# How Dairy Fits in the Nutrition Puzzle

**DISCOVER** Da

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Complete the crossword puzzle to learn about dairy nutrition.

#### ACROSS

1. Helps build and repair everything in the body.

3. Keeps fluids balanced and blood pressure normal.

4. Builds strong bones and teeth.

5. Number of minutes we need of physical activity daily.

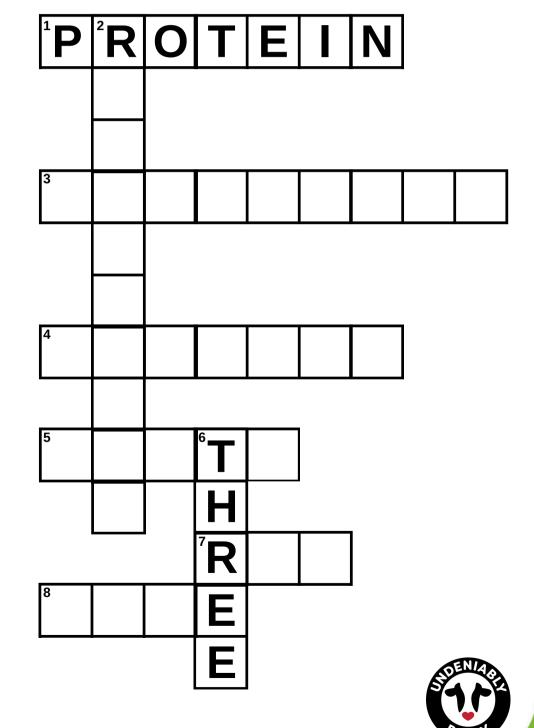
7. Vitamin B12 helps the body make

8. Number of food groups listed in the "My Plate" nutritional guidelines.

#### DOWN

2. Helps the body change food to energy.

6. Number of dairy servings we need each day.





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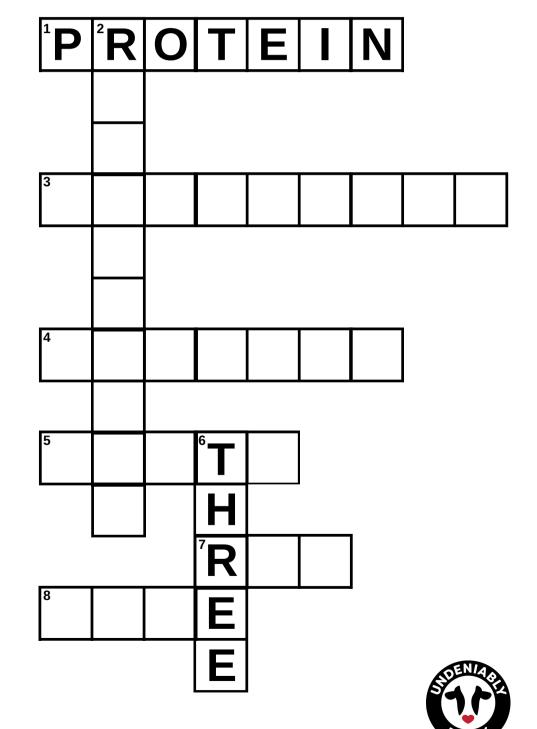
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