

Who Am I? The Milk Group



We are the milk food group. Can you guess our names? We give lots of vitamin D and calcium for your bones and teeth. Eat or drink milk or milk foods 2-3 times every day!

Draw a line from the Milk food to the name.
Color the page when you are done!



pudding made with
low fat milk

low fat yogurt

low fat chocolate
milk

ice milk

frozen yogurt

cheddar cheese

ice cream

low fat cottage
cheese

non fat milk

swiss cheese

