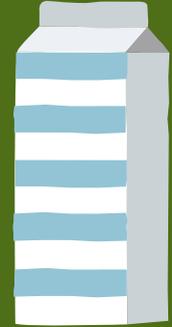
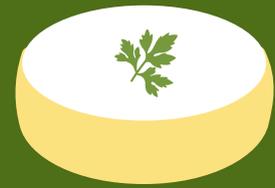


# Are you a diligent dairy-detector?

Discover twelve dairy-related words and learn some fun facts as you go.

T	N	E	S	A	L	O	C	A	L	C	I	U	M
C	H	E	I	U	B	B	C	T	N	R	N	O	C
H	O	S	K	S	E	T	H	T	E	E	U	E	W
L	G	K	G	S	L	E	H	O	E	N	E	T	L
Y	K	T	L	E	L	E	I	H	T	O	O	M	S
Y	O	G	H	U	R	T	K	O	E	C	O	M	N
I	G	N	I	N	N	U	R	E	E	C	K	I	S
K	K	N	I	M	N	I	E	R	U	O	O	L	U
C	N	E	L	B	I	S	E	C	I	K	S	K	S
O	E	M	C	R	E	T	I	O	U	E	E	O	T
T	E	U	I	E	T	K	B	W	S	U	U	H	B
U	S	Y	H	U	O	T	E	S	R	L	T	L	W
O	O	C	B	O	R	S	K	E	L	E	T	O	N
O	E	R	H	T	P	U	O	S	S	E	N	O	B



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## Have fun finding twelve dairy-related words, hidden across, down, diagonal and backwards! Here are some clues:

- What mineral, found in dairy, makes your bones stronger? (7 letters)
- A yummy drink made with milk, yoghurt and fresh fruit. (8 letters)
- This creamy probiotic-rich snack can be enjoyed with berries or other fruit. (7 letters)
- You can drink this on its own or with your breakfast cereal! (4 letters)
- This activity helps to keep your bones nice and strong. (7 letters)
- What weight-bearing joints in the legs allow for walking, running and bending? (5 letters)
- This nutrient, found in dairy, helps build your body's muscles. (7 letters)
- What tasty ingredient can you shred over your homemade pizzas? (6 letters)
- What product do you get from churned cream? (6 letters)
- What animals do we get dairy from? (4 letters)
- All the bones in your body make this up. (8 letters)
- What part of the