



Grades 3-5

## Lesson #7 Activity

Don't Forget Your Calcium-Rich Foods!

**Kids need three 8 oz. servings of low-fat dairy per day  
(that's 7, 24 oz. servings per week).**

### Milk

- Low fat and fat free white or flavored milks are great dairy choices.
- Milk provides nutrients such as calcium, vitamin D and protein to help kids grow and keep teeth, bones and muscles strong.

**I have had \_\_\_\_\_ servings of milk last week.**



### Yogurt

- Low-fat yogurt is a great healthy snack!
- Yogurt gives us calcium, vitamin D and protein to stay healthy and strong

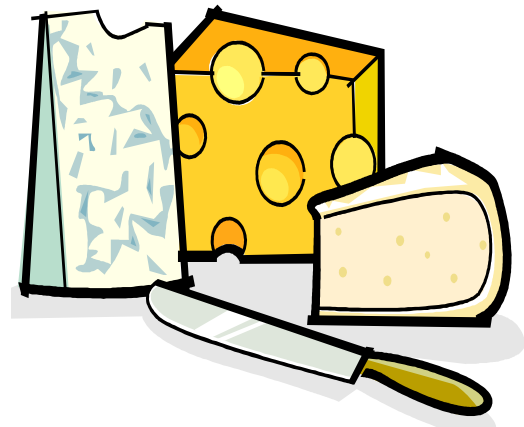
**I have had \_\_\_\_\_ servings of yogurt last week.**



### Cheese

- Be sure to pick cheeses that are low fat or fat free.
- Try low-fat cheddar or a mozzarella cheese stick with fruit for an easy snack.

**I have had \_\_\_\_\_ servings of cheese last week.**



**My TOTAL servings of dairy last week: \_\_\_\_\_**