

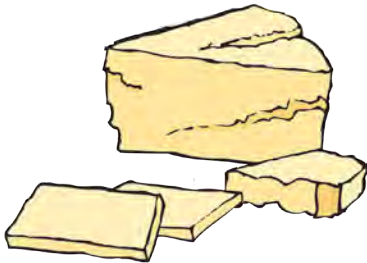
# Good for You!

Follow your teacher's directions.



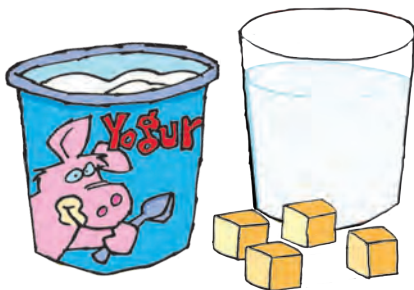
## Thank a farmer.

Farmers take good care of their cows. Farmers want to make sure their cows make good milk for you! Did you know that milk helps you grow? It makes your bones strong. It makes your teeth strong too!



## Hooray for dairy!

Foods that are made from milk are called dairy foods. Cheese is a dairy food. Yogurt is too.



## Think "three."

You should have three servings of dairy foods each day. How much is a serving? One cup of milk is a serving. One cup of yogurt is a serving. Four small cubes of cheese is a serving.

Circle **yes** or **no**.

- |                                 |     |    |
|---------------------------------|-----|----|
| 1. Milk is good for your teeth. | yes | no |
| 2. Cheese is made from milk.    | yes | no |
| 3. Milk makes bones strong.     | yes | no |

**Talk About It!**  
Why would you want to thank a farmer?



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**Note to the teacher:** Give each student a copy of this page. Read the text with students. Then guide each youngster to respond to the statements at the bottom of the page. If possible, follow up with a cheese tasting! Invite students to sample and compare the taste of two or more different kinds or flavors of cheese.

**Answer Key**  
**“Good for You!”**  
**Grade K (RI.K.10; RI.1.10)**

1. yes
2. yes
3. yes



# More Cheese, Please!

Circle the greater number.



Eat dairy foods three times a day! They help you stay healthy so you can play!

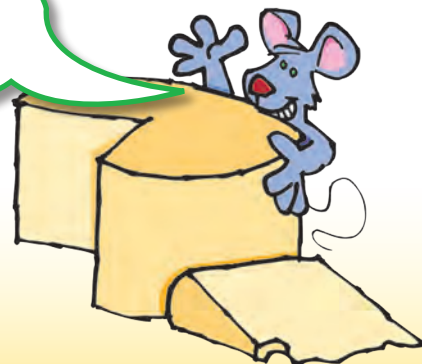


3    5	4    10	6    5
7    1	2    8	5    9
5    10	6    2	8    3
8    9	7    4	2    5

Write numbers that are less than and greater than 3.

\_\_\_\_\_ **3** \_\_\_\_\_  
less than                      greater than

Think "three" for dairy!



**Answer Key**  
**“More Cheese, Please!”**  
**Grade K (K.CC.C.7)**

3	⑤
⑦	1
5	⑩
8	⑨
4	⑩
2	⑧
⑥	2
⑦	4
⑥	5
5	⑨
⑧	3
2	⑤

Answers for numbers less than and greater than three will vary.

