

Let's Eat Healthy

TOGETHER

Explore Dairy!



Know, Wonder, Learn Table

Topic: Milk and Dairy Foods

Know	Wonder	Learn
What do you know about the topic?	What do you want to know about the topic? What questions do you have?	What did you learn about the topic?



For more information and additional resources, visit HealthyEating.org/ExploreDairyGuide.

This program aligns with the Dietary Guidelines for Americans. It is one of many nutrition education resources offered by Dairy Council of California for students and adults to improve eating patterns. For more information and additional resources, visit HealthyEating.org.



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