

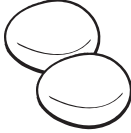
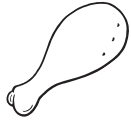







FOOD BENEFITS MATCHING CARDS

ACTIVITIES 3 AND 6

0254BLM Copyright © 2005, NATIONAL DAIRY COUNCIL® Rosemont, IL 60018-5616. Material on this page only may be duplicated for educational purposes.



<p>Yogurt</p> 	Milk Group	Strong Bones and Teeth	Calcium
<p>Cheese</p> 	Milk Group	Strong Bones and Teeth	Calcium
<p>Eggs</p> 	Meat Group	Strong Muscles	Protein
<p>Chicken</p> 	Meat Group	Strong Muscles	Protein
<p>Carrots</p> 	Vegetable Group	Night Vision	Vitamin A
<p>Spinach</p> 	Vegetable Group	Night Vision	Vitamin A
<p>Strawberries</p> 	Fruit Group	Heals Cuts and Bruises	Vitamin C
<p>Orange</p> 	Fruit Group	Heals Cuts and Bruises	Vitamin C
<p>Tortilla</p> 	Grain Group	Energy	Carbohydrate
<p>Rye Bread</p> 	Grain Group	Energy	Carbohydrate