

## The Power of Milk

Milk has the power to help your body. The milk you drink helps make you strong. Milk helps your bones. Milk helps your teeth. Growing children need milk every day.



Milk

Milk is used to make other foods. Milk is used to make cheese. Milk is used to make yogurt. Milk is used to make ice cream. Milk is used to make pudding.



Cheese



Yogurt



Ice Cream



Pudding

Dairy is the name of a food group. The milk you drink and all foods made with milk belong in the Dairy food group. All Dairy group foods have calcium in them. Growing children need calcium for strong bones and teeth.

Foods in the Dairy group are healthy foods. Healthy foods help you grow. Healthy foods help make you strong. Healthy foods help you run, jump, and play. It is important to eat foods from the Dairy group every day.