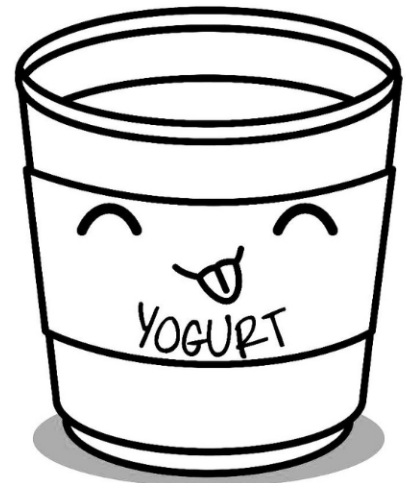
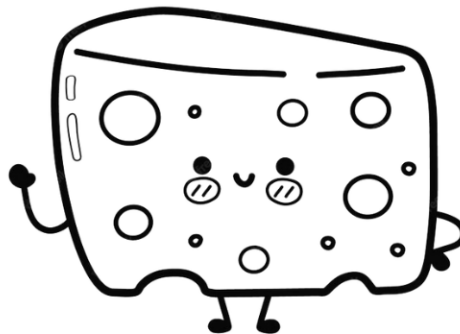
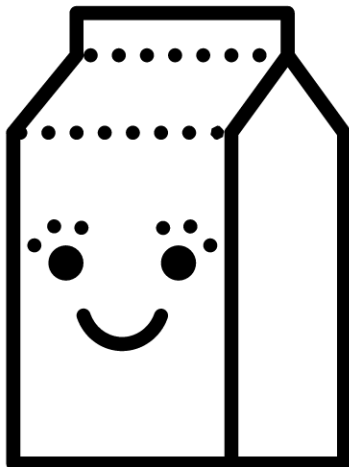
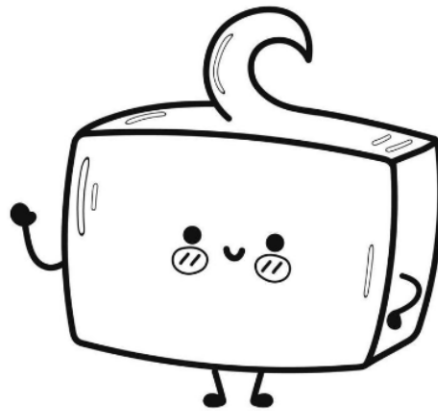
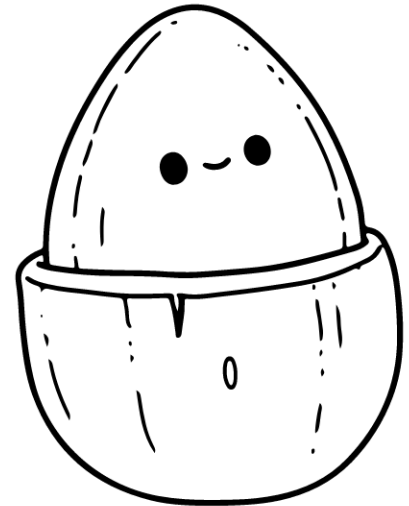
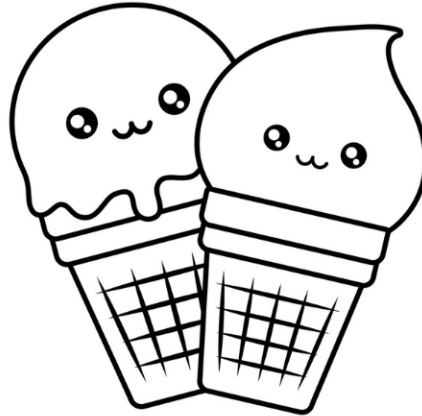
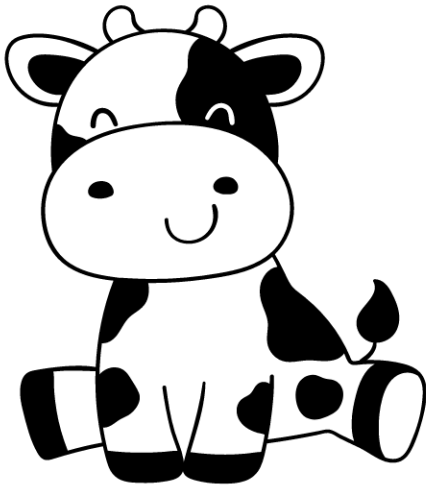


MILK UP YOUR MIND ABOUT DAIRY!



