

Dairy Foods: Fill in the blanks

Dairy foods are healthy and help our bodies grow strong. Choose the correct word from the box to complete each sentence.

calcium

cow

yogurt

strong

cheese

bones

milk

butter

energy

1. We get milk from a _____.
2. _____ is a white liquid that is healthy to drink.
3. _____ is made from milk.
4. _____ is soft and spread on bread.
5. _____ is a creamy food that is good for our tummy.
6. Dairy foods give us _____ to play and learn.
7. Dairy foods help make our _____ and teeth strong.
8. Dairy foods are full of _____ that are good for our body.
9. Milk, cheese, and yogurt help our body grow _____.

