Fuel up with milk at meals, and soar through your day like a rocket ship!

Make fat-free or low-fat (1%) milk your rocket fuel.

Want to grow big and strong like an astronaut? You need milk to help build muscles and to provide fuel for your fun. Try these tips:

- Power up with breakfast. Drink a glass of low-fat milk with your food.
- Drink milk with snacks. Have a glass of low-fat milk with snacks to refuel your energy.
- Lunch, dinner, be a winner. Drink low-fat milk with meals.
- Play hard. Then renew your energy with a glass of low-fat milk.

Fuel for Your Brain

1. How many cups of milk per day does it take to fill your tank?

You can get the answer by solving these questions:

What’s $1 + 1.5 = ______$? That’s how much you need if you are 8.
What’s $4 – 1 = ______$? That’s how much you need if you are 9 or 10.

2. If you’re looking for rocket fuel, what galaxy would you visit?


3. What kind of cheese has craters like the moon?


Answers:


Low-fat cheese is made from milk, and tastes great too!

Milk gives you energy, so you can take off for the stars!