

Summer Playbook



A guide for fun activities
and delicious recipes to try
over this summer!

Provided by:
Marion County Public Health Department
And
American Dairy Association Indiana

Happy Summer!

The Marion County Public Health Department (MCPHD) and American Dairy Association Indiana (ADAI) have developed a “Summer Can Be Fun” Learning Playbook to show that learning can be fun!

Attached are seven different categories to choose from with lessons, videos, and activities to that combine nutrition, farming, physical activity and culinary fun. Each area has several items to choose from that can be done as a group, as an individual or as a demonstration for others.



- a) Fruit/Veggie work sheets
- b) Grains lesson and puzzle
- c) Dairy/Protein- Milk from cow to you story book and puzzles/crafts
- d) Treats- recipes for all food groups (kid friendly to do at home)
- e) Physical activities for kids (Fruit and veggie yoga and A month of moves)
- f) Farm to School or Farm Tours- Virtual Farm Tours ([Milk From Cow To You \(3 episodes\)](#)): How does milk get from the farm to the grocery store? In this three-part series, we explore how dairy farmers care for cows and calves on their farms, how milking works, and how milk gets bottled and sent to the store!
[Virtual Farm Tours](#): Take a virtual tour of a real Indiana dairy farm! Live tours featured questions from students and an inside look at where the cows live, what they eat, how they're milked, and more.
- g) Videos
 - Stories with Sharon: [Click Clack Moo—Cows that type!](#)
 - Stories with Sharon: [The Cow in the Patrick O'Shanahan's Kitchen](#)
 - Stories with Sharon: [Buttercup's Big Day](#)

For more resources please visit:

[American Dairy Association Indiana Website](#) [Indiana Dairy YouTube](#)

@INDairy on Instagram, Facebook and Twitter

[Marion County Public Health Department YouTube](#)



Video Resources

Crafts

- [Cow Craft](#)

Recipes:

- [Peanut Butter Banana Smoothie](#)
- [Chocolate Milkshake Smoothie](#)
- [Dark Chocolate Cherry Coconut Ice Cream](#)

Blue University

- [Fuel Up to Play 60 Workout](#)
- [Breakfast on the Go](#)
- [Milk Goes from Farm to CALF-eteria](#)

Family Resources

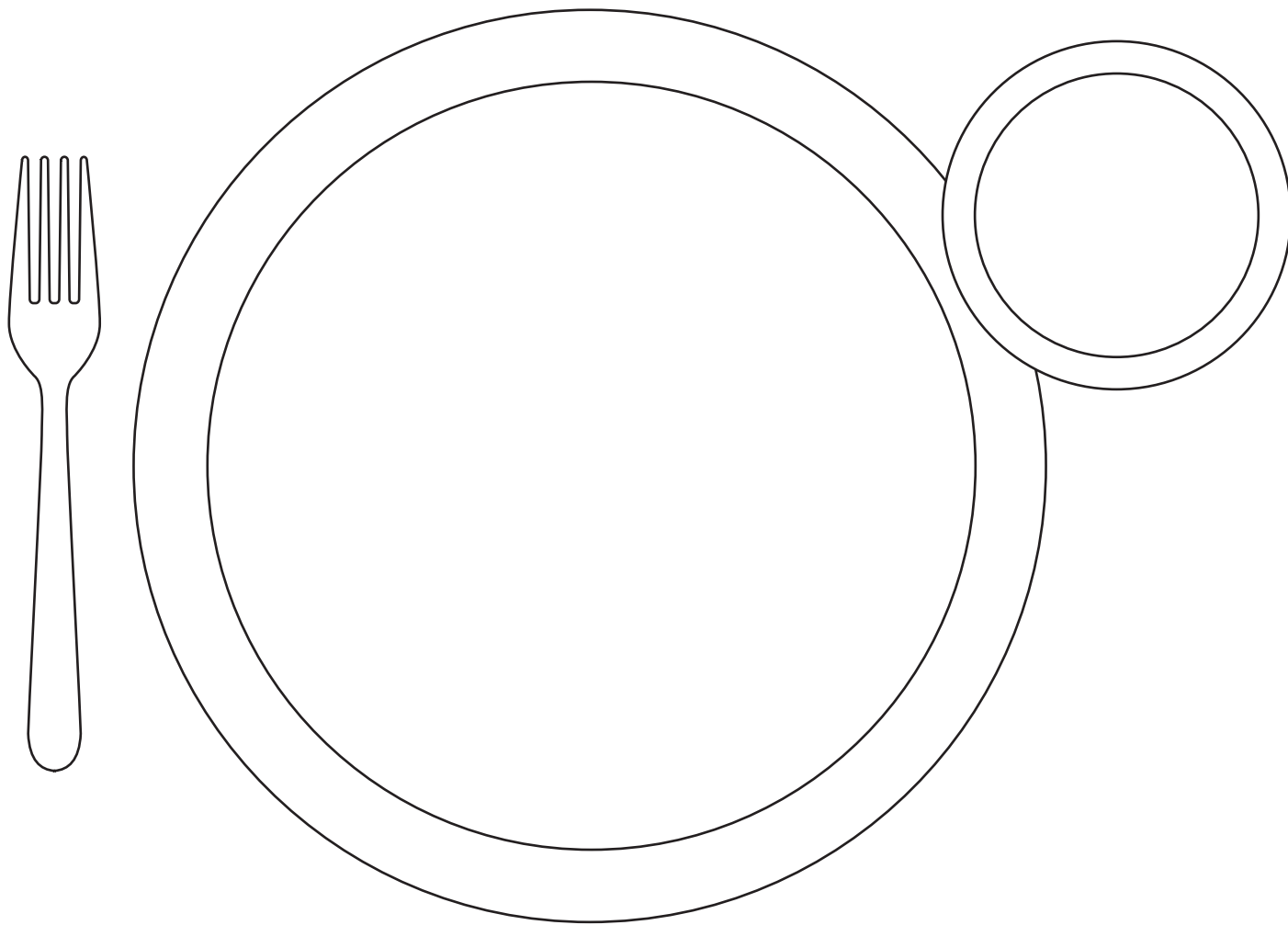
- [Active Family Tips](#)
- [Physical Activities for Families](#)
- [Family Resources from American Dairy Association of Indiana](#)



Please let us know if you liked the activities in the Summer Fun Playbook by using the survey below:

<https://www.surveymonkey.com/r/DSLZXGP>





Choose**MyPlate**.gov

Have Fun With Fruits and Vegetables



Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

Find:

Apple
Banana
Broccoli
Carrots
Celery
Eggplant
Grapes
Kiwi
Orange
Papaya
Pear
Peas
Squash
Yams

B	F	S	E	A	Y	A	P	A	P
R	C	Q	L	S	R	P	E	A	R
O	H	U	P	B	A	N	A	N	A
C	P	A	P	Y	R	E	L	E	C
C	S	S	A	Y	A	M	S	T	E
O	A	H	E	G	N	A	R	O	K
L	E	C	A	R	R	O	T	S	I
I	P	G	R	A	P	E	S	K	W
B	E	G	G	P	L	A	N	T	I

Fruit and Vegetable Goals

Name a fruit you would like to try:

How will you eat this fruit?
(On cereal, as a snack, for dessert, with dinner or on pancakes.)

Name a vegetable you would like to try:

How will you eat this vegetable? (As a snack, with dip, or for lunch.)



Adapted from

Team Up At Home Team Nutrition Activity Book

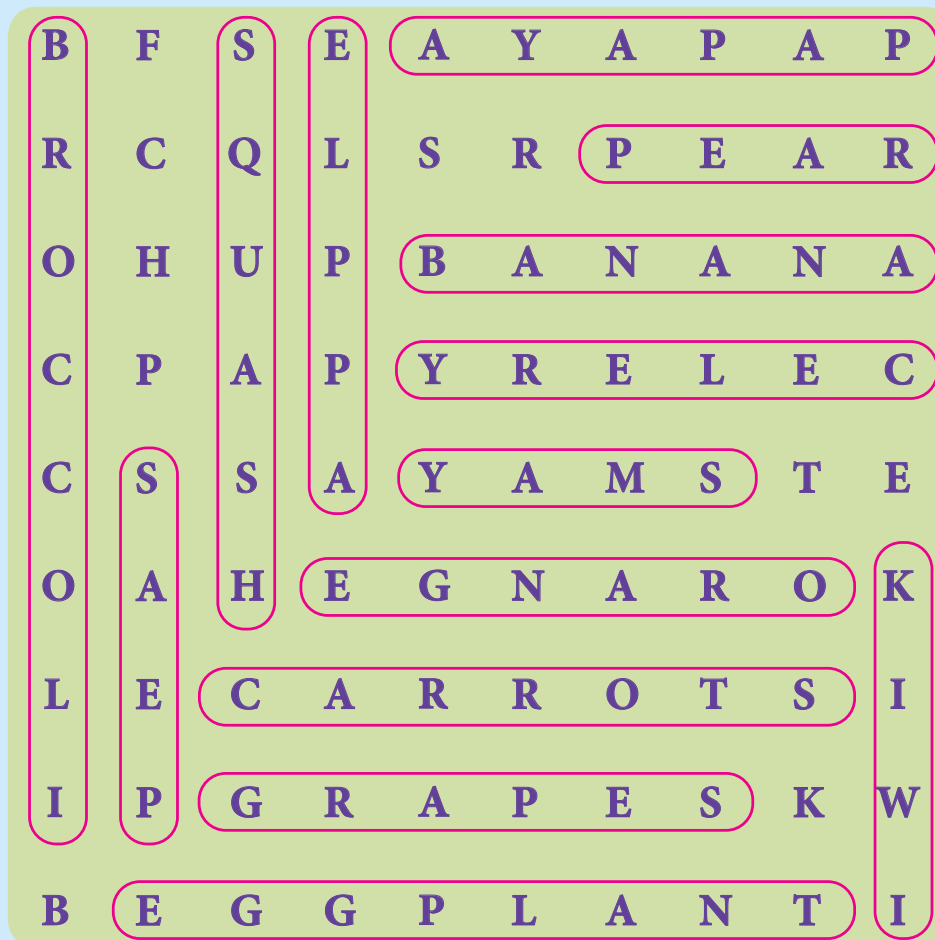
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Find:

Apple
Banana
Broccoli
Carrots
Celery
Eggplant
Grapes
Kiwi
Orange
Papaya
Pear
Peas
Squash
Yams



Fruit and Vegetable Goals

Name a fruit you would like to try:

How will you eat this fruit?
(On cereal, as a snack, for dessert, with dinner or on pancakes.)

