

Food Fun & Reading

Can you name any dairy foods? Did you name milk, cheese, and yogurt? You are right! Soy milk, cottage cheese, and ice cream are also in the dairy food group.

Some foods that might trick you into thinking they are in the dairy food group are butter and cream cheese. These are not in the dairy group because they are high in saturated fat (which is the bad kind of fat) and they don't have very much calcium.

BERRY PARFAIT

Makes 1 parfait



Ingredients

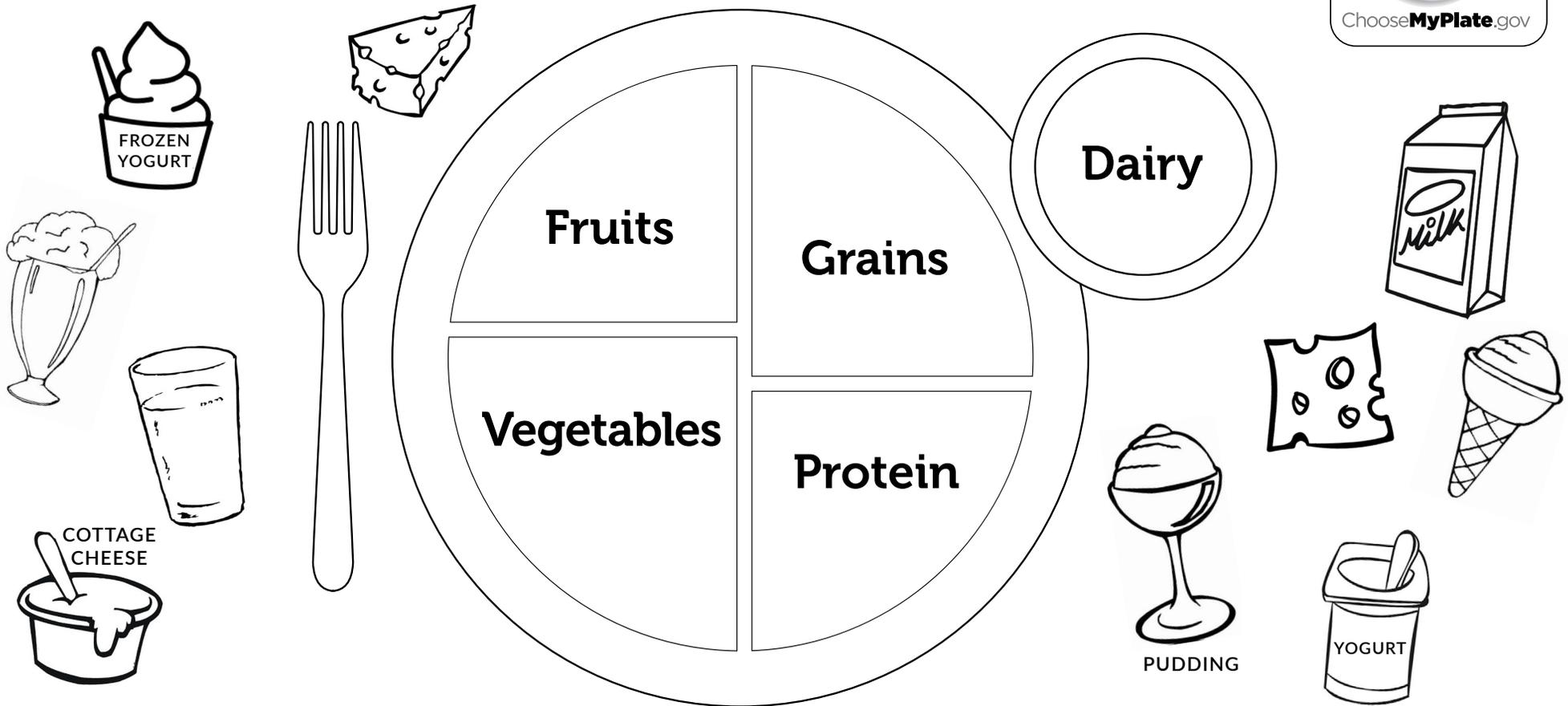
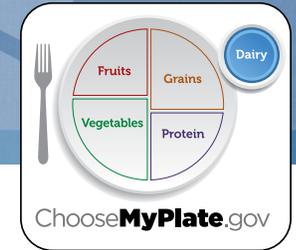
- 1/2 cup low-fat yogurt
- 1/2 cup sliced fruit (i.e., bananas or strawberries) or whole blueberries
- 1/4 cup granola or other whole grain cereal

Instructions

Scoop the yogurt into a bowl. Add the sliced or whole berries. Top with granola. Serve immediately.

Dairy foods are important because they are full of calcium, potassium, Vitamin D, and protein. We learned why protein is important in our last newsletter, so we already know that protein builds strong muscles. Do you know why calcium is important? It is because calcium makes our bones and teeth strong! Exercise is also an important part of keeping our bones strong. Follow this link to do a fun exercise to strengthen your bones, then try out the recipe above to fuel your body with extra calcium and protein!

<https://www.youtube.com/watch?v=e54m6XOpRgU>



MyPlate has five different food groups. The dairy group is an important one because these foods provide calcium which is important for strong bones and teeth! Find the Dairy circle on the picture above and color it.

Did you know all of these yummy foods are in the Dairy food group? Color them and make a star by the foods that are your favorites!