



Superhero Nutrients

Do Florida dairy products like milk and cheese give your body SUPER powers like strong bones and muscles? You bet! Dairy products have nine essential nutrients that your body needs to help you grow strong and stay healthy.

Directions: Match the dairy nutrients to their correct health benefit below.

Dairy Superhero Nutrient

Superhero Health Benefit

_____ Calcium

_____ Niacin and Riboflavin

_____ Vitamin A

_____ Protein

_____ Potassium

_____ Carbohydrates

_____ Vitamin B-12

_____ Phosphorus

_____ Vitamin D

A. Nutrient that gives energy to your body

B. Two nutrients that help cells make energy

C. Nutrient that builds strong muscles

D. Vitamin that helps your vision

E. Mineral that builds strong bones and teeth

F. Vitamin that moves oxygen through your body

G. Mineral that helps make strong bones and teeth

H. Mineral that helps make healthy cells and strong bones

I. Mineral that helps build healthy muscles, including the heart



Now, make your own dairy superhero! Color and cut out the superhero nutrients below. Next, draw a superhero on a separate piece of paper. Glue the superhero nutrients onto your superhero near the body part that nutrients helps. Some body parts are helped by more than one nutrient. Finally, write 2-3 sentences from your superhero about the power of dairy.

Vitamin D

Potassium

Calcium

Vitamin A

Niacin and Riboflavin

Vitamin B-12

Phosphorus

Carbohydrates

Protein



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