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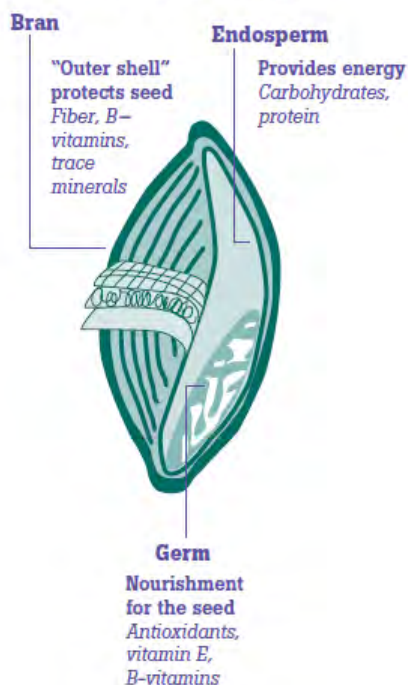
Adapted from

Team Up At Home Team Nutrition Activity Book


Make Half of Your Grains Whole

Whole grains contain the entire grain kernel: the bran, germ, and endosperm.

Whole grain kernel





Some Examples of Whole Grains:

brown rice 

buckwheat

bulgur (cracked wheat)

oatmeal 

popcorn 


whole-wheat cereal


muesli

whole-grain barley

whole-grain cornmeal

whole rye

whole-wheat bread 

whole-wheat crackers 


whole-wheat pasta

whole-wheat sandwich buns and rolls

whole-wheat tortillas

wild rice

whole cornmeal

shredded wheat cereal 

Whole Grain Tips— Check the ones you already do:

- ☐ Choose a whole grain, such as oatmeal, when you have hot cereal.
- ☐ Read the label on a cereal box to find the word "whole" listed with the first ingredient.
- ☐ For a change, try brown rice or whole-wheat pasta.
- ☐ When baking, substitute whole-wheat or oat flour for at least half of the flour in a recipe.
- ☐ Eat whole-grain crackers.
- ☐ Serve and eat whole grains every day with meals or as snacks. Popcorn, a whole grain, can be a healthy snack.

Adapted from

Team Up At Home Team Nutrition Activity Book



WORD SCRAMBLE-WHOLE GRAINS

Grab Some Grains!

Unscramble the words and place the correct spelling in the boxes. Copy the letters from the numbered boxes into the

boxes at the bottom of the page with the same number to decode the hidden message.

PCNROPO

--	--	--	--	--	--	--

10

NRBOW ICER

--	--	--	--	--	--	--	--	--

13

12

LEISUM

--	--	--	--	--	--

14

EKAWTBHCU

--	--	--	--	--	--	--	--

2

HOEWL TEWAH ABDER

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

4

11

3

8

TEAMALO

--	--	--	--	--	--	--

6

7

LEWOH NIAGR YABELR

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

5

9

1

--	--	--

1 2 3

--	--	--	--	--

4 5 6 7 8

--	--	--	--	--	--

9 10 11 12 13 14

Adapted from

Team Up At Home Team Nutrition Activity Book

Answer key: popcorn, brown rice, muesli, buckwheat
whole wheat bread, oatmeal, whole grain barley



Crack the Secret Code

Use your detective skills and the code at the right to complete the sentences below:

For each line of the quiz, pictures should spell out the answer, with spaces below for children to write in the correct word. See example below.

Eat a V A R I E T Y of foods



1. Eat more F R U I T S , V E G E T A B L E S



and whole grains

2. Eat foods lower in solid F A T



3. Get your C A L C I U M rich F O O D S



4. Be P H Y S I C A L L Y A C T I V E



Code

A=	N=
B=	O=
C=	P=
D=	Q=
E=	R=
F=	S=
G=	T=
H=	U=
I=	V=
J=	W=
K=	X=
L=	Y=
M=	Z=

Adapted from

Team Up At Home Team Nutrition Activity Book

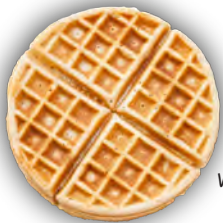
≡ 4 REASONS WHY ≡

BREAKFAST MATTERS

THERE'S **NO REASON** TO SKIP BREAKFAST!
EAT IT AT HOME, ON THE GO OR AT SCHOOL!

- 1 YOU FOCUS BETTER
- 2 YOU DO BETTER
- 3 YOU FEEL BETTER
- 4 YOU PLAY BETTER

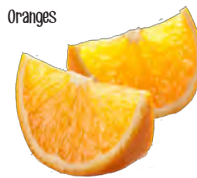
A HEALTHY BREAKFAST INCLUDES AT LEAST 3 FOOD GROUPS
HOW MANY COMBINATIONS CAN YOU MAKE?



Waffles



Cereal



Oranges



Yogurt



Whole Wheat Toast



Smoothies



Celery and Carrots



Eggs



Whole Wheat Bagels



Oatmeal



Nuts



Tomatoes



Strawberries



Apple Slices



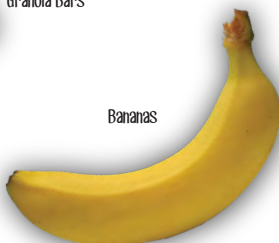
Milk (White or Flavored)



Granola Bars



Grapes



Bananas



Peanut butter



Cheese

write a crazy SUMMER story!

Fill in this story with names of your summer friends and the correct parts of speech to come up with a truly outrageous story. Maybe some day this experience will happen to you!

One day, _____ and _____ decided to _____ while on
(NAME 1) (NAME 2) (VERB)
their summer vacation. _____ grabbed a _____ and hit the
(NAME 1) (NOUN)
road! _____ thought they should _____ which _____
(NAME 1) (VERB) (NAME 2)
thought was very wild. "It's summer vacation! We have to _____!"
(VERB)
_____ exclaimed. While on their journey _____ saw a
(NAME 1) (NAME 1)
_____ climbing a _____ and that scared _____. Later,
(ANIMAL) (NOUN) (NAME 2)
it was time for a snack so _____ suggested they eat _____
(NAME 2) (TYPE OF FOOD)
and _____ and drink _____ juice. Summertime is all about
(TYPE OF FOOD) (TYPE OF FOOD)
_____ experiences, and _____ and _____ wanted to
(ADJECTIVE) (NAME 1) (NAME 2)
make the most of it. After a quick _____ in the _____, it was
(VERB) (BODY OF WATER)
time to _____. It had been another _____ summer day!
(VERB) (ADJECTIVE)



Dairy Themed Bingo

**How many dairy foods and beverages
have you enjoyed this week?**

INSTRUCTIONS

To win a BINGO, eat all of the dairy items going across, up and down, four corners, or entire board in a certain duration of time (such as a week). Also, don't forget to incorporate a fun prize for winning such as a picnic, craft, or obstacle course game. If you have a dairy allergy or intolerance, please feel free to swap out items with non-dairy options. Or if you do not have some items on the list, you can definitely replace those items, too. For recipe ideas, check out the recipe page of American Dairy Association Indiana

<https://winnersdrinkmilk.com/recipes/>.

FLIP TO THE NEXT
PAGE FOR THE
BINGO SHEET!



ICE CREAM	YOGURT	CREAM CHEESE	CHEESE AND CRACKERS
STRING CHEESE	CEREAL WITH MILK	COTTAGE CHEESE	MILK
CHEESE	BUTTER	PUDDING	GRILLED CHEESE
CREAMY DIP WITH VEGGIES	FROZEN YOGURT	CHEESE PIZZA	WHIPPED CREAM
FRUIT YOGURT PARFAIT	SMOOTHIE	MILKSHAKE	MACARONI AND CHEESE



Clues Across

1. Number of nutrients low-fat and fat-free milk provide.
4. This popular category in the grains food group helps supply the energy we need to play, learn, sleep and helps keep our bodies running 24-7.
7. This, found in the vegetable group, helps us see in the dark and helps keep our skin healthy.
9. The fruit group provides this, which helps your body heal cuts and bruises and fight infections.

Clues Down

2. Use this to find creative ways to get a healthy breakfast.
3. Found in milk, this can help keep bones strong and bodies happy.
5. Ride this to school. It's a great way to help get your daily 60 minutes of physical activity.
6. Maintaining this means energy in (the foods and beverages you consume) equals energy out (how much you move).
8. Fresh, frozen, canned or dried — any way you slice 'em, these are a great nutritious choice.

Fuel Up Tips

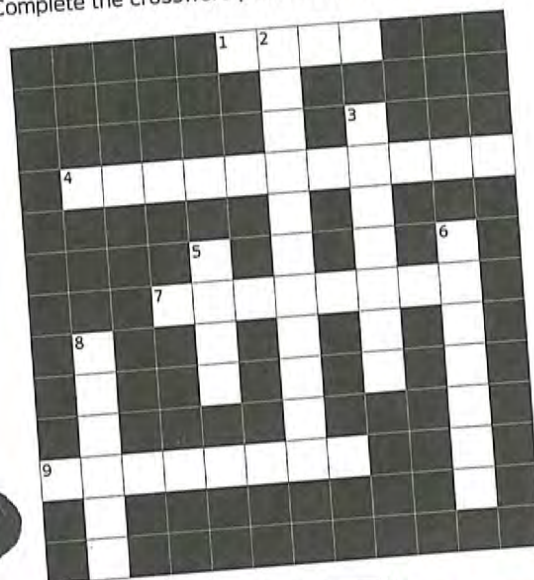
Flavored milks, such as chocolate, vanilla and strawberry, contain the same nutritional benefits as white milk!

Parfaits are the coolest dairy treats going! Layer toppings like whole grain cereals, fruits, and nuts with any low-fat yogurt to create a nutritious heap of fun!

Cheese is a great way to power up with protein, and a perfect on-the-go snack. Combine it with fruits, veggies, whole grains, nuts or lean meats!

