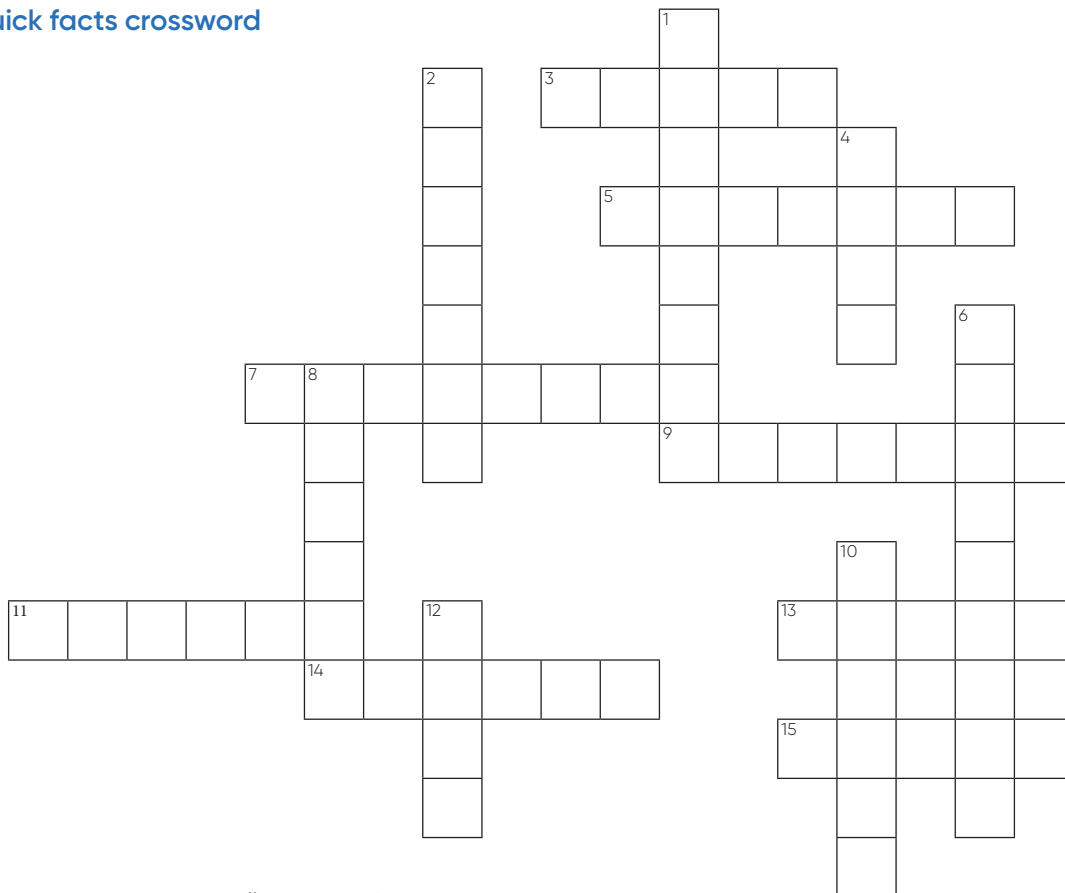


## HEALTH AND NUTRITION YEARS 3–6 WORKSHEET

### Dairy - Quick facts crossword



#### Across

3. Milk, cheese and yogurt are all \_\_\_\_\_ foods.
5. People who have their recommended serves of the dairy food group every day are more likely to achieve their Recommended Dietary Intake (RDI) of \_\_\_\_\_.
7. Almost half of all Australian \_\_\_\_\_ do not consume enough calcium every day to meet their requirements.
9. What does BMD stand for? - Bone Mineral \_\_\_\_\_.
11. One tub of \_\_\_\_\_ equals one serve of dairy.
13. How many serves of the dairy food group should a 10 year old girl eat every day?
14. When you increase your BMD you can increase the size and \_\_\_\_\_ of your skeleton.
15. 99% of calcium is found in your bones and \_\_\_\_\_.

#### Down

1. \_\_\_\_\_ D is a bone building nutrient.
2. To reduce the risk of \_\_\_\_\_ bones you need to achieve your RDI of calcium.
4. Along with water, what is the best drink for you? \_\_\_\_\_.
6. Dairy foods are packed full of what? \_\_\_\_\_.
8. RDI means the ideal amount to eat and drink every day for good \_\_\_\_\_.
10. One serve of dairy can be 2 slices of \_\_\_\_\_.
12. Z \_\_\_\_\_ is a nutrient found in dairy foods.

