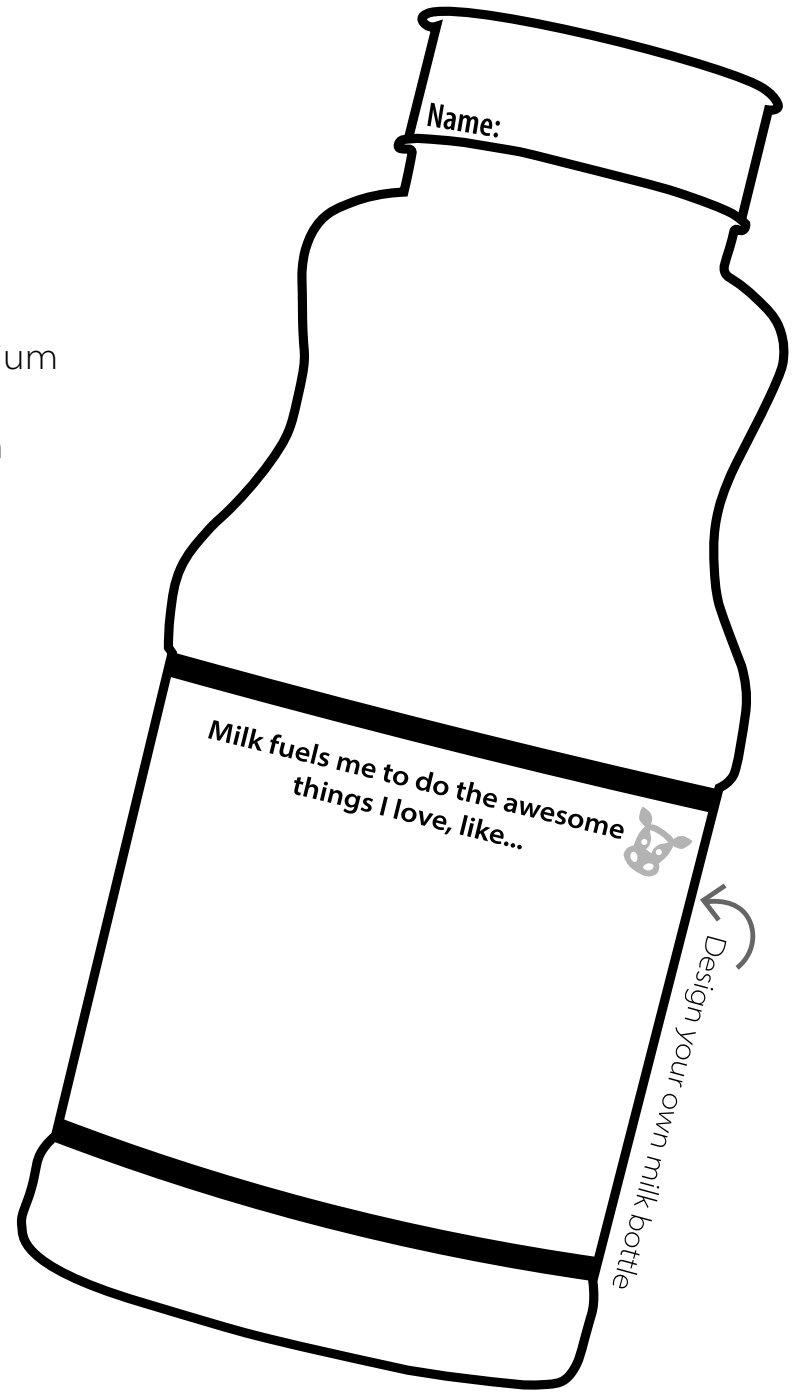


# Dairy **milk** has...

1. \_\_\_\_\_ including potassium, magnesium, & sodium
2. \_\_\_\_\_ & \_\_\_\_\_ for strong bones & teeth
3. \_\_\_\_\_ to help you grow
4. \_\_\_\_\_ to help convert food into energy
5. \_\_\_\_\_ to help build and repair muscles

Word Bank:

<b>Calcium</b>	<b>Electrolytes</b>
<b>Protein</b>	<b>B Vitamins</b>
<b>Vitamin A</b>	<b>Vitamin D</b>



There's awesome inside everyone, all you gotta do is **milk it!**