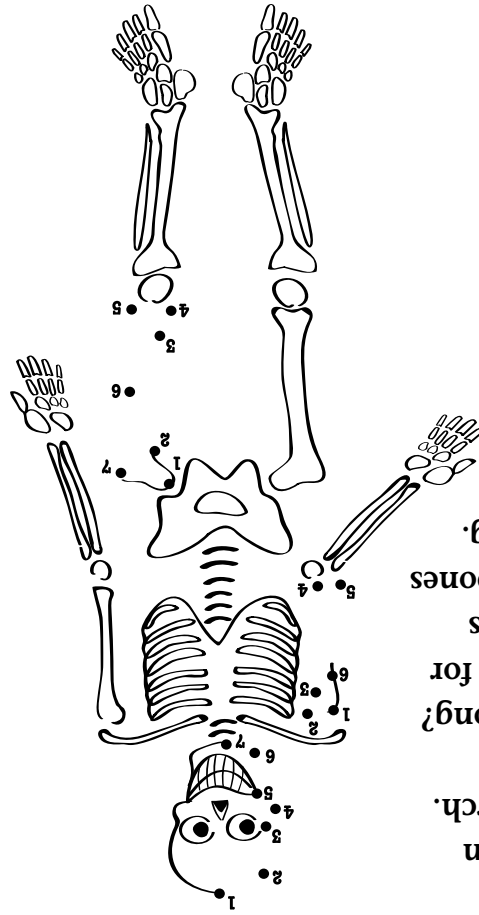


bones calcium milk yogurt
cheese play skeleton

E K L S E N O B
S L Y P C O L J
E I O A A T X V
E M G X L E T Y
H H U X C L Y C
C Y R T I E X R
Y C T M U K Q H
P L A Y M S K N

Find and circle the words from the list below. A word might be spelled forward, backward, up to down, or down to up.

Our journey's done for now,
we know just what to do
Two cups of milk (or dairy foods)
and move our body too!



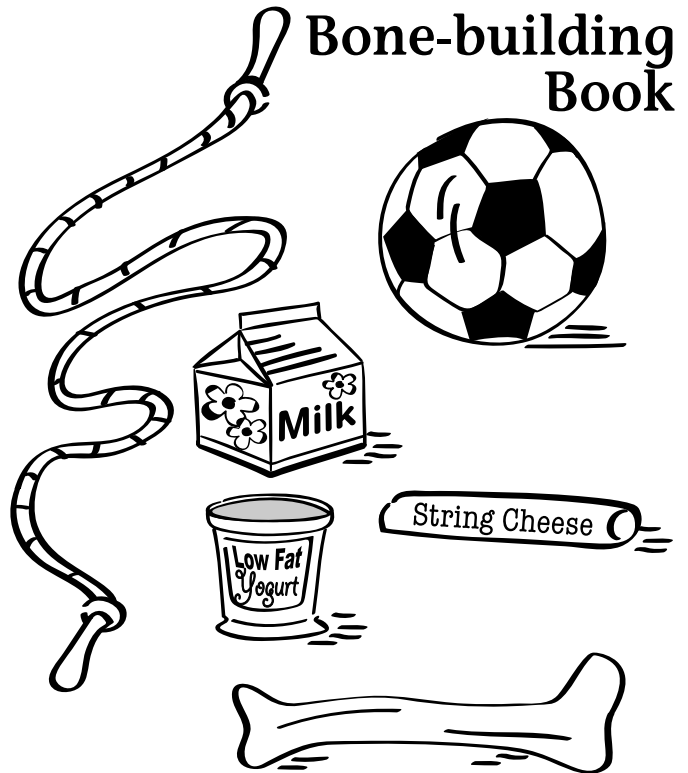
We're going on
a bone search.
Do you want
to come along?
We're looking for
all the ways
to make our bones
grow strong.
Did you know
your body has
206 bones to
keep healthy and
strong?

What I eat and how I play,
Helps my body grow each day.

Draw a picture of all your favorite healthy foods.

_____'s
Name

Bone-building Book



Moving your body helps you to build strong bones. Draw a picture that shows you playing your favorite active game or sport.

On our way to school,
we like to have some fun.
We like to hop, skip and march,
and sometimes even run!

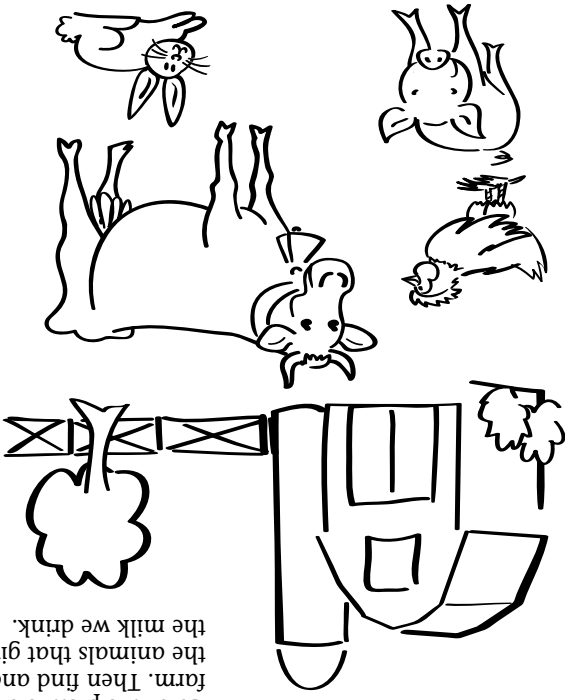
Sitting at our breakfast table,
pass the calcium, please.
To build your bones every day,
eat yogurt, milk, and cheese.

Calcium is a nutrient found in milk that helps build strong bones. Circle all the foods that are made from milk.



Color the picture of the farm. Then find and circle the animals that give us the milk we drink.

Here we are at Aunt Sal's farm.
A lot is happening here.
Can you find who gives us milk
for each day of the year?



Now we're at Bob's grocery store,
searching high and low,
Looking for the dairy foods that
make our skeleton grow.

