Calcium Cow-Q-Later

Eating milk, cheese and yogurt three times a day helps build strong bones. Exercising helps keeps those bones strong. Count the number of milk-group foods you eat each day this week and how much exercise you get in the chart below. Be sure to show Mom and Dad and see just how well they’re eating, too!

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese</td>
<td>Milk</td>
<td>Yogurt</td>
<td>Exercise</td>
<td>Cheese</td>
<td>Milk</td>
<td>Yogurt</td>
</tr>
</tbody>
</table>

Key:
- Cheese
- Milk
- Yogurt
- Exercise

Word Search

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

Words:
- udder
- cow
- milk
- dairy
- comb
- clue
- ears
- romance
- kiss
- young
- manure
- peace
- milk
- cob
- crops
- teeth
- churn
- cud
- holstein
- radical
- best
- Vermont
- calcium
- ice cream
- coy
- race
- tough
- calf
- bulk tank
- pretty
- silo
- fun
- mirror
- cow
- rib
- tie
- hay
- field
- cute
- tractor
- farm
- cheese
- barn
- sweet
- whey
- yogurt
- date
- plant
- lips
- sister
- chew
- love
- herd
- spot
- tender