

Post-Test  
**Milk and Dairy Group Lesson**

Name: \_\_\_\_\_

Circle the Correct Answer

1) What is a serving from the milk group?



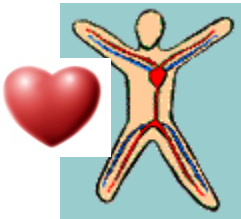
a. 1 bite of cottage cheese

b. 2 cups yogurt

c. ½ cup milk

d. small piece of cheese

2) Milk is important for \_\_\_\_\_.



a. Healthy Heart



b. Running Fast



c. Strong Bones



d. Jumping Rope

3) How many servings of dairy products should you have every day?



a. Eight



b. Five



c. Zero



d. Three