



From calcium to vitamin D, milk is full of important stuff. Plus it tastes good. A glass of milk in the morning helps give you the energy you need for school and play. Keep that killer smile as Milk has calcium to help keep teeth strong!

Test your knowledge by reading the clues (Down and Across) and filling in your answers (remember: they have to fit!).

|    |   |    |   |    |    |    |    |   |    |   |
|----|---|----|---|----|----|----|----|---|----|---|
| 1  |   | 2  |   | 3  |    | 4  |    | 5 |    | 6 |
|    |   |    |   |    |    |    |    |   |    |   |
| 7  | 8 |    | 9 |    |    | 10 |    |   |    |   |
|    |   |    |   |    |    |    |    |   |    |   |
| 11 |   | 12 |   |    | 13 |    |    |   |    |   |
|    |   |    |   | 14 |    |    | 15 |   | 16 |   |
|    |   |    |   | 17 | 18 |    | 19 |   |    |   |
| 20 |   |    |   |    |    |    |    |   |    |   |
|    |   |    |   | 21 |    | 22 |    |   |    |   |
| 23 |   | 24 |   |    |    |    |    |   |    |   |
|    |   |    |   | 25 |    |    |    |   |    |   |

**Across**

- 1 Milk has only \_\_\_ ingredients
- 4 Milk has \_\_\_ grams of protein in every eight ounces
- 7 Ask for in a restaurant
- 10 Bonus
- 11 Where does real milk come from
- 13 A young cow has her first calf at two years of \_\_\_
- 17 Old, for short
- 19 Olympians love drinking milk: \_\_\_ out of 10 grew up drinking it
- 20 Cows and bulls in general
- 21 Milk goes well with this cereal for breakfast

**23** Part of the cow that provides milk

**25** This sweet substance is not added to white milk

**Down**

- 1 It typically takes \_\_\_ days for the milk to go from dairy farm to store
- 2 Vitamin B-12 in milk helps \_\_\_ blood cells
- 3 What you hear with
- 4 Milk has B vitamins which help your body convert food into \_\_\_
- 5 Cows go through it often
- 6 Group that work together for a common purpose

**8** Brazilian city

**9** Ensign, for short

**11** Nutrient in milk that helps build strong bones

**12** Are you a genius, or \_\_\_?

**14** Brown, black and white are common \_\_\_ in dairy cattle coats

**15** Number of essential nutrients in one 8-oz serving of milk

**16** Physical well-being

**18** Meadow

**22** Price label

**24** Carry out

Answers:

|                 |                |                 |   |                 |                 |                 |                 |                 |   |                 |
|-----------------|----------------|-----------------|---|-----------------|-----------------|-----------------|-----------------|-----------------|---|-----------------|
| <sup>1</sup> T  | H              | <sup>2</sup> R  | E | <sup>3</sup> E  |                 | <sup>4</sup> E  | I               | <sup>5</sup> G  | H | <sup>6</sup> T  |
| W               |                | E               |   | A               |                 | N               |                 | A               |   | E               |
| <sup>7</sup> O  | <sup>8</sup> R | <sup>9</sup> D  | E | R               |                 | <sup>10</sup> E | X               | T               | R | A               |
|                 | I              |                 | N |                 |                 | R               |                 | E               |   | M               |
| <sup>11</sup> C | O              | <sup>12</sup> W | S |                 | <sup>13</sup> A | G               | E               |                 |   |                 |
| A               |                | H               |   | <sup>14</sup> C |                 | Y               |                 | <sup>15</sup> N |   | <sup>16</sup> H |
| L               |                | A               |   | <sup>17</sup> O | <sup>18</sup> L |                 | <sup>19</sup> N | I               | N | E               |
| <sup>20</sup> C | A              | T               | T | L               | E               |                 |                 | N               |   | A               |
| I               |                |                 |   | <sup>21</sup> O | A               | <sup>22</sup> T | M               | E               | A | L               |
| <sup>23</sup> U | D              | <sup>24</sup> D | E | R               |                 | A               |                 |                 |   | T               |
| M               |                | O               |   | <sup>25</sup> S | U               | G               | A               | R               |   | H               |