

COOTIE CATCHER

You are what you drink.

← Cut with scissors, fold and play!

	<p>1</p> <p>One cow makes about 130 glasses of milk per day.</p>	<p>2</p> <p>Something cool and delicious is waiting for you in the lunchroom.</p>	
<p>8</p>	<p>Someone out there likes your smile.</p>	<p>Did you know milk is actually 90% water? The rest is vitamins, proteins and carbs.</p>	<p>3</p>
<p>Write your own:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>to music.</p>	<p>You're going to live a long, healthy life.</p>	<p>4</p>
	<p>6</p> <p>Cows produce more milk when they listen to surprise very soon.</p>	<p>5</p> <p>You will receive a surprise very soon.</p>	

Choose SMART. Choose NATURAL. Choose MILK.



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CLUES

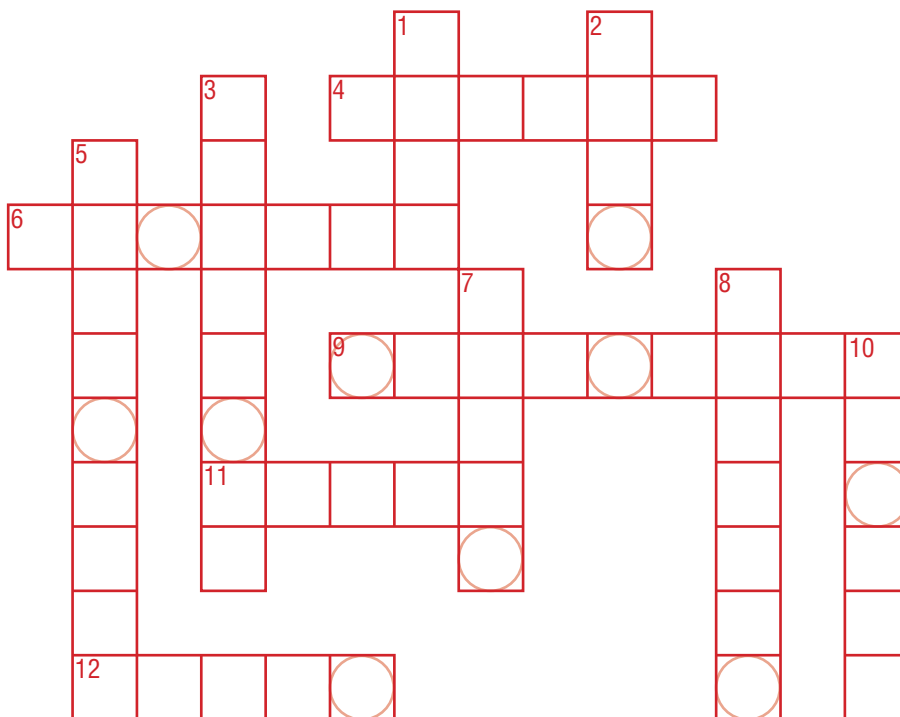
ACROSS

4. A glass of chocolate milk can help your body _____ after practice.
6. Makes muscles strong.
9. The most popular flavor of school milk.
11. The number of glasses of milk you should be drinking each day.
12. Flash your pearly whites!

DOWN

1. What you are after age 12, but not after 20.
2. Milk is an important part of every _____.
3. Exercise is basically this.
5. Cereal and milk make a great _____.
7. You want all 206 of these to be strong.
8. Milk's strongest nutrient.
10. Carbohydrate gives you this.

CROSSWORD PUZZLE



JUMBO PUZZLE TAKE THE CIRCLED LETTERS AND UNSCRAMBLE THEM TO COME UP WITH THE PUZZLE'S THEME.



Choose **SMART.** *Choose* **NATURAL.** *Choose* **MILK.**





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The Magnificent Milk Mystery Mad-Lib Fill-in the blanks. Have fun!

One day at school, all the milk went missing. “_____!” exclaimed Principal _____. “How will the children get the 3 glasses of milk a day they need now?” Desperate, the principal brought in his/her _____ to help investigate. Unfortunately, the _____ immediately began chasing Mrs. Smith’s _____, which she had brought in for show & tell that day. All the _____ commotion led Mr. Perry, the _____ teacher to storm into the cafeteria _____, where he immediately began digging through _____ of _____. “_____!” he cried in _____. “Now my _____ smell(s) like _____!” Suddenly, _____, from the cafeteria came _____ into the room asking, “What’s going on here?” “The children’s primary source of calcium—have you seen it?” cried Mr. Perry. “It’s right here!” answered _____, pointing to a _____ full of milk cartons he/she had just wheeled in from _____. “Choose one and get the _____ you need for your body today!”

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WORD LIST

ACTIVE
BONES
CALCIUM
DAIRY
DELICIOUS
ENERGY
GROW
HEALTH
MILK
MINERALS
MUSCLE
NIACIN
NUTRITION
POTASSIUM
PROTEIN
RIBOFLAVIN
SKIN
SPORTS
TEETH
VITAMINS

WORD SEARCH

All words can be found up, down or diagonal.

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

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

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COLORING SHEET

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 WISCONSIN MILK
MARKETING BOARD
WISCONSIN DAIRY PRODUCERS



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IDEAS FOR TEACHERS (GRADES 6–8)

Celebrity “Admiration” Collage

Create a collage of celebrities (or other important people in your life) whom you admire for qualities that can be attributed to the nutrients found in milk, e.g., Brad Pitt for his smile, Halle Berry for her skin, etc.

Milk Journal/Blog/Challenge

Encourage students to keep a daily blog or journal about their feelings towards milk. This could be coupled with an actual challenge to drink, say, at least 3 glasses of milk a day for a week.

Milk Expressions

Assign students to:

- ...write a poem about milk
- ...write a song or an ad jingle
- ...create a “milk holiday” (What would it be called? How would you celebrate it?)
- ...have a mural contest
- ...create a “work of art” (could be a painting, drawing, sculpture, etc.)

Milk Calendar

A combination of all of the above, where every day for a week or a month, students would have one daily milk-related activity to complete as part of their homework.

For additional resources, visit www.wmmb.com/wdc.

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