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Tips For Families

-While milk consumption has decreased by 42% in the last 50 years, total dairy consumption has increased by 30%. This means that while most Americans are drinking less dairy milk, they are consuming more dairy products (i.e., cheese, yogurt, ice cream, kefir, butter, cream).

-All dairy products are sourced from animal milk (cow, sheep, goat, etc.); however, they are not all equal nutritionally.

-Dairy can be a great inexpensive source of protein, but it often contains large amounts of added sugars. Yogurts can be deceptively healthy, boasting to contain protein and probiotics, but most yogurts will contain 15 to 20 grams of added sugars. Choose plain yogurt and mix in fresh fruit, maple syrup, or honey to control the amount of sugar.

-Not all yogurts are created equal when it comes to protein. Greek Yogurt & Skyr have the most protein. Just be sure to opt for plain low-fat/non-fat options!

-Lactose intolerant or lactose sensitive? Fermented dairy products tend to be better digested than non-fermented products. Try yogurts, fermented dairy drinks, and aged cheeses. Lactose is naturally broken down into its component parts during fermentation, and the longer a cheese is aged, the less lactose it contains.

-Although fat is an essential part of a healthy diet, be mindful of the fat content in the dairy you choose to consume. Unlike olive oil, avocados, nuts, seeds, and fish, the fat found in dairy is saturated. This means that we should consume it in low quantities and in moderation.

-Stay away from any products labeled as raw milk products. Raw milk has no additional health/nutritional benefits when compared to pasteurized milk products. In fact, consuming raw milk can lead to serious health risks (e.g., E. coli, Listeria monocytogenes, Salmonella, Campylobacter).

-Be advised that dairy should not be introduced to children until age 1 and milk should never be used as a formula/breastmilk substitute. Milk is too complex for an infant's digestive system and renal system and consuming it can result in kidney damage and digestive tract irritation.

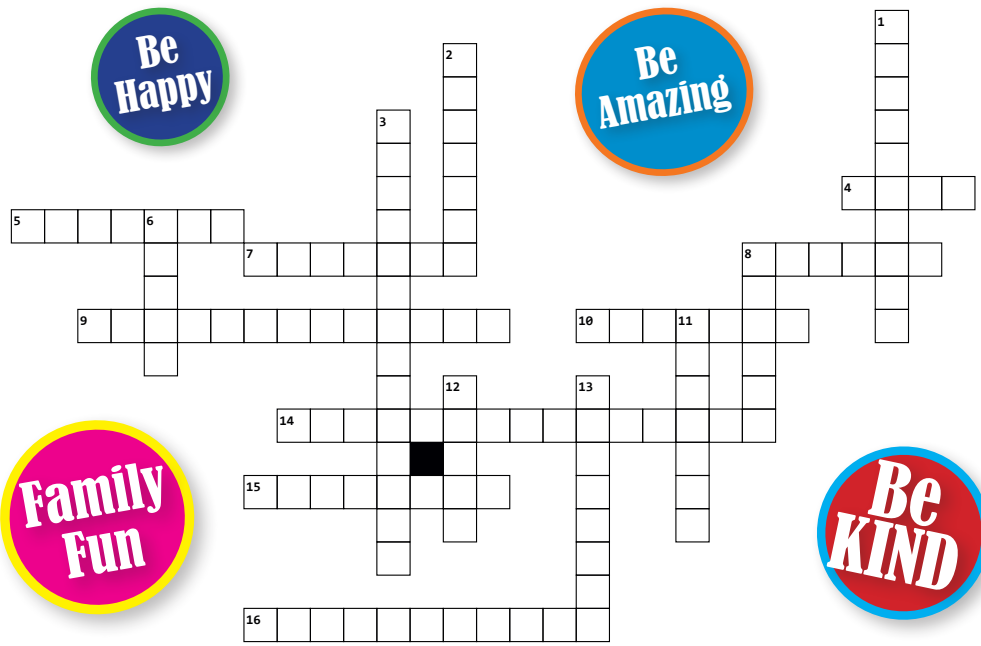
-Children aged 1 year to 2 years should consume no more than 2 cups of full-fat dairy per day, including milk, yogurt, and cheese. Children 2 years and older should consume no more than 3 cups of low-fat dairy per day, including milk, yogurt, and cheese.

