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!).

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
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Answers:

THREE
EIGHT
NINE
OATMEAL
CATTLE