

Milk Mixer



Unscramble the words, using the clues to help you. Then, complete the sentence at the bottom using the letters in boxes to form the missing word.

It's also called 1% milk.	o f w t l a	___ _ _ _ _ <input type="checkbox"/>
Another name for milk sugar.	o a s e c l t	___ _ _ _ _ <input type="checkbox"/> _
It helps keep muscles strong.	t e i p n o r	___ _ _ <input type="checkbox"/> <input type="checkbox"/> _ _ _
Needed to digest milk sugar.	l a e t a s c	___ _ _ _ _ <input type="checkbox"/> _ _ _
Mineral that keeps bones strong.	i a l u c c m	___ _ _ _ _
<p>Another great reason to drink lowfat or fat free milk is its <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/> !</p>		



Switching to lowfat or fat free milk is a great thing you can do for your health!

ENAFS Healthy Living Program
Module 5: Healthy Eating for Elders
Lesson 4: Moovoo to Lowfat or Fat Free Milk