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  
o Stories with Sharon: Click Clack Moo—Cows that type!
o Stories with Sharon: The Cow in the Patrick O’Shanahan’s Kitchen
o 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
Marian 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
**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.

<table>
<thead>
<tr>
<th>Find:</th>
<th>Apple</th>
<th>Banana</th>
<th>Broccoli</th>
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**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
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

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
Make Half of Your Grains Whole

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

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.

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

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

NRBOW ICER

LEISUM

EKAWTBHCU

HOEWL TEWAH ABDER

TEAMALO

LEWOH NIAGR YABELR

Answer key: popcorn, brown rice, whole wheat bread, whole grain bread
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.

1. Eat more ____ ____ ____ ____ ____ ____ ____ ____ ____ __________...
   and whole grains

2. Eat foods lower in solid ____ ____ __________

   rich __________ __________

4. Be ____ ____ ____ ____ ____ ____ ____ ____ ____ __________

Adapted from
Team Up At Home Team Nutrition Activity Book
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.

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 FAT

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

Adapted from Team Up At Home Team Nutrition Activity Book
YOU FOCUS BETTER

A Healthy breakfast includes at least 3 food groups.
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

4 REASONS WHY
BREAKFAST MATTERS

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

- Milk (White or Flavored)
- Peanuts butter
- Oranges
- Grapes
- Whole Wheat Toast
- Bananas
- Cereal
- Strawberries
- Granola bars
- Nuts
- Oatmeal
- Smoothies
- Eggs
- Celery and Carrots
- Tomatoes
- Cheese
- Apples
- Whole Wheat Bagels
- Waffles
- Granola bars
- Tomatoes
- Cheese
- Apples

American Dairy Association
MIDWEST

Drink Milk
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 their summer vacation. _______ grabbed a _______ and hit the road! _______ thought they should _______ which _______ thought was very wild. “It’s summer vacation! We have to _______!” _______ exclaimed. While on their journey _______ saw a _______ climbing a _______ and that scared _______. Later, it was time for a snack so _______ suggested they eat _______ and _______ and drink _______ juice. Summertime is all about _______ experiences, and _______ and _______ wanted to make the most of it. After a quick _______ in the _______, it was time to _______. It had been another _______ summer day!

*(NAME 1) (NAME 2)  
*(TYPE OF FOOD) *(NAME 1)  
*(BODY OF WATER) *(NAME 1) *(NAME 2)  
*(ADJECTIVE) *(NAME 1) *(NAME 2)  
*(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, checkout the recipe page of American Dairy Association Indiana https://winnersdrinkmilk.com/recipes/.
<table>
<thead>
<tr>
<th>Ice Cream</th>
<th>Yogurt</th>
<th>Cream Cheese</th>
<th>Cheese and Crackers</th>
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<tr>
<td>String Cheese</td>
<td>Cereal with milk</td>
<td>Cottage Cheese</td>
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<td>Cheese</td>
<td>Butter</td>
<td>Pudding</td>
<td>Grilled Cheese</td>
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<td>Creamy Dip with Veggies</td>
<td>Frozen Yogurt</td>
<td>Cheese Pizza</td>
<td>Whipped Cream</td>
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<td>Fruit Yogurt Parfait</td>
<td>Smoothie</td>
<td>Milkshake</td>
<td>Macaroni and Cheese</td>
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Crossword Craziness

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

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.

Crack the Code

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

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!
Twists & Turns
Help Blue Fuel Up To Play 60 by connecting him to each food group.

Grains
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.*

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

Fruits
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.

Milk
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.

Meat & Beans
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.


Keep It Moving!
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.

<table>
<thead>
<tr>
<th>DAIRY</th>
<th>RUNNING</th>
<th>WHOLE GRAINS</th>
<th>SIXTY MINUTES</th>
<th>VITAMIN C</th>
<th>SELF-ESTEEM</th>
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Fuel Up with nutrient-rich foods, such as low-fat and fat-free dairy, fruits, vegetables, and whole grains. Yogurt parfaits, % chocolate milk, and salads are just a few examples of nutrient-rich foods.

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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MULTIPLICATION COLOR BY NUMBER

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

63 light blue 18 pink 54 brown 0 yellow 27 gray
36 light brown 45 light brown 81 blue 72 green 9 red

More worksheets at www.education.com/worksheets

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WHAT DID YOU EAT TODAY?

- Buttercup

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!
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

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

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

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

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 tortada 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.
**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
- 3/4 cup minced fresh cilantro
- 4 jalapeno peppers, seeded and chopped
- 1/4 cup lime juice
- 1/4 teaspoon salt
- Tortilla chips

**Nutritional Value**

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>66 calories</td>
<td>37g carbohydrates</td>
</tr>
<tr>
<td></td>
<td>0 g fat</td>
<td>2 g protein</td>
</tr>
<tr>
<td></td>
<td></td>
<td>236 mg sodium</td>
</tr>
</tbody>
</table>

**Directions**

In a very large bowl, combine the first eight ingredients. Cover and refrigerate until serving. Serve with tortilla chips
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.
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.
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
8 g fat
4 g sugar
8g carbohydrates
1 g protein
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.
**Ingredients**

