

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?

- a. Whirlpool Galaxy b. Milky Way Galaxy c. Bode's Galaxy d. Sculptor Galaxy



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

- a. Swiss Cheese b. Blue Cheese c. Macaroni & Cheese d. Sharp Cheese



Answers: 1. Two and 1/2 cups if you are 8 years old and three cups if you are 9 or 10. Make sure you fill your tank every day, so you have energy to fly to the moon! 2. Milky Way Galaxy; 3. Swiss Cheese