Crossword Craziness

Think you know what it takes to keep your body happy? Complete the crossword puzzle to prove it!



Crack the Code

1. Milk has nine essential _____.
2. Eat more low-fat and fat free dairy foods, _____ and whole grains.
3. Get _____ of physical activity a day.
4. Get your _____ rich _____.
5. Daily exercise can improve your _____.

Code

A	D	H	L	P	T	X
B	E	I	M	Q	U	Y
C	F	J	N	R	V	Z
	G	K	O	S	W	

**Eat Healthy.
Get Active.**



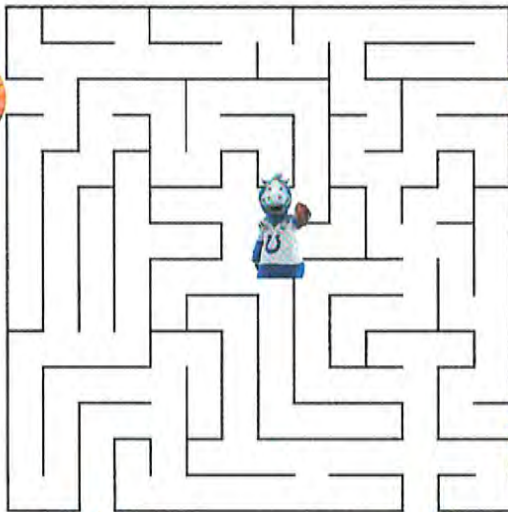
To learn more about Fuel Up to Play 60, visit
FuelUpToPlay60.com



Help Blue Fuel Up To Play 60 by connecting him to each food group.



Eat 6 oz every day of foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain, at least half should be whole grain bread, crackers, rice, or pasta.*



Eat 2 1/2 cups every day.* Veggie juice counts too! Eat more dark green and orange veggies, dry beans and peas.



Eat 1 1/2 cups every day.* Any fruit or 100% fruit juice counts! Fruits may be fresh, canned, frozen, dried, whole, cut-up, or pureed.



Enjoy 5 oz every day.* Foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are considered part of this group. Dry beans and peas are part of this group as well as the vegetable group.



Enjoy 3 cups of low-fat or fat-free milk every day.* All fluid milk products and many foods made from milk are considered part of this food group.

*Based on an 1,800-calorie diet. Source: 2005 U.S. Dietary Guidelines for Americans.

Up, down, diagonal or backwards, your body can move in amazing ways! See if your mind do the same by finding all the hidden words.

DAIRY	RUNNING FUEL UP CALCIUM	WHOLE GRAINS SIXTY MINUTES VITAMIN C	SELF-ESTEEM VEGETABLES FRUITS
-------	-------------------------------	--	-------------------------------------

CALLIGRAPHY

S J B F K T U N C C V H Z
T S M R V W W R Y R I S A D
S E U U R I H Z Z U S T S
I L I I G N T T D E I M N
M F C I T U L G A L R P W A
G E L S O J R B M L R Q E R
B S A N Q H A W M I Q N Z G
X T C D G E L G U N P H N K C E
I E F U G U G I N N U R L O
W E U G U B J K N L E P X A H
A M E U B J K N L E P X A H
Y V P X Z I T J N O P J E S
S I X T Y M I N U T E S W

Fuel Up with nutrient-rich foods, such as low-fat and fat-free dairy, fruits, vegetables, and whole grains. Yogurt parfaits, 1% chocolate milk, and salads are just a few examples of nutrient-rich foods.



Answers



True or False

- 1 True. Try doing that many math problems in an hour.
- 2 False. Proteins help you build muscle and repair body tissue and carbohydrates give you energy.
- 3 True. FYI: fortified means, "to strengthen," so that works out nicely.
- 4 False. Vitamin C in fruit helps fight infections and vitamin A helps you see and your skin stay healthy.
- 5 False. Pasteurization is the process mentioned of cream from forming at the top of the milk. Smooth and tasty!
- 6 True. Breaking up your activity can make it easier for you to get your 60 minutes of physical activity in, plus it is just as beneficial as doing it all at one time.
- 7 True. Cheese or the dentist? Hmm, gladly choose low-fat or fat-free cheese.

True or False

Crossword Crazyness

1 nine 2 imagination 3 calcium
4 whole grains 5 bike 6 balance
7 vitamin A 8 fruits 9 vitamin C

Crack the Code

1 nutrients 2 fruits, vegetables
3 sixty minutes 4 calcium, foods
5 self-image

True or False

1. _____ Farmers can milk over 100 cows per hour.
2. _____ Carbohydrates help you build muscle and repair body tissue.
3. _____ When fortified, a glass of milk provides an excellent amount of Vitamin D.
4. _____ Vitamin A, found in fruits, helps fight infections.
5. _____ Milk is homogenized to destroy certain microorganisms without radically altering the quality or taste.
6. _____ You can break up your 60 minutes of physical activity into smaller periods.
7. _____ Asking for "more cheese, please!" has been known to help keep your teeth healthy.

Beat boredom by finding new ways to stay active. Try something adventurous like hiking or rock climbing, or something calming like yoga or tai chi.



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ASSOCIATION INDIANA INC.TM
WinnersDrinkMilk.com