Approximately 12 Servings

4 (12") soft tortillas

1 (8 oz) package cream cheese, softened

2 1/2 tbsp ranch powder dressing mix

1/4 cup shredded sharp cheddar cheese

1/4 cup finely chopped red sweet bell pepper

1/4 cup finely chopped green sweet bell pepper

Thinly sliced turkey deli meat of your choice

---

**Nutritional Value**

for 2 pieces

<table>
<thead>
<tr>
<th>Calorie Content</th>
<th>Nutrient Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>324 calories</td>
<td>49g carbohydrates</td>
</tr>
<tr>
<td>9g fat</td>
<td>10g protein</td>
</tr>
<tr>
<td>4g sugar</td>
<td>892mg sodium</td>
</tr>
</tbody>
</table>

---

**Directions**

1. Mix softened cream cheese with the ranch powder, cheddar cheese, and bell peppers until well combined.

2. Spread about 2 tbsp 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.
**SWEET & SAVORY RICE CAKES**

**Ingredients**

Serves 1 people
2 rice cakes

SWEET RICE CAKE
2 tbs. yogurt
Blueberries
Apple slices
Banana slices
Raisins or raisins

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!!

---

**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 19 g carbohydrates
1.3 g fat 1.7 g protein
2.7 g fiber 12.3 mg sodium

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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
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.

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

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

For more recipes and information, visit WinnersDrinkMilk.com

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.
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.

### 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!
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 elbow to make a big round “O” above your head.

FOR MORE INFORMATION
CONTACT SARA LUKACH:
SLUKACH@MARIONHEALTH.ORG
**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](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!

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hop on each foot 30 times.</td>
<td>Your choice.</td>
<td>How many bent knee sit-ups can you do in 1 minute?</td>
<td>Can you do 50 jumps with an imaginary jump rope?</td>
<td>Touch a target that is 3 feet above your head 30 times.</td>
<td>Jump diagonally from square to square for 1 block.</td>
<td>Complete 15 push-ups with a friend.</td>
</tr>
<tr>
<td>Your choice.</td>
<td>Can you do 30 jumping jacks?</td>
<td>Maintain the (up) position of a push-up for as long as you can.</td>
<td>Hold a V-sit for 30 seconds.</td>
<td>Measure your height lying on the floor. How many times can you jump that distance?</td>
<td>Lean against the wall, lower yourself as if you’re sitting in a chair; hold 30 seconds.</td>
<td>Complete 15 knee push-ups.</td>
</tr>
<tr>
<td>Climb your stairs 10 times.</td>
<td>Run in place for 30 seconds as if a bear were chasing you.</td>
<td>Help mom or dad with the housework for 1 hour.</td>
<td>Your choice.</td>
<td>Raise your heels up as far as possible. Hold for 2 seconds then repeat 15 times.</td>
<td>Jump or step over a broom or mop 50 times.</td>
<td>Dance to 2 of your favorite songs.</td>
</tr>
<tr>
<td>Stand next to a wall and reach your fingers up. Jump past this level 5 times.</td>
<td>Take a walk with your family.</td>
<td>Try to jump higher than you did on Sunday.</td>
<td>Find a step in your house. Do 25 steps up and down with each leg.</td>
<td>Practice your most difficult exercise this month.</td>
<td>Find an exercise your family can do together.</td>
<td>Use a bath towel. Create 5 new exercises.</td>
</tr>
<tr>
<td>Place a penny on your elbow. Can you straighten your arm and catch it?</td>
<td>Walk for 1 minute as if you were walking through pudding.</td>
<td>Plan an obstacle course, and then do it!</td>
<td>Sit on the floor, weight on fingertips, lift your seat. How long can you hold it?</td>
<td>Take yesterday’s task, and hold longer.</td>
<td>Your choice.</td>
<td>Squeeze a tennis ball 50 times with each hand.</td>
</tr>
</tbody>
</table>
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)
There are over 800 dairy farms in Indiana & almost all of them are family-owned!

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

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

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

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

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

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

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

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

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

VISIT US ONLINE!
WinnersDrinkMilk.com
INDairy INDairy @INDairy

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

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

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!

**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!
Healthy Eating

1. 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!

2. 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!

3. 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!

4. 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.

5. 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.

6. 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.
Healthy Eating

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

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

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

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

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

Physical Activity

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
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.
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!
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.
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.

1 point or 2 points?

food
- What food can you mix with milk every morning to start your day off with a dose of calcium?
- Milk is used to make butter. Can you think of any other foods that are made with milk? (1 point each)
- Cottage cheese
- Ice cream
- Yogurt
- Cheese
- All of the above

places
- How many of the 50 states in the United States have dairy farms?
- All 50 of them
- Europe
- United States
- China
- India
- India also has the most cows!

random
- True or false: cows are eaten in Europe.
- False
- True or false: cows can run faster than humans.
- True
- False
- True
- False
- True
- False

fitness
- What function is in your body is helped by drinking milk? (1 point each)
- Bone formation
- Blood clotting
- Body fat
- Tooth decay
- All of the above

strawberry
- Which is better: whole milk or 2% milk?
- Whole milk
- 2% milk
- Both are the same

body
- What is the matter of milk that is good for your body?
- Protein
- Fat
- Calcium
- Water
- All of the above

vitamins
- Which of these is not a vitamin found in milk?
- Magnesium
- Calcium
- Zinc
- Vitamin A
- Vitamin B

sports
- True or false: milk is a good food to have before or after a workout.
- True
- False

cookies n’ cream
- True or false: if you eat too many cookies, you will get fat.
- True
- False

chocolate
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!