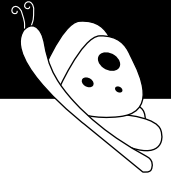


DAIRY WORD SEARCH



Can you find 14 healthy dairy words hidden in the puzzle below?

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Z | U | T | N | H | B | S | T | M | F | U | Y | J | F | M |
| K | Y | Z | D | T | N | R | I | U | P | F | O | M | U | I |
| T | C | R | E | A | M | Y | S | I | R | L | G | F | P | P |
| V | G | E | I | B | F | P | K | S | O | C | A | K | U | W |
| Z | T | A | C | G | A | A | T | S | T | D | R | A | F | T |
| H | O | X | A | Y | N | L | A | A | E | K | T | M | R | N |
| M | B | F | L | N | Z | L | X | T | I | A | F | U | O | K |
| S | D | Q | C | K | T | E | M | O | N | H | G | S | P | W |
| M | K | L | I | S | Z | R | D | P | M | O | H | C | L | N |
| O | M | L | U | P | L | A | B | H | Y | U | T | L | S | O |
| O | T | O | M | K | N | Z | M | J | X | I | G | E | K | N |
| T | E | W | K | M | I | Z | K | O | T | C | O | S | Z | F |
| H | E | F | Z | L | S | O | S | E | N | O | B | Z | H | A |
| I | T | A | H | W | I | M | Q | N | L | B | D | R | V | T |
| E | M | T | O | T | V | M | Q | R | C | H | E | E | S | E |

CHEESE
SMOOTHIE
NON FAT
MILK
MUSCLES
BONES
POTASSIUM
CREAMY
YOGURT
LOW FAT
PROTEIN
MOZZARELLA
CALCIUM
TEETH

WORD SCRAMBLE



Below are fun words to unscramble. Some words describe activities to enjoy with your kids or grandkids, and others are about low fat dairy foods.

GWANKLI _____

UGJINMP _____

AMERSINL _____

LAELOZMAZR _____

NIUNGRN _____

TMNSIAVI _____

GUTROY _____

EHDARCD _____

CIUCLAM _____

IADNGCN _____



For healthy tips and free recipes, visit EatWellBeWell.org or call 1-800-695-3335.