A PROGRAM OF

Uplay60

THE NFL MOVEMENT FOR AN ACTIVE GENERATION

MULTIPLICATION COLOR BY NUMBER

63 light blue 18 pink

54 brown

0 yellow

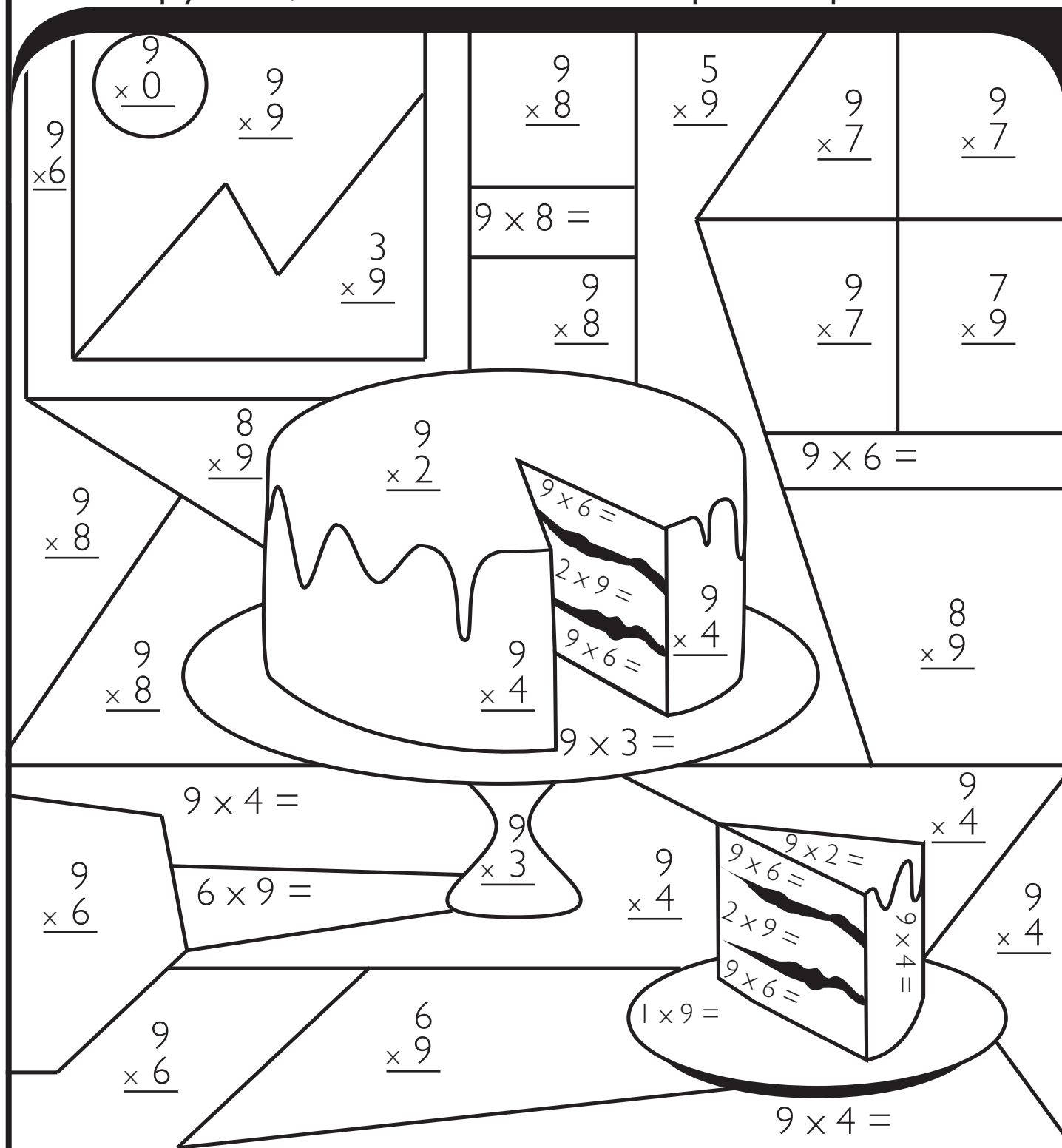
27 gray

36 light brown 45 light brown 81 blue

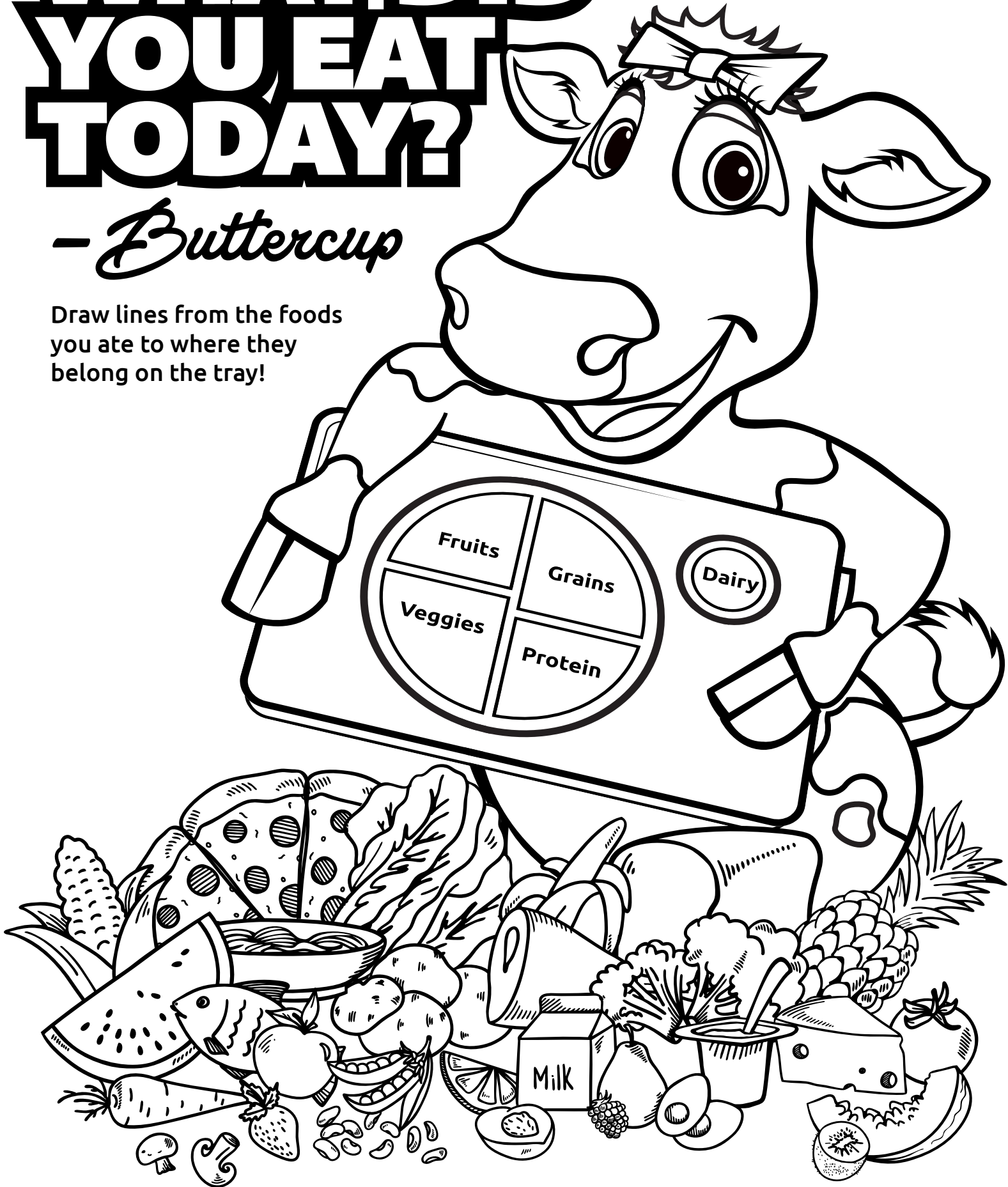
72 green

9 red

Multiply. Then, use the color code to complete the picture.



Draw lines from the foods you ate to where they belong on the tray!



I SPY MILK!

HAVE YOU PLAYED “I SPY” BEFORE? WHAT ABOUT “I SPY MILK”? IT IS VERY SIMILAR TO THAT FUN GAME, BUT THIS ACTIVITY INVOLVES SEARCHING FOR MILK. THERE ARE MORE INSTRUCTIONS ON THE NEXT PAGE.



INSTRUCTIONS

I SPY MILK!

I am missing 9 milk cartons I need for my friend's birthday party. Can you find the 9 milk cartons below for me? Circle the milk cartons once you have found them.



THIS IS A PICTURE OF THE MILK CARTONS I AM LOOKING FOR.

FLIP TO THE NEXT PAGE TO START SEARCHING FOR THE MILK CARTONS!





IT IS
SMOOOOOOTHIE
TIME!



Graphic Courtesy of Canva

Looking for a yummy
summer treat? Try a
smoothie! In this book we
have two delicious smoothie
recipes that are sure to be a
summer hit.





STRAWBERRIES + CREAM SMOOTHIE

A sweet summertime treat

PREP TIME | 10 M
READY IN | 10 M
SERVINGS | 2

INGREDIENTS

- 2 cups frozen strawberries
- 1 frozen banana
- 1 1/2 cup of low fat milk
- 1/2 cup low-fat vanilla Greek yogurt
- Whipped cream (optional)
- Sprinkles (optional)

KITCHEN TOOLS + EQUIPMENT

- Blender
- Rubber spatula or spoon
- 2 cups
- Liquid measuring cups
- Dry measuring cups
- Straws (optional)

DIRECTIONS

- 01** Gather and measure out ingredients. (If using fresh fruit, make sure to clean prior to adding to the blender.)
- 02** Add all ingredients into the blender. (Tip: Put frozen fruit in first to help the smoothie easily blend.)
- 03** Blend all of the ingredients together. If it is not blending well, stop the blender and give the mixture a good stir. (Tip: Add more liquid if it is still not blending well.)
- 04** Once blended, pour smoothie into two cups. Add toppings. And enjoy!



RECIPE TIPS + IDEAS

Have fun making your smoothie and make it your own!

- Replace frozen fruit with fresh fruit.
- Swap out the banana for another cup of strawberries or another fruit.
- Add more liquid for a thinner smoothie or less liquid for a thicker smoothie.
- The nut butter can be peanut butter, almond butter, sunflower butter, etc.

References

Canva. (n.d.). Canva.com - Collaborate & create amazing graphic design...
Retrieved from <https://www.canva.com/login>

Prairie Farms Dairy. (n.d.). Strawberries and cream smoothie. Retrieved from
<https://www.prairiefarms.com/strawberries-and-cream-smoothie/>

33 Tasty Snack Ideas

Including a dairy snack between meals is a healthy way to keep hunger in check and stay energized throughout the day. Together milk, cheese and yogurt provide a unique nutrient package of nine essential nutrients that help Americans improve overall diet quality. Enjoying three servings a day can also help maintain a healthy weight.



Milk

1. Rise and Shine:

Get a mid-morning boost with a cold glass of fat free milk and sliced peaches.

2. Strawberry-sicles:

Mix lowfat strawberry milk with fresh strawberry slices and freeze in a popsicle container.

3. Flavor on-the-Fly:

Fat free flavored milks are perfect anywhere you go- just take, shake and sip!

4. Choco-Raspberry Chug

Blend a cup of fat free milk with frozen raspberries and sweetened cocoa.

5. Sweet Milk Steamer:

Microwave a cup of lowfat milk and honey.

6. Banana Split Blenders:

Blend lowfat strawberry milk with banana slices and ice.

7. Morning Mocha

Mix a cup of reduced fat milk with a teaspoon of instant coffee and sweetened cocoa.

8. A Sip of Spice

Warm a cup of milk and mix with Chai tea to warm up the afternoon.

9. Graham Dunk:

Dip a few graham crackers into a cold glass of lowfat milk.

10. Fruity Splash:

Blend your strawberry milk with fresh bananas and ice.

11. Vanilla-Berry Bowl:

Enjoy lowfat vanilla milk with a bowl of fresh berries.

Cheese

12. Salsa Roll-Up:

Roll Monterey Jack cheese into a whole-wheat tortilla and dip in salsa.

13. Cheddar Crunch:

Mix ½ cup of Cheddar cheese shreds with popcorn and pretzels.

14. Veggie Wraps:

Wrap Colby Jack cheese around spears of asparagus.

15. Cherry Tomato Crunchers

Top wheat crackers with reduced fat Mozzarella cheese and cherry tomatoes.

16. Cheese & Crackers:

Layer lowfat American cheese and smoked turkey onto crackers.

17. Seafood Spread:

Mix canned salmon or crab with Ricotta or Mozzarella cheese and eat on pita wedges.

18. Zesty Tostada:

Top a tostada with fat free refried beans and reduced fat shredded Pepper Jack cheese.

19. Chicken Melt:

Melt a slice of reduced fat Colby Jack cheese over canned chicken on an English muffin.

20. Cheese Ka-bob:

Alternate small slices of apples and reduced fat Cheddar cheese on skewers.

21. Lettuce Wraps

Wrap a slice of Swiss cheese, turkey, and Dijon mustard in lettuce leaves.

22. String by String:

Pack light string cheese into your bag for a post-workout energizer.

Yogurt

23. Tropical Smoothie:

Blend fresh orange slices with strawberry yogurt and ice.

24. Cucumber Salad

Mix diced cucumber with a cup of lowfat plain yogurt, mint and a pinch of salt and pepper and spread on whole-wheat pita wedges.

25. Mango Mixer

Enjoy a tropical treat by blending mango, plain lowfat yogurt and a splash of pineapple juice.

26. Parfait Pleaser:

Layer granola and fresh fruit with your favorite lowfat yogurt.

27. Simple Shortcake:

Try pieces of angel food cake with a cup of strawberry yogurt for a heavenly treat.

28. Berry Blast:

Mix blueberry yogurt with fresh blueberries or raspberries.

29. Go Nuts:

Top lowfat vanilla yogurt with a few crushed pecans and cinnamon.

30. Honey Fruit Dip:

Mix fat free yogurt with a dollop of honey for a sweet fruit dip.

31. Yo-on-the-Go:

Enjoy your favorite flavor of drinkable yogurt at the office or on the go.

32. Mocha Mudslide

Stir chocolate syrup into a cup of coffee-flavored yogurt and freeze.

33. Yogurt Pops:

Freeze squeezable yogurt for a quick and creamy popsicle.

