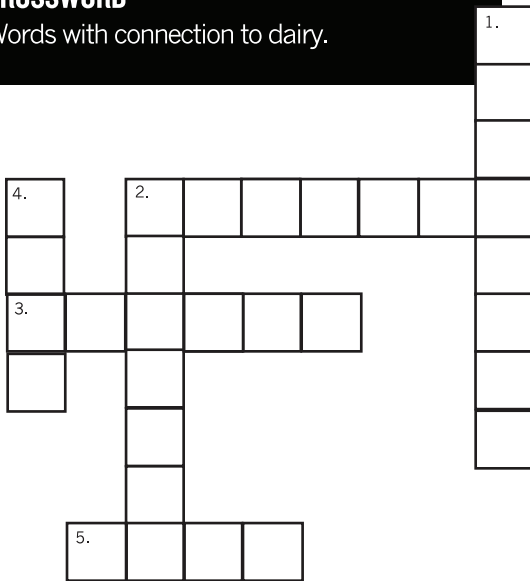




SIMPLY GOOD

CROSSWORD

Words with connection to dairy.



ACROSS

- In a glass, alternate layers of yogurt and your favorite fruits to create a beautiful _____.
- A healthy alternative to ice cream is to eat _____ yogurt.
- Yogurt can be made by any mammal that produces _____.

DOWN

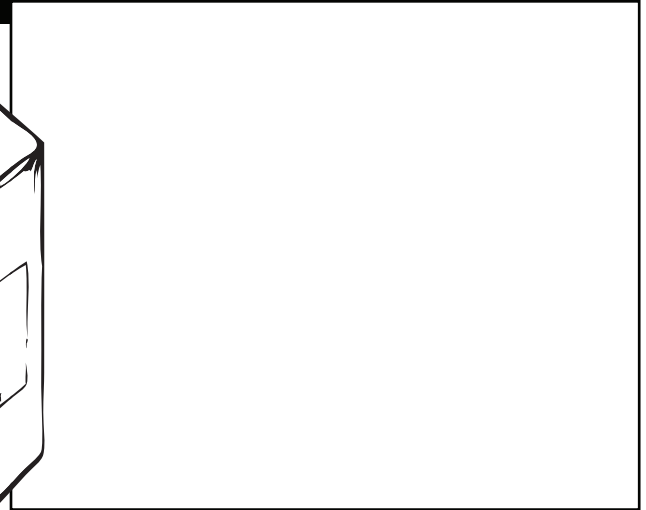
- Always eat yogurt with live and active _____.
- Low-fat yogurt is an excellent source of calcium and _____.
- Some studies show that eating yogurt daily can help you lead a longer _____.

WEEKLY CHALLENGE:

Eat a complete breakfast every day this week and include lowfat yogurt at least once!

DRAWING

Draw a healthy breakfast including a food from each of these food groups: grain, fruits, dairy, and meat/beans.



FILL IN THE BLANK

Top your daily cup of _____ with a quarter-cup of _____, a handful of nuts, and some frozen _____ or dried _____ for a quick, delicious and sustaining _____. Creamy yogurt, _____, and freshly ground sea salt and _____ make a great topping for baked _____, yams or other cooked _____.

breakfast
potatoes
yogurt
fruit
vegetables
granola
pepper
berries
chives

