Milk is a-mazing! Navigate the route from the farm to the breakfast table. Without crossing any black lines, draw a line from the milk truck to the grocery store to your cereal bowl.

Dairy foods contain nine essential nutrients your body needs, including calcium, potassium and vitamin D! Enjoy three servings of dairy per day to build strong bones and healthy bodies.

What’s happening at the dairy processing plant? Connect the dots to find out!

Can you help unscramble the letters below to form the dairy words at the left of the page?

- eeehsc
- irady
- omo
- tgruyo
- iklm
- clcimua
- wco
- falc
- mrfare

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