



Nutrition Challenge: Week 6, Day 11



- Milk Taste Challenge – If you drink whole milk, try 2%: if you drink 2%, try 1%; if you drink 1%, try skim.....if you drink skim milk or are allergic to milk....try soy, rice or almond milk! What do you think of the taste of the milk you tried? Did anyone in your family try it with you? If so, who?
- The best sources of calcium are milk, yogurt, and cheese. About 72% of the calcium in the U.S. food supply comes from dairy foods.

I MET MY NUTRITION GOAL FOR WEEK 6!

Student Signature _____ Parent Signature _____



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