CORN & BLACK BEAN SALSA

Ingredients

**Serves 22 people
(1/2 cup servings)**

2 cans (15 ounce) yellow corn, drained

**2 cans (15 ounce) black beans, rinsed
and drained**

8 plum tomatoes seeded and chopped

1 medium red onion, chopped

¾ cup minced fresh cilantro

**4 jalapeno peppers, seeded and
chopped**

¼ cup lime juice

½ teaspoon salt

Tortilla chips

Nutritional Value

66 calories

0 g fat

37g carbohydrates

2 g protein

236 mg sodium



Directions

In a very large bowl, combine the first eight ingredients. Cover and refrigerate until serving. Serve with tortilla chips

Marion County Public Health Department
NUTRITION SERVICES



GROOVY GREEN SMOOTHIE

Ingredients

**Serves 2 people
8 oz servings**

½ banana, cut in chunks
1 cup grapes
¾ cup vanilla low-fat yogurt
½ apple, cored and chopped
1 ½ cups fresh spinach leaves
¼ cup apple juice

Nutritional Value

220 calories
2 g fat

48 g carbohydrates
6 g protein



Directions

1. Place all ingredients into a blender.
2. Cover and blend until smooth stopping frequently to push down any ingredient stuck to the sides of the blender.

Marion County Public Health Department
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ONE-INGREDIENT BANANA ICE CREAM

Ingredients

Serves 2 people

1 large ripe banana
(add bananas depending on
how much ice cream you
want to make)

Add in mixtures like: almond butter,
honey, cinnamon, or dark chocolate
chips.

Nutritional Value

105 calories	1.3g protein
.9g fat	155mg sodium
57.4g carb.	52.2g sugar



Directions

1. Start with ripe bananas: They should be sweet and soft.
2. Peel the bananas and cut them into coins: It doesn't matter what shape or size the pieces are in, as long as they are chopped up into evenly sized and somewhat small pieces.
3. Put the bananas in an airtight container: A freezer-safe glass bowl, or you can use a freezer bag.
4. Freeze the banana pieces for at least 2 hours: Freeze for at least 2 hours, but ideally overnight.
5. Blend the frozen banana pieces in a small food processor or powerful blender.
6. Stop blending once you see the mixture shift from blended banana to creamy, soft-serve ice cream texture. This may take a few times to get to this point.

Marion County Public Health Department
NUTRITION SERVICES



TOMATO CUCUMBER SALAD WITH HERB DRESSING

Ingredients

Serves 4 people

1 pint cherry tomatoes/halved
1 cucumber, seeded and chopped
½ c. red onion, chopped

DRESSING

2T. lemon juice
1 t. water
1 T. fresh basil, chopped or 1 t. dried
1 T. fresh dill, chopped or 1 t. dried
½ t. salt
½ t. black pepper
1 t. sugar
6 T. olive oil

Nutritional Value

215 calories	8g carbohydrates
8 g fat	1 g protein
4 g sugar	250 mg sodium



Directions

Place vegetables in a bowl. Mix dressing ingredients in container with lid and shake well. Add desired amount of dressing to salad.

Marion County Public Health Department
NUTRITION SERVICES



TURKEY RANCH ROLL-UPS

Ingredients

Approximately 12 Servings

4 (12") soft tortillas

1 (8 oz) package cream cheese,
softened

2 ½ tbsp ranch powder dressing mix

¼ cup shredded
sharp cheddar cheese

¼ cup finely chopped
red sweet bell pepper

¼ cup finely chopped
green sweet bell pepper

Thinly sliced turkey deli meat
of your choice



Directions

1. Mix softened cream cheese with the ranch powder, cheddar cheese, and bell peppers until well combined.
2. Spread about 2 tbsps. of this mixture evenly on each tortilla then lay 3 -4 slices of turkey flat on top of the cheese mixture to cover in a single layer
3. Roll the tortilla up gently, yet tightly to make sure it holds together and keeps its shape.
4. Use a serrated knife to gently slice the roll up into 5-6 slices
5. Eat immediately or refrigerate to firm up and server later.

Nutritional Value for 2 pieces

324 calories	49g carbohydrates
9g fat	10g protein
4g sugar	892mg sodium

Marion County Public Health Department
NUTRITION SERVICES



SWEET & SAVORY RICE CAKES



Ingredients

Serves 1 people

2 rice cakes

SWEET RICE CAKE

2 tbs. yogurt

Blueberries

Apple slices

Banana slices

Raisins or craisins

SAVORY RICE CAKES

2 tbs hummus

Shredded carrots

Red pepper slices

Cherry tomatoe

Directions

1. Spread sweet or savory topping (yogurt or hummus) on top of rice cake
2. Add fruit/veggies to the rice cakes and make face or design.
3. Enjoy!!

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NUTRITION SERVICES



APPLE FRUIT YOGURT DONUTS

Ingredients

Serves 2

1 apple, cored

1 tbsp. of preferred low fat yogurt

Diced fruit or small fruit such as
blueberries, diced kiwi,
diced strawberries

Preferred granola bar
or granola (optional)

Directions

1. After coring, cut the apple into slices
2. Spread a layer of yogurt as your "frosting"
3. Add diced fruit
4. Crumple your granola bar or sprinkle granola and enjoy!

Nutritional Value

91 calories

1.3 g fat

2.7 g fiber

19 g carbohydrates

1.7 g protein

12.3 mg sodium



Marion County Public Health Department
NUTRITION SERVICES



Rainbow Cup

First, pour the ranch dressing into the cup. Then add in all your veggies and enjoy!!



Ingredients

1 carrot stick

1 green pepper stick

1 red pepper stick

1 celery stick

1 purple cauliflower piece

1 yellow squash piece

1 tablespoon Light Ranch Dressing

DAIRY NUTRITION

for kids! *Facts + Tips*

▼ Kids aren't getting enough calcium, vitamin D, and potassium. Luckily, these nutrients are all found in dairy foods.

▶ Vitamin D and calcium work together to build strong, healthy bones and teeth — without vitamin D, your body can't absorb calcium.



▶ Potassium helps regulate fluid balance and maintain blood pressure. It also helps with muscle activity.

▶ Three servings of daily milk, yogurt, or cheese gives you a powerful punch of 9 essential nutrients.



Incorporate More Milk!

Stir up a bowl of instant or old-fashioned oatmeal with milk instead of water.

Use milk instead of water when preparing canned or packaged soups.

Microwave a cup of low-fat chocolate milk for instant hot chocolate.

Blend a cup of low-fat milk with frozen berries and a teaspoon of chocolate syrup.

Use milk instead of water when preparing instant mashed potatoes, rice, or stuffing.

Mix low-fat strawberry milk with strawberry slices; freeze in a Popsicle container.

For more recipes and information, visit

WinnersDrinkMilk.com

Did you **KNOW**?

- ▶ Cheese may help children eat more fruits, vegetables, and whole grains when added or eaten with these foods. Even reduced-fat cheese has the same essential nutrients as regular cheese.
- ▶ Yogurt is an excellent source of protein, calcium and vitamin D. It makes a quick and easy snack or a great dip or topping.
- ▶ Chocolate milk delivers the same 9 essential nutrients as white milk. In fact, pediatricians recommend low-fat or fat-free flavored milks to help optimize bone health and calcium intake.

Serving Sizes



8 oz
yogurt



8 oz milk



1½ oz cheese
(4 dice-sized cubes)



Pineapple Mozzarella Flatbread

Makes 6 servings

Ingredients

- 1 (11.2 oz) package thin **whole grain flatbreads**
- 1 (12 oz) can **pizza sauce**
- 1 (12 oz) can **pineapple tidbits**, drained
- 1½ cups **red onion**, peeled, diced
- 1½ cups **red bell pepper**, stemmed, cored, diced
- 1½ cups part-skim **Mozzarella cheese**, shredded

Directions

Preheat oven to **375°F**. Place flatbread on a baking sheet. Spread with ¼ cup of pizza sauce; layer with ¼ cup each of the pineapple, red onion, red pepper, and cheese. Bake **8–10 minutes**, or until cheese is melted. If you want, sprinkle with **red chili flakes** to add a hint of spice!



AMERICAN DAIRY
ASSOCIATION INDIANA INC.™

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FRUIT & VEGGIE YOGA



BANANA

Lay on your stomach and then push up on your arms like an extended push up.



BLUEBERRIES

Crouch into a little ball as small as you can.



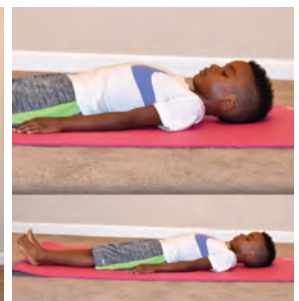
BROCCOLI

Tree pose: hands clasped above your head with one leg up on your knee or thigh, don't forget to do BOTH SIDES!



CARROT STICK

Stretch up tall with legs straight and arms by your ears - a great pose to refer back to.



CORN

Lay flat on your back.



CRISS CROSS APPLESAUCE

Legs crossed sitting on your pockets with hands in your lap.



LETTUCE

Stand back up and stretch in all directions, like a starfish.



PEAS

Sit on your knees lay arms all the way forward and lean head down; known as child's pose.



TOMATO

Similar to carrot stick but you will bend your elbows to make a big round "O" above your head

FOR MORE INFORMATION

CONTACT SARA LUKACH:
SLUKACH@MARIONHEALTH.ORG

Marion County Public Health Department

NUTRITION SERVICES



WIC is an equal opportunity
provider and employer

FRUIT & VEGGIE YOGA

Fruit & Veggie Yoga is an interactive nutrition program designed to get your child interested in eating more fruits and vegetables and learn to recall fruit and vegetable names. This childhood program will help children make healthier food choices and encourage play or activity every day. We also encourage you to play and or do these poses with your child. A Yoga mat or nap mat works well, but you can also use a large towel or carpeted area. Additionally, emphasize eating several serving of fruits and vegetables a day.

As the first teacher and most important role model in your child's life, you play a vital role by helping him/her choose fruits and vegetables more often at home. We help you with this task by creating a fun and interactive way for you to get active and talk about fruits and vegetables with your children.

Possible conversation starters for your child during activity:

1. What color/shape is a (name fruit or veggie) for preschoolers
2. Can you create your own pose for (name fruit or veggie) for school aged children
3. What is your favorite way to eat this food?
4. How many times have you eaten a fruit or veggie today?

If you would like more information or have any questions please contact Sara Lukach at slukach@marionhealth.org.

Yours in health,
MCHD Nutrition Services Department

Please fill out our survey to help us improve our program go to
<https://www.surveymonkey.com/r/8XLRDZ3>
or use a QR app for the code below



Moving through the Month

Moving through the Month is a fun fitness program you can do with your whole family! Just hang up the calendar on your refrigerator so that tasks can be crossed off as completed. The daily tasks take from two to five minutes and act as a great extension to a regular exercise program. The box in the upper left-hand corner is for the date. You may want to reward your child after he or she completes the entire month!

