuel for your fun. Try these tips:

- Power up with breakfast. Drink a glass of low-fat milk with your food.
- Drink milk with snacks. Have a glass of low-fat milk at snacks to refuel your energy.
- Lunch, dinner, be a winner. Drink low-fat milk with meals.
- Play hard. Then renew your energy with a glass of low-fat milk.

## FUEL FOR YOUR BRAIN

**1: How many cups of milk per day does it take to fill your tank?**

You can get the answer by solving these questions:

What's  $1 + 1.5 = \underline{\quad}$  ➡ That's how much you need if you are 8

What's  $4 - 1 = \underline{\quad}$  ➡ That's how much you need if you are 9 or 10

**2: If you're looking for rocket fuel, what galaxy would you visit?**

- a. Whirlpool Galaxy    b. Milky Way Galaxy    c. Bode's Galaxy    d. Sculptor Galaxy

Milk gives you energy, so you can take off for the stars!

**3: What kind of cheese has craters like the moon?**

- a. Swiss Cheese    b. Blue Cheese    c. Macaroni & Cheese    d. Sharp Cheese

Low-fat cheese is made from milk, and tastes great too!

