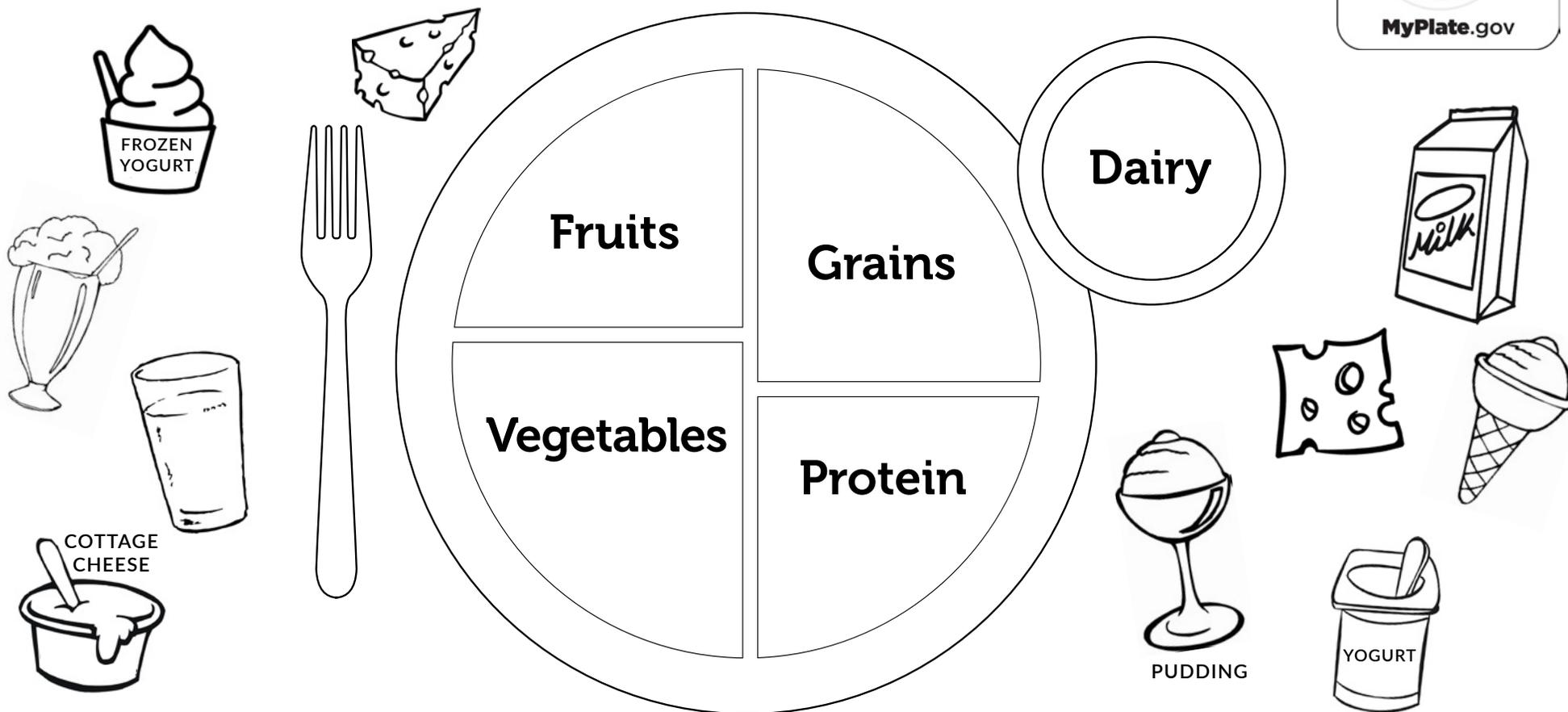
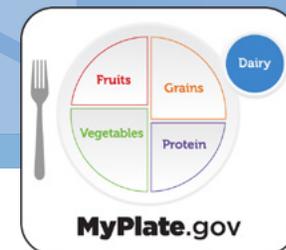


Dairy Lesson

Take Home Activity Sheet



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!