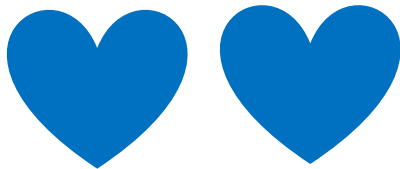


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> Hop on each foot 30 times.	<div></div> Your choice.	<div></div> How many bent knee sit-ups can you do in 1 minute?	<div></div> Can you do 50 jumps with an imaginary jump rope?	<div></div> Touch a target that is 3 feet above your head 30 times.	<div></div> Jump diagonally from square to square for 1 block.	<div></div> Complete 15 push-ups with a friend.
<div></div> Your choice.	<div></div> Can you do 30 jumping jacks?	<div></div> Maintain the (up) position of a push-up for as long as you can.	<div></div> Hold a V-sit for 30 seconds.	<div></div> Measure your height lying on the floor. How many times can you jump that distance?	<div></div> Lean against the wall, lower yourself as if you're sitting in a chair; hold 30 seconds.	<div></div> Complete 15 knee push-ups.
<div></div> Climb your stairs 10 times.	<div></div> Run in place for 30 seconds as if a bear were chasing you.	<div></div> Help mom or dad with the housework for 1 hour.	<div></div> Your choice.	<div></div> Raise your heels up as far as possible. Hold for 2 seconds then repeat 15 times.	<div></div> Jump or step over a broom or mop 50 times.	<div></div> Dance to 2 of your favorite songs.
<div></div> Stand next to a wall and reach your fingers up. Jump past this level 5 times.	<div></div> Take a walk with your family.	<div></div> Try to jump higher than you did on Sunday.	<div></div> Find a step in your house. Do 25 steps up and down with each leg.	<div></div> Practice your most difficult exercise this month.	<div></div> Find an exercise your family can do together.	<div></div> Use a bath towel. Create 5 new exercises.
<div></div> Place a penny on your elbow. Can you straighten your arm and catch it?	<div></div> Walk for 1 minute as if you were walking through pudding.	<div></div> Plan an obstacle course, and then do it!	<div></div> Sit on the floor, weight on fingertips, lift your seat. How long can you hold it?	<div></div> Take yesterday's task, and hold longer.	<div></div> Your choice.	<div></div> Squeeze a tennis ball 50 times with each hand.

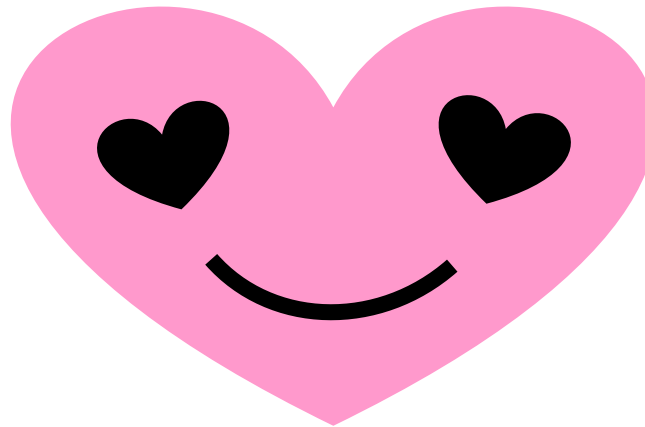
Cow Love ~ Heart-shaped Craft

Make your own cow that's all heart! Take a white piece of paper and cut out a giant heart to become the face. Print this page and cut out the hearts. Tape or glue the pieces together. **Supplies:** Extra piece of white paper, scissors, glue or tape.

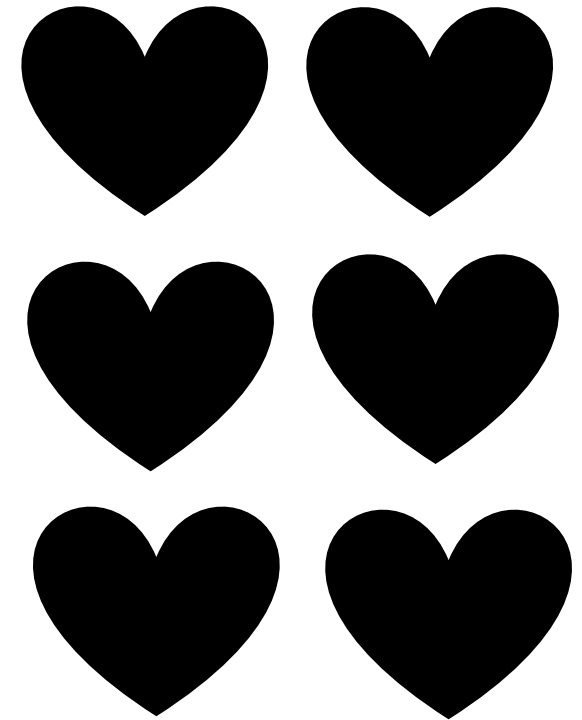
Eyes



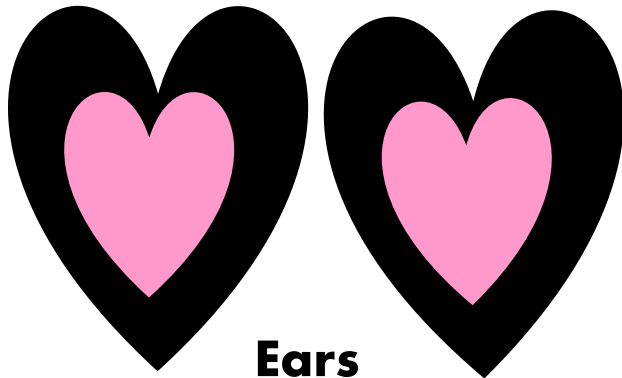
Mouth and Nose



Spots

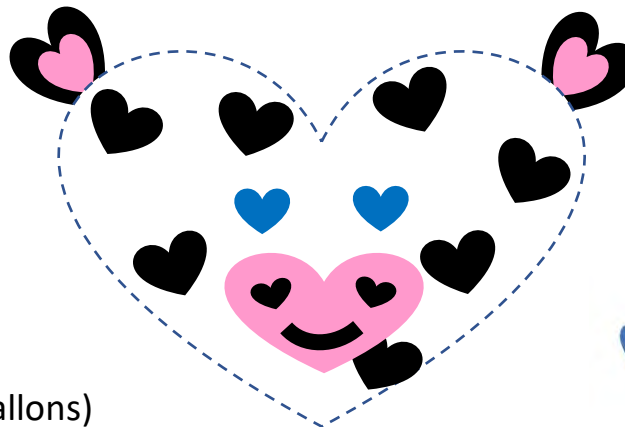


Ears



**Did you know,
each day cows LOVE to...**

- Rest (12-14 hours)
- Eat (3-5 hours, 9-14 meals)
- Walk or stand (2-3 hours)
- Drink water (30 minutes, up to 50 gallons)



Milk from You to

1



There are over 800 dairy farms in Indiana & almost all of them are family-owned!

2



Cow comfort is important on the farm. Some cows sleep on waterbeds and have robotic brushes to scratch their backs whenever they want!

3



Ear tags, like earrings, tell us a cow's "name." Some cows wear pedometers, like fitness trackers, so farmers can learn about their health.

4



Veterinarians visit the farm to check on cows routinely, just like you go to the doctor for regular check ups.

5



Cows are milked 2-3 times a day by a machine. It only takes 5-7 minutes per milking!

6



Pipes from the milking room pump milk from the cow to a large storage tank where it stays cool and fresh.

7



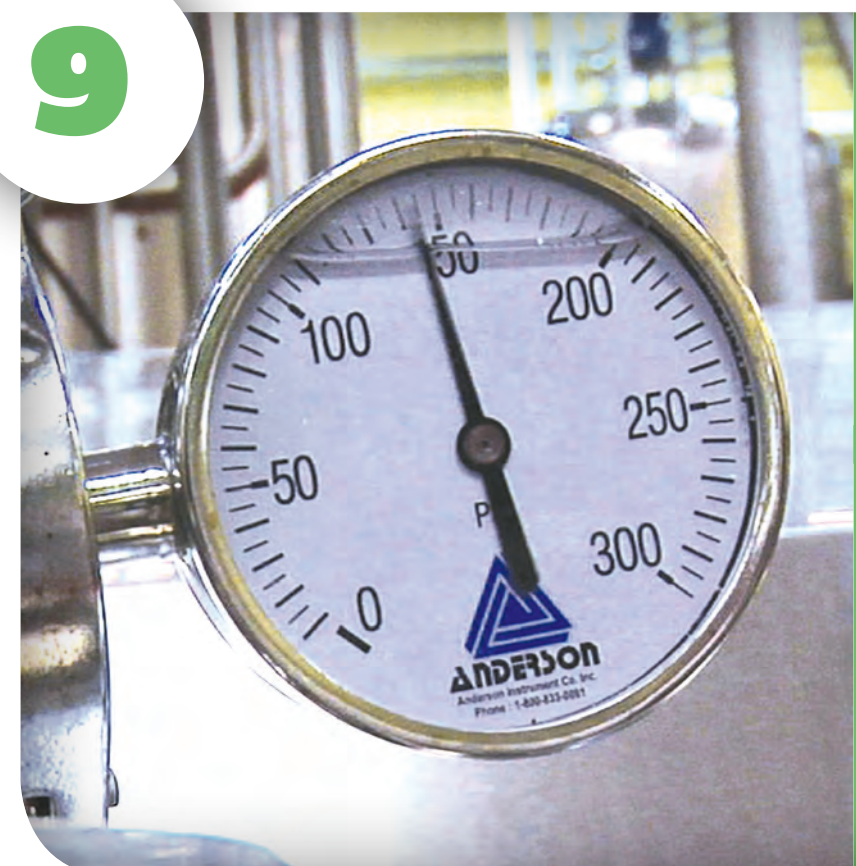
A refrigerated tanker truck transports milk from the storage tanks at the farm to the processing plant.

