

June is dairy month

Kids' KOrner

Milk is a near perfect food

The sole function of milk, in nature, is to serve as food, and it is the only food for which there is no fully satisfactory substitute.

Coupled with the other basic foods...vegetables, fruits, eggs, meat, fish, poultry, whole grain or enriched cereal and bread...milk is the necessary foundation for health and vitality.

Of the many fine foods produced in this country there is no single one that sustains life and promotes growth as well as milk does. It is considered by scientists to be nature's most nearly perfect food because it most nearly meets our entire daily food requirements. Man cannot live on milk alone but he could live longer and better on milk than any other single item.

Barring disease and accidents,

our bodies are what they are because of the foods we have eaten. We all have definite ideas as to what good health means to us. To girls it means clear skin, shiny hair and lovely appearance; to boys it means powerful muscles and endurance; to the adult it means freedom from aches and pains and a buoyant spirit throughout the day. To the doctor good health means physical and mental soundness.

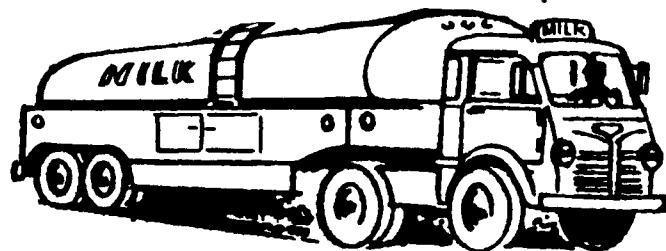
Doctors realize that food plays a very important part in health, and have determined how very vital milk and dairy products are to our well-being. Most doctors urge that small growing children drink 3 or 4 glasses of milk every day, teenagers at least a quart, and adults at least a pint.

P	R	O	V	O	L	O	N	E	Z	S	W	O	C
A	Y	R	S	H	I	R	E	A	X	B	F	D	O
R	B	P	Q	S	M	A	E	R	C	E	C	I	T
M	O	Z	Z	A	R	E	L	L	A	Y	C	Q	T
E	T	U	H	N	I	E	T	S	L	O	H	E	A
S	R	S	Y	E	S	R	E	J	U	E	K	M	G
A	Y	E	M	I	L	K	S	H	A	K	E	N	E
N	R	S	S	I	W	S	N	W	O	R	B	Y	C
J	I	K	A	C	O	K	H	U	I	B	L	E	H
L	A	L	A	N	U	R	A	C	H	E	E	S	E
E	D	I	A	N	M	R	A	F	G	L	A	N	E
D	I	M	C	K	E	N	G	L	S	S	I	W	S
E	O	S	T	I	S	D	O	K	Q	P	D	V	E
R	G	U	E	R	N	S	E	Y	G	K	E	O	W

Test your dairy knowledge with this dairy word search. Find the following dairy foods in this puzzle and then reward yourself with a tall glass of cold, refreshing milk.

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|----------------|------------|-----------|
| Dairy | Jersey | Farm |
| Swiss | Milk | Provolone |
| Ice Cream | Mozzarella | Cheese |
| Cottage Cheese | Holstein | Romano |
| Brown Swiss | Parmesan | Ayrshire |
| Milkshake | Guernsey | Cows |

Word search answers on page B13



Color these farm pictures!