-If you do not consume dairy, you can still get all of the vitamins and minerals dairy offers by consuming fortified milk-alternatives and whole foods. Dairy is not the only food that contains calcium and Vitamin D. In fact, dairy does not naturally contain Vitamin D and is instead fortified.

-Bony fish are a great source of calcium (e.g., Sardines, Mackerel, Anchovies), and fatty fish are a good source of Vitamin D (e.g., Salmon, Tuna, Halibut).

Almonds, leafy greens, edamame, tofu, and fortified grains are all good sources of calcium. Vitamin D is rare in foods, with it naturally being found in fatty fish, egg yolk, and animal liver.

You Oat To Know Crossword Puzzle



Across

4. It is not advised to consume this type of milk or milk product as it can cause health issues. It is especially important to avoid this type of milk if you are pregnant, elderly, immunocompromised, or a child.
5. The dairy product made by coagulating milk proteins (curds) into solid masses and separating it from the liquid byproduct (whey).
7. The most abundant form of protein present in cow's milk.
8. The milk fat percentage recommended for healthy neural development in children aged 1 year to 2 years old.
9. The process by which dairy products such as yogurt and sour cream are made.
10. D. A fat-soluble vitamin that is rarely found naturally in food but is abundantly made in our bodies when our skin is exposed to sunlight.
14. The process by which milk is heated to a specific temperature for a certain amount of time to kill any harmful bacteria.
15. The simple carbohydrate (sugar) that is found in milk and which many people are unable to breakdown, causing gastric distress.

16. Bacteria added to foods such as yogurt and kefir that have been shown to be beneficial to overall gut health.

Down

1. The type of fat that is found in animal products such as meat, milk, butter, eggs, cream, deli meat, and bacon. Also found in coconut oil and palm oil.
2. Yogurt is produced by inoculating milk with _____ acid producing bacteria.
3. The practice of deliberately increasing the content of one or more nutrients in a food item.
6. An Icelandic style yogurt that is extremely thick and tart.
8. Higher fat milk appears to be _____ in color due to having more fat globules which scatter more light.
11. This tree nut is not only a good source of calcium, but also makes for a great milk substitute.
12. National Dairy Month
13. This essential mineral helps your body build strong bones and teeth. It is also responsible for keeping a steady and healthy cardiac rhythm. Absorption of calcium can be inhibited by too much phosphorus.

Invent your skeleton

Context: We've been learning all about bones. Now it's time for you to design and make your own skeleton!

Requirements: Your skeleton must have:

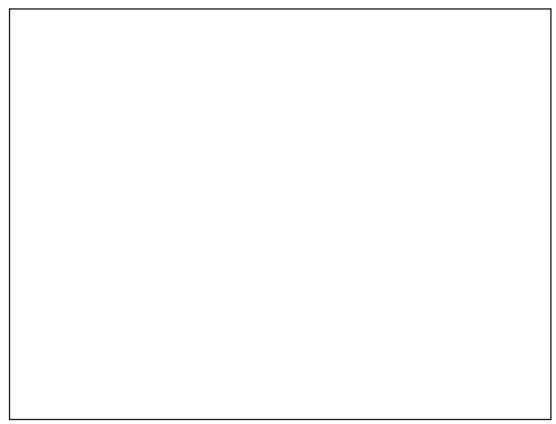
- A skull
- A spine
- 2 hands
- 2 feet
- 2 legs
- 2 arms
- Ribs and shoulder bones
- A pelvic bone

Investigate

Look at pictures of skeletons and list the bone parts. Identify the features of each part.

