Looking to reach new heights? Nutrients like protein, calcium and vitamin D in milk help you grow. Plus it tastes good. A glass of milk in the morning helps give you the energy you need for school and play. Milk tastes awesome and helps you be awesome.

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

**Across**

1. Average number of gallons of milk per day produced by a cow
2. The sweet sound of this may help a cow produce more milk
3. Have some hay
4. Turn milk or cream in a machine to make butter
5. Leave
6. US farmers measure milk in
7. Area where cows can shelter in winter
8. Big smile
9. The A-mazing milk nutrient that helps eyes and skin
10. Tour ___ France
11. In favor of
12. 1300-1500 lbs is the average ___ of a cow
13. 50th state, abbr.
14. A cow’s foot is called a ___
15. Large weight measurement
16. Along with exercise, this nutrient helps build strong muscles
17. This sweetener is not added to milk
18. Nation Dairy Month
19. On average, a cow drinks ___ gallons of water per day
20. 3rd largest dairy producing state in the nation
21. “Old Macdonald Had a Farm” is one
22. Recited at a wedding
23. Word used to refuse permission
24. Provided
25. Provided

**Down**

1. Watches
2. Doctor who treats cows if they are sick
3. East coast city, abbr.
4. Pile
5. “Old Macdonald Had a Farm” is one
6. There are 16 ___ s in a gallon
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Answers:

- SEVEN
- MUSIC
- EAT
- CHURN
- POUNDS
- BARN
- STARING
- POUNDS
- BARN
- OOF
- FOR
- LIGHT
- SNY
- Vitamin
- OEA
- Weight
- Sunny