



Name _____ Class _____ Date _____

What foods are in the Dairy Food Group?

Liquid milk and foods made from milk are part of this food group. Cream cheese, cream and butter, have little calcium and are not considered part of the Dairy Group. Calcium-fortified soymilk is also part of the Dairy Food Group.

Dairy Group - Get Your Calcium-Rich Foods!

What are your favorites?



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cheddar cheese

string cheese



ice cream



pudding



frozen yogurt



yogurt



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Get Your Calcium-Rich Foods!

Color the dairy foods. Circle the healthy dairy food choices.



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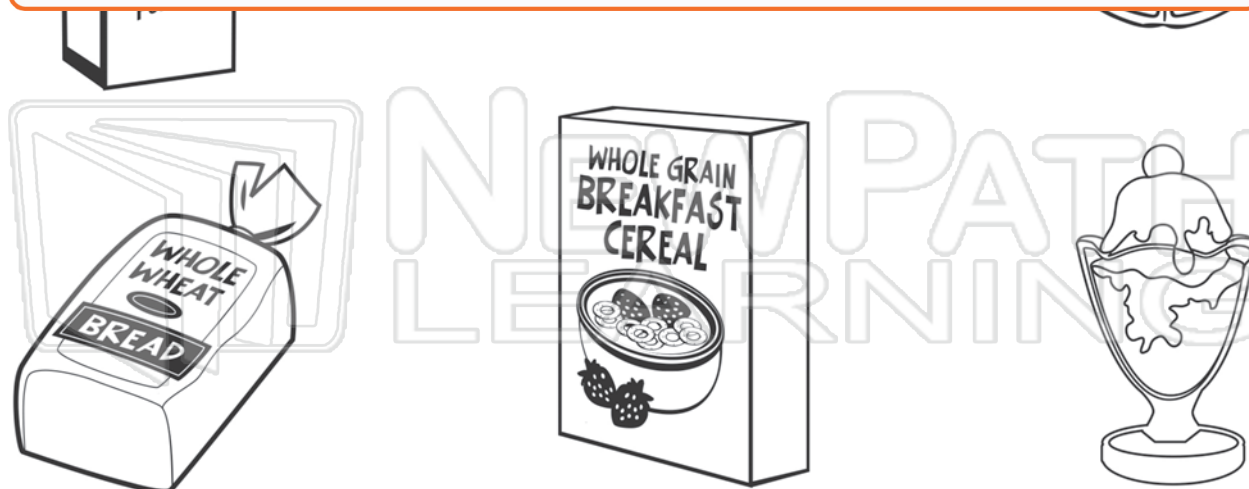
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Separate Grains and Dairy. Draw a line from Grains to the shopping cart.
Draw a line from Dairy items to the basket.



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1 Which of these foods is part of the Dairy Food Group?



A ice cream
B yogurt
C low-fat milk
D all of the above

5 Which one of these has the least amount of fat?



A chocolate milk
B whole milk
C low fat (1%) milk
D reduced fat (2%) milk

2 Foods that do not have enough calcium are not part of the Dairy Food Group. Which of these is **not** part of the Dairy Food Group?

A _____
B _____
C _____
D _____

6 Pick the healthy milk-based dessert.

A frozen low fat yogurt




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3 What mineral is found in all dairy products?


A _____
B _____
C _____
D _____

4 What important mineral is found in all foods in the Dairy Food Group?



A gold
B silver
C calcium
D quartz

8 What is the name of this dairy food?




A soy milk
B skim milk
C yogurt
D Swiss cheese



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Answer Sheet

1 Which of these foods is part of the Dairy Food Group?



A ice cream
B yogurt
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5 Which one of these has the least amount of fat?



A chocolate milk
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D reduced fat (2%) milk

2 Foods that do not have enough calcium are not part of the Dairy Food Group. Which of these is not part of the Dairy Food Group?

A ice cream
 B yogurt
C low-fat milk
D all of the above

6 Pick the healthy milk-based dessert.

A frozen low fat yogurt
B chocolate milk
C whole milk
D reduced fat (2%) milk




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