



How Dairy Fits in the Nutrition Puzzle

Complete the crossword puzzle to learn about dairy nutrition.

ACROSS

1. Helps build and repair everything in the body.

¹ P ² R O T E I N

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.

³ [] [] [] [] [] [] [] [] [] []

⁴ [] [] [] [] [] [] [] []

⁵ [] [] [] ⁶ T []

[] [] [] H [] [] ⁷ R [] []

⁸ [] [] [] E [] [] E



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