

# DAIRY DELIVERS A STRONG BODY AND A HEALTHY SMILE!



SEEK AND FIND  
**DAIRY**  
FOODS ON THE  
**PLATE!**

**HINT! HINT!**

There are 8 of each of the following dairy icons.



Glass of Milk    Yogurt    Smoothie    Milk carton    frozen yogurt    milk pitcher    cottage cheese    ice cream    milk bottle    yogurt    cheese Wedge    butter    cheese wheel

**DID YOU KNOW?** Cheese is one of the healthiest foods for your teeth: research shows that eating cheese right after a meal or as a snack helps reduce tooth decay.