8



Milk must pass several tests at the farm and again when it arrives at the processing plant to ensure its quality and safety.

9



At the plant, milk is rapidly heated through a process called pasteurization, to further ensure it is safe to drink.

10



Milk is put into containers or made into cheese, yogurt or other dairy products.

Milk and dairy products are good for you and provide many nutrients, like calcium, for strong bones and teeth.



Milk, cheese, and yogurt are important for a healthy diet — enjoy them at school, at home, or on the go!



WANT TO LEARN MORE about Indiana dairy cows and the nutritious foods they help create?

VISIT US ONLINE!

WinnersDrinkMilk.com

f INDairy Instagram INDairy Twitter @INDairy



FUEL YOUR GOOD

FUEL YOUR GOOD ANYWHERE!

Looking to Fuel Good at home, too? Good news — you can Fuel Your Good anywhere! It takes only a little effort to make a big difference, no matter where you are.

CHECK OUT THESE IDEAS FOR WAYS THAT YOU CAN FUEL YOUR GOOD ANYWHERE!

- **Donation Stack:** Take time to look through items in your house that could be better used elsewhere. Start a donation stack of unused or gently used items or extra food that you can share at a local shelter or food bank.
- **Virtual Dance Party or Cook-Off:** Set up a time with your friends and classmates to gather via video chat or telephone! Host a virtual dance party or try making a new recipe at home at the same time, then share the results!
- **Personal Fitness Challenge:** Set a goal and stick to it! Make up your own fitness challenge to stay active even indoors — try adding new layers of challenge every day to keep yourself on your toes!
- **Letter Campaign:** Write and mail letters to people who might need a little sunshine in their day. This could be relatives, staff at a local hospital, or perhaps residents at a nearby nursing home. Use your good to make them feel good, too!
- **Motivation Rocks:** Is there a place for people to walk in your neighborhood? Create posters or paint rocks with inspirational messages for others and leave them around town to motivate them to Fuel their Good, too!

Take credit for the amazing things you do to **Fuel Your Good**, big or small. Share your story at **FuelYourGood.com** or, if you're 13 or over, share on social media using #FuelYourGood #Contest before April 22 for chances to win BIG!



Resources for Home Use

Healthy Eating



Fuel Up to Play 60 Resources

Monthly Fun Facts

This series of handouts includes nutrition tips, recipes you can try at home, and ideas for physical activity. Don't worry about what month it is –use this information to keep your family engaged and having fun!

[CLICK HERE](#)

Meal Planning: Information for Parents

Planning healthy meals should be easy. Work with your kids and follow these tips to have fun while you're home!

[CLICK HERE](#)

Mix & Match Breakfast Ideas

This resource includes ideas for quick and easy breakfasts that can be served at home or taken on the go as you hit the park together!

[CLICK HERE](#)

Healthy Food Choices

It's important for children to adopt a healthy lifestyle starting at a young age. This is an opportunity for you to play an essential role in helping shape your children's eating habits. Try these simple tips to help your children eat well and learn to enjoy nutritious foods.

[CLICK HERE](#)

Online Dashboard

The online Dashboard is a great place for resources. Now is a great time for students to earn more Points when they log in to their Dashboard and report on Challenges and completing Mini-Lessons. Many of the student Challenges and Lessons involve things they can do at home like showing kindness by helping a sibling and making sure to eat a healthy breakfast. Encourage your students to log in, and log in to your Dashboard as well for additional resources.

[CLICK HERE](#)

Student Zone App

The Student Zone app makes it easy for students to keep up with everything happening with Fuel Up to Play 60 and provides a ton of activities they can do at home. With a simple tap on your mobile device – you or your child can easily access FUTP 60 updates and reminders, view and interact with social content and stay up-to-date on the latest activities and opportunities.

[CLICK HERE](#)



Resources for Home Use

Healthy Eating



More from Our Partners

Find Out Where Your Food Comes From

Join Discovery Education and take your kids to a dairy farm – virtually! Find out where the nutritious and delicious foods they love to drink and eat like milk, cheese and yogurt come from. Additional activities, lesson plans and an interactive map help you explore dairy across the country!

[CLICK HERE](#)

10 Tips: MyPlate Snack Tips for Parents

This list of tips from USDA's MyPlate gives suggestions for great snacks, ways to swap ingredients for healthier choices, and more.

[CLICK HERE](#)

10 Tips: Be a Healthy Role Model for Children

You are the most important influence on your child, and you can do many things to help him or her develop healthy eating habits for life. Cook together, eat together, talk together, and make mealtime a family time!

[CLICK HERE](#)

MyPlate Kids' Place

From the USDA, this site includes games, activity sheets, videos, songs and recipes geared toward helping students build a better plate.

[CLICK HERE](#)

MyPlate for Teens

Young people experience many changes during their tween and teen years. Building healthy food and physical activity habits will help them now and as they enter adulthood. These USDA resources, tips and ideas can help them take charge and learn to make their own choices.

[CLICK HERE](#)

Breakfast Recipes

Get the family together to make a nutritious breakfast using these recipe ideas from the National Dairy Council.

[CLICK HERE](#)



Resources for Home Use

Physical Activity



Fuel Up to Play 60 Resources

Parents' Guide to an Active Family Lifestyle

Use this guide to get active with your kids while they're home! Parents and caregivers can play a key role in keeping children healthy and active. Try these simple tips to keep your family moving.

[CLICK HERE](#)

Farm Food Field Fun! Games: Builder Toolkit

The Farm Food Field Fun! Games: Builder Toolkit is designed for school-wide use, but you can use it as a family, too. The guide includes instructions for building various games and challenges, such as trivia questions on the topic of healthy eating, that can make your time at home a blast!

[CLICK HERE](#)

Video 101: How to Make a Great Video

A video can be a great way to inform others about the value of healthy eating and physical activity. Use these tips to help you make a video your kids can share when they get back to school!

[CLICK HERE](#)

Fuel Up to Play 60 Training Camp Videos

These videos can help your family learn football skills at the park or in the backyard. Check them out to learn how to catch, throw and master other football techniques.

[CLICK HERE](#)

More from Our Partners

10 Tips: Be an Active Family

Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2.5 hours a week of physical activity and children need 60 minutes a day. Follow these tips from USDA's ChooseMyPlate to add more activity to your family's busy schedule.

[CLICK HERE](#)

Society for Health and Physical Education: Teacher's Toolbox

This comprehensive resource provides information and guidance for educators and coaches, but it can easily be adapted for home use. There are interesting and fun activities, health education, and more. Activity calendars are also included.

[CLICK HERE](#)



Parent Guide to an Active Family Lifestyle

Aim for Fitness

It's key in helping adults and children maintain a healthy weight and good health. The Dietary Guidelines for Americans recommend that kids get at least 60 minutes of physical activity most — preferably all — days of the week. For adults, it's at least 30 minutes. Try these simple tips to keep your family moving.

Be an Active Family

- Schedule a regular time for family physical activity.
- Schedule activities everyone can do together, such as biking, inline skating or swimming.
- Go out and play with children when you can. Play tag, play catch, ride a bike, swing, play ball.
- Walk or bike with your child instead of driving for short errands.

Make Fitness Fun

- Keep family activities fun rather than competitive.
- Schedule birthday parties and events at skating rinks, parks, gymnasiums, supervised swimming pools and other activity-oriented places.

Make a Conscious Effort to Keep Kids Moving

- Encourage running, playing tag, and other fun outdoor activities and games both at home and at school.
- Help kids organize weekly games, such as kickball, with their friends.
- Set up an indoor area where rolling, climbing, jumping and tumbling are allowed.
- Limit screen time to no more than two hours a day.
- Walk to school with your kids. It's a great start to the day and to getting 60 daily minutes of activity, too.
- Get teachers on board. Talk to teachers about incorporating fitness breaks into the school day.
- Team up with neighbors to form a family walking club.

Show Children How Much You Enjoy Physical Activity

- Let kids see you enjoy activities such as walking, tennis, hiking or cross-country skiing. It keeps kids moving, and it helps them learn activities they can enjoy for a lifetime.

Stay Active in Cold Weather, Too

- Layer for warmth and spend as much time outdoors as possible.
- Walk. Ice skate. Cross-country ski or snow-shoe.
- Swim indoors. Mark the local pool's "family swim" times on your calendar.
- Dance. Try fun games like Dance, Dance Revolution®.
- Play indoors at the local YMCA or high school.



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MADE BY MILK™



Milk Trivia Challenge

TAKE TURNS USING YOUR MILK MACHINES TO ASK YOUR OPPONENT TRIVIA QUESTIONS AND EARN POINTS. THE FIRST PLAYER TO COLLECT 10 POINTS WINS!

1

Make your carton contraption

1. Cut out your Carton Contraption along the dotted line.



2. Fold two opposite diagonal corners together to make a triangle, then open it back up.



3. Fold the other two opposite diagonal corners together to make a second triangle then open back up.



5. Turn the paper printed side down and fold all four corners to the center of the paper.



6. Flip your paper over so that the cow characters are face down. Again, fold all four corners to the center of the paper.



7. Fold your paper in half making sure that the cow characters are on the outside. Then slide your thumbs and fingers under the four flaps.



8. Finally, rotate your hands bringing all four points of the Carton Contraption together. The Milk Machine should expand. The triangles with the categories written on them will disappear inside. Now you're ready to challenge your opponent!



2

Challenge your friends

First, with your Carton Contraption closed, ask your opponent to pick a cow character: White, Chocolate, Strawberry or Cookies n' Cream. Then close-and-open the Carton Contraption once for each letter in the cow characters name, leaving it open at the end so that you can see the four categories inside. For example, if your opponent chooses White you would open and close your Carton Contraption five times (W-H-I-T-E). When you open and close it, open it once with your forefinger and thumb on each hand together. Then open it with your two forefingers together and your two thumbs together.

Second, Have your opponent choose a category. Open the category and ask them if they would like to answer the one-point question or challenge themselves and answer the tricky two-point question.





Third, Ask them the question found inside (one point or two point question depending on what they chose). If they guess the answer correctly add their points (one or two) to the scoreboard.