Devise solution

Draw your skeleton's bones. Label the bones. What are their names?



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Color Quest AR: Color, learn, and discover fun characters that come to life in your exciting, augmented reality quest for health! Stayhealthy's new educational app includes fruits, vegetables, and a magical look into the human body with engaging new characters every month! Color your favorite character, press the magic button, read a fun health fact, and see your new creation come to life and dance in front of you in augmented reality (AR). Keep on coloring to unlock all the characters to win badges, play bonus games, and become the ultimate Magic Health Master in this coloring adventure!

L I C W L W H E Y X D S X Q B R V F F I
 Y M A K J O W I A E X K C D E V T G I T
 P Z M O N O H V U I I Y A Y V G Y V I M
 Z G H E I U C E X R K R S D E B J O R L
 U A L T E R N A T I V E E Q R B C O L P
 M F R D A I R Y L L I K I H A R W M A N
 F O I A R C A R W C B C N Y G X W T C Q
 I R A G B Q K F R N I D S R E I V N T G
 J C O U C Z P A S T E U R I Z A T I O N
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WHEY TO GO Word Search

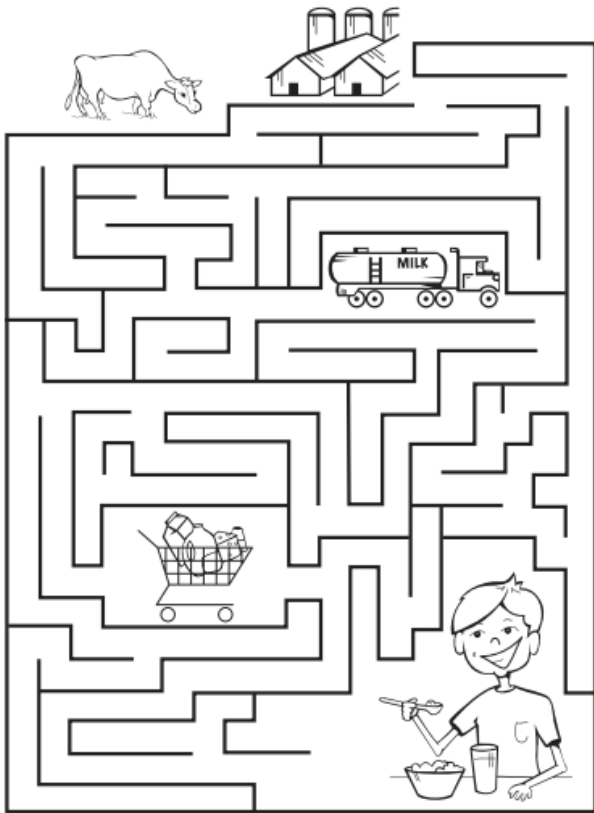
- | | | |
|----------------|-------------|----------|
| Casein | Yogurt | Soy |
| Fermentation | Skyr | Almond |
| Pasteurization | Probiotics | Coconut |
| Calcium | Whey | Cheese |
| Vitamin D | Lactose | Cow |
| Protein | Dairy | Beverage |
| Fat | Alternative | |

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ACTIVITIES**
Plus Answer Keys

Milk is a-mazing! Navigate the route from the farm to the breakfast table. Without crossing any black lines, draw a line from the milk truck to the grocery store to your cereal box.



