

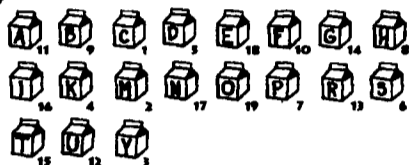
# Kids Korner

## The Udder Page

### MILK MUNCHIES

Use the letters in the milk cartons to complete the word puzzles. Use the color key to help you.

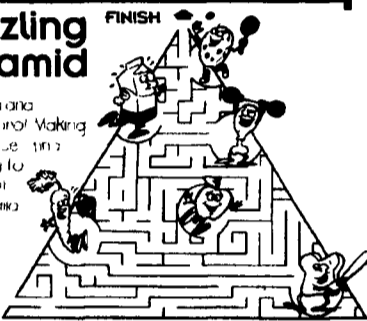
T R N      T S T  
 T R      Z T B T S  
 T R B T T T S      T S T S T S T S  
 T S T S T      T T T  
 T T T      T S  
 T S T      T S



### Puzzling Pyramid

Be a food and fiber explorer! Making your way to the top of the pyramid.

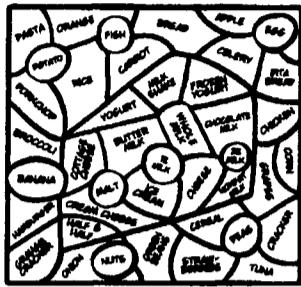
START



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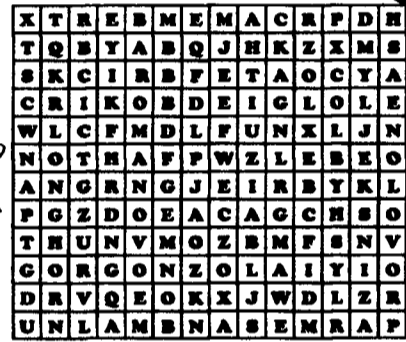
### Mystery Snack

Find a yummy snack using the color key below.



### Cheeses of the World

Notice where these cheese come from. Today, they all can be made in the United States. Find the cheese.



## Color My Drink

Find the drink that best answers each question and color it the correct color.

Which drink strengthens my bones and teeth? Color that drink brown.

Which drink has fizz but no vitamins to help me grow? Color that drink red.

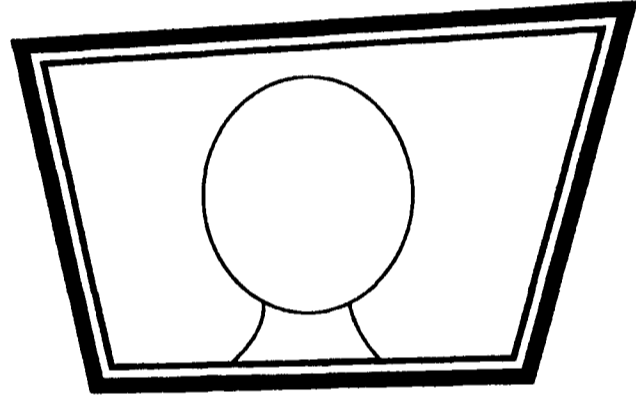
Which drink is fruit flavored and sweet like candy? Color that drink pink.

Which drink comes from fruit grown on a tree? Color that drink orange.



## MY OWN MILK MUSTACHE

What do you look like when you're drinking milk? Draw a picture of yourself in the frame. Draw your eyes, ears, nose, hair and mouth. Remember to add your milk mustache!



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## Build a Better Breakfast!

### Why is Breakfast so important?

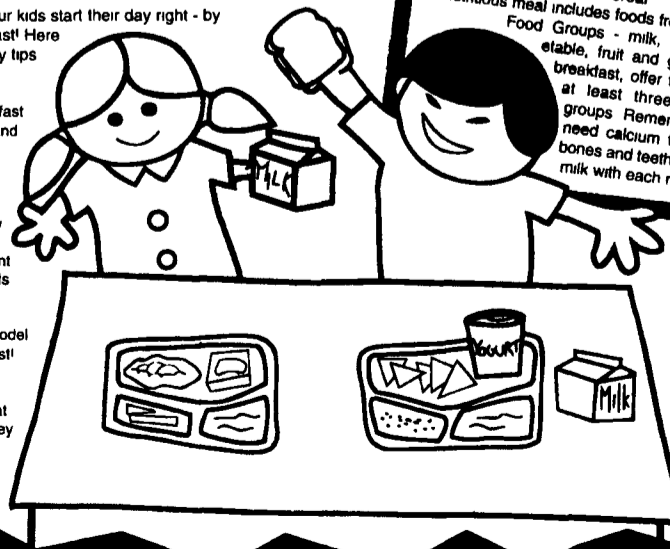
Children who eat a nutritious breakfast every morning are more likely to consume the 40+ nutrients that they need every day for good health. Breakfast eaters also display fewer behavioral problems in the classroom and find it easier to focus on learning. Of the children who do not eat breakfast regularly:

- ✓ One-third are not likely to meet their daily protein requirement
- ✓ Seventy-five percent may not get all the bone-building calcium they need for the day

### What's on Your Plate?

Make sure your kids start their day right - by eating breakfast! Here are some easy tips to remember:

- Keep breakfast foods on hand every day
- Keep breakfast foods highly visible and in convenient spots for kids to grab
- Be a role model. Eat breakfast!
- Encourage kids to eat at school if they don't get a chance to eat at home



### Think Beyond Traditional Breakfast Foods!

Here are some fun breakfast ideas that are fast and easy to make:

- String cheese wrapped in a tortilla
  - Pita pockets filled with scrambled eggs and cheese, peanut butter and banana, strawberries and yogurt, or tuna salad
  - Ice cream cones filled with layers of flavored yogurt and cereal
- A nutritious meal includes foods from the Five Food Groups - milk, meat, vegetable, fruit and grain. For breakfast, offer foods from at least three different groups. Remember, kids need calcium for strong bones and teeth so serve milk with each meal!

Remember to **BREAK** for Breakfast!

## Better Breakfast Game!

### DIRECTIONS

Cut out the 15 pictures at the bottom of this page. Beginning at "Start Here," read the description on the following space and find the matching breakfast food. Place the food on the space and move ahead or back the number of spaces indicated. Once all of the foods are matched with the descriptions, you have won the game! Remember, try these great ideas for your next healthy breakfast!

START HERE

Melt this on a bagel or toast.	I'm the top and bottom of a breakfast sandwich.	I'm spread on bread with jelly.	I'm yummy with syrup!	I can be scrambled, fried or hardboiled.
Forward 3	Forward 4	Forward 2	Back 2	Forward 4
I'm a creamy treat that could be fruity too.	Keep warm with this yummy milk drink.	FREE	I'm a monkey's favorite food!	Raisins are dried...
Forward 4	Forward 4	Forward 3	Back 5	Forward 3
This cereal warms you up in the morning.	I'm red and sweet!	This drink has the same color as its name.	I'm eaten in a bowl with milk and a spoon.	Green Eggs and...
Back 5	Forward 3	Back 3	Back 2	Forward 1

FINISH HERE

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