Take turns asking and answering questions and adding points to the scoreboard. **The first player to collect 10 points wins!**

PLAYER A

KEEP SCORE! Place a check mark in the boxes below for every point you earn. The first player to fill all of their boxes wins.








 <p>white</p> <p>food</p> <p>1 point or 2 points?</p>	<p>Q - True or false: Butter gets its yellow coloring from carotene, which comes from the grass that the cows eat.</p> <p>A - true</p>	<p>1 point or 2 points?</p> <p>Q - What ancient Egyptian pharaoh took her weekly baths in milk instead of water?</p> <p>A - Cleopatra</p>	 <p>chocolate</p> <p>places</p>
<p>random</p> <p>1 point or 2 points?</p> <p>Q - True or false: cows give more milk if they listen to music.</p> <p>A - true</p>	<p>Q - What section of MyPlate does milk fit in?</p> <p>A - dairy</p>	<p>Q - Milk is the official beverage of what state? (multiple choice)</p> <ul style="list-style-type: none"> • California • Florida • North Dakota • Georgia <p>A - North Dakota</p>	<p>1 point or 2 points?</p> <p>Q - When cartons were first invented people called them "paper bottles". How many years ago were they invented? (multiple choice)</p> <ul style="list-style-type: none"> • 25 • 48 • 97 • 301 <p>A - 97</p>
<p>Q - What stage in life is the most important time for you to get lots of calcium? (multiple choice)</p> <ul style="list-style-type: none"> • baby • kid or teenager • adult • senior citizen <p>A - kid or teenager</p>	<p>Q - Medical books from ancient times (1500 B.C.) suggest milk to patients to fix what problem? (multiple choice)</p> <ul style="list-style-type: none"> • bad grades • poor sleep • sore feet • poor eyes <p>A - 2</p>	<p>Q - What famous olympic athlete drinks milk when he gets out of the pool after a long swim?</p> <p>A - Michael Phelps</p>	<p>1 point or 2 points?</p> <p>Q - True or false: milk works better than sports drinks to power up your body after the big game.</p> <p>A - true</p>
 <p>strawberry</p> <p>body</p> <p>1 point or 2 points?</p>	<p>Q - Milk is important if you want to keep your bones strong and healthy. Milk keeps your teeth strong too. Do teeth count as bones?</p> <p>A - no</p>	<p>Q - True or false: milk contains more natural nutrients than any other drink in the world.</p> <p>A - true</p>	 <p>cookies n' cream</p> <p>vitamins</p> <p>1 point or 2 points?</p> <p>Q - What vitamin can your body get from milk? (multiple choice)</p> <ul style="list-style-type: none"> • vitamin A • vitamin B12 • vitamin D • all of the above <p>A - all of the above</p>
<p>fitness</p>	<p>Q - What section of MyPlate does milk fit in?</p> <p>A - dairy</p>	<p>Q - Milk is the official beverage of what state? (multiple choice)</p> <ul style="list-style-type: none"> • California • Florida • North Dakota • Georgia <p>A - North Dakota</p>	<p>cartons</p> <p>1 point or 2 points?</p> <p>Q - True or false: empty cartons can float on water, even though they're made out of paper.</p> <p>A - true</p>

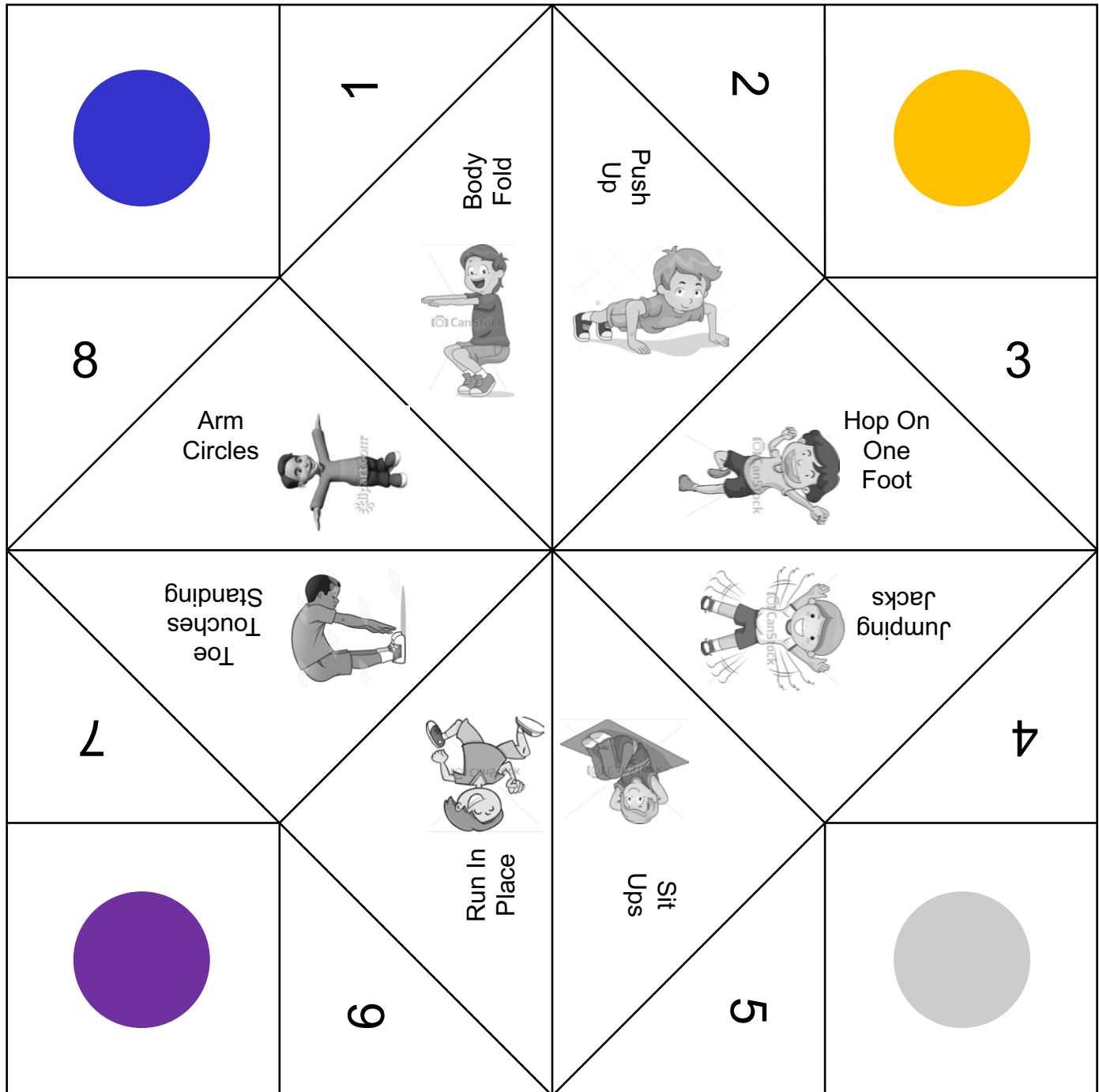
PLAYER B

KEEP SCORE! Place a check mark in the boxes below for every point you earn. The first player to fill all of their boxes wins.

□ □ □ □ □ □ □ □ □ □

 <p>white</p> <p>food</p> <p>1 point or 2 points?</p>	<p>Q - What food can you mix with milk every morning to start your day off with a dose of calcium?</p> <p>A - cereal or oatmeal</p> <p>+1</p>	<p>Q - How many of the 50 states in the United States have dairy farms?</p> <p>A - all 50 of them</p> <p>+1</p>	 <p>chocolate</p> <p>places</p> <p>1 point or 2 points?</p>
<p>random</p> <p>1 point or 2 points?</p> <p>Q - How many stomachs does a cow have? (multiple choice)</p> <p>A - 1 • 2 • 3 • 4 A - 4</p>	<p>Q - True or false: male cows produce two times as much milk as female cows.</p> <p>A - false (male cows can't produce any milk at all)</p> <p>+2</p>	<p>Q - What country drinks the most milk? (multiple choice)</p> <p>A - Europe • United States • China • India A - India (India also has the most cows!)</p> <p>+2</p>	 <p>cartons</p> <p>1 point or 2 points?</p> <p>Q - Milk cartons are made from paper, which is made from _____ (fill in the blank)</p> <p>A - trees</p> <p>+1</p>
<p>fitness</p> <p>1 point or 2 points?</p> <p>Q - True or false: teens who drink more milk tend to have less body fat than those who don't.</p> <p>A - true</p> <p>+1</p>	<p>Q - What function in your body is helped by drinking lots of milk? (multiple choice)</p> <p>A - all of the above • nerve function • muscle contraction • blood clotting • all of the above</p> <p>+2</p>	<p>Q - True or false: chocolate milk is just as good for your body as white milk when rebuilding itself after the big game.</p> <p>A - true</p> <p>+2</p>	<p>Q - When is it a better time to drink milk, before or after physical activity?</p> <p>A - after (Milk is good for you anytime, but studies show that it is best for you after physical activities because it really helps to rebuild your body!)</p> <p>+1</p>
 <p>strawberry</p> <p>body</p> <p>1 point or 2 points?</p>	<p>Q - Drinking lots of milk can help you avoid getting a condition called osteoporosis. Osteoporosis causes what part of your body to become weak and possibly break?</p> <p>A - your bones</p> <p>+1</p>	<p>Q - Milk has proteins, lipids, calcium, vitamin A, vitamin B6, biotin, and potassium. These all work together to keep which part of you soft and shiny?</p> <p>A - hair</p> <p>+1</p>	 <p>cookies n' cream</p> <p>vitamins</p> <p>1 point or 2 points?</p> <p>Q - The nutrient in milk that causes bubbles to form on the surface is also good for your body ... what is it?</p> <p>A - protein</p> <p>+1</p>

Summer Activities Chooser



1. Print and cut round outside of cootie catcher
2. Fold in half and in half again
3. Open out, turn over so top is blank and fold each corner into the middle
4. Turn over and repeat
5. Turn over so you can see the pictures
6. Slide your thumb and your finger behind 2 of the pictures and press together so they bend round and touch
7. Turn over and repeat with the thumb and finger of the other hand for the other two pictures
8. All the pictures should now be at the front with centres touching and you are ready to use your cootie catcher!