Milk contains nutrients your body needs for good health. One nutrient is called calcium. It helps keep your bones and teeth strong.

What dairy foods do you like best with your meals?

BREAKFAST: ______________________  DINNER: ______________________

LUNCH: ______________________   SNACK: ______________________
Find your way through the maze to collect the milk, cheese and yogurt for delicious calcium-rich dairy products.

Polly the dairy cow says:

More than 268 million gallons of milk are produced each year on dairy farms in Oregon.

Contents adapted from Polly Pride’s Activity and Coloring Book courtesy of Washington Dairy Products Commission.