Easy Bites gives you the knowledge, tools, and practical daily tips you need to feed your child with confidence. With Easy Bites' team of pediatric dietitians, child feeding specialists, chefs, and psychologists to support you and your family's nutritional needs, you can be sure that you are creating a mealtime environment that fosters health, happiness, and connection for your whole family. You can sit down and enjoy mealtimes again, and rest assured that your child is eating enough and a greater variety of food and is getting all the nutrition needed to thrive.



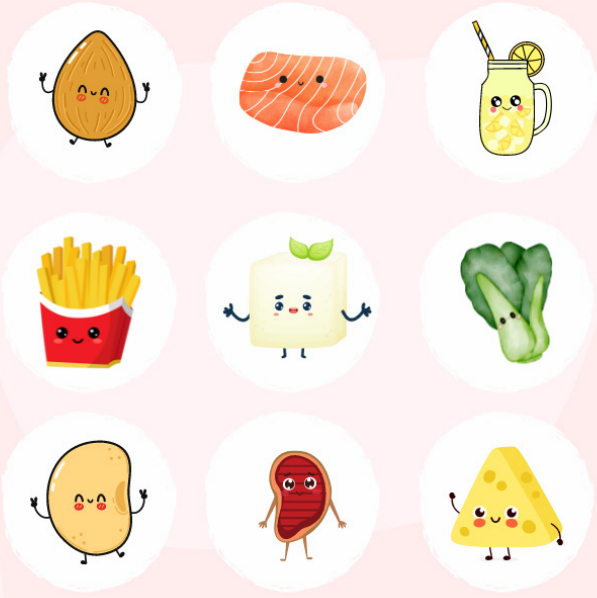
Wello: Healthy habits for kids; Nothing is impossible if you're having fun. Wello is an AI platform for families with overweight kids that inspires them to change their habits, leading to a healthier and happier life. Wello's main goal is to make your family's quest for better nutrition as fun as possible.



Eat & Move-O-Matic; Learn about the foods you eat and how they help fuel your body for your favorite activities. Use Eat & Move-O-Matic to make new discoveries about your favorite foods and get interesting tips on how small changes can make big differences.

Calcium Builds Strong Bones

Color in the foods that are rich in calcium
Hint: Calcium is found in both dairy and nondairy foods



Vitamin D

Write the name of the food items on the lines below. Circle the foods that contain vitamin D and cross out the foods that do not.



How To Make Your Own Oatmilk

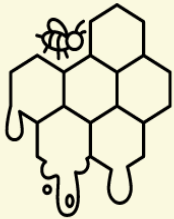
Follow the steps below to make your own oatmilk! Add vanilla for flavoring and honey or dates for sweetness!



1 Cup Rolled Oats

4 Cups Water

Pinch Of Salt



Sweetener Of Choice

Blend until smooth (1min) and strain twice

Fortified Dairy & Plant-Based Milk Options (per 8 fl. oz.)

	Cow's Milk (skim/whole) Pro 8g Fat 0g/8g Ca 299 mg Vit D 115 IU		Pea Milk Pro 8g Fat 4.5g Ca 450 mg Vit D 120 IU		Soy Milk Pro 7g Fat 4g Ca 299 mg Vit D 120 IU
	Oat Milk Pro 4g Fat 2.5g Ca 350 mg Vit D 100 IU		Hemp Milk Pro 2g Fat 8g Ca 300 mg Vit D 100 IU		Cashew Milk Pro 1g Fat 2g Ca 450 mg Vit D 100 IU
	Almond Milk Pro 1g Fat 2.5g Ca 450 mg Vit D 100 IU		Coconut Milk Beverage Pro 0g Fat 4.5g Ca 450 mg Vit D 100 IU		Rice Milk Pro 0g Fat 2.5g Ca 250 mg Vit D 100 IU

Did You Know 68% Of The World's Population Is Lactose Intolerant?

Color in the parts of the world that have the highest rates of lactose intolerance in red, average rates in yellow, and lowest rates in blue. Highest rates: Africa, Asia, Middle East. Average rates: Russia, Australia, South America, North America, Europe. Lowest rates: UK and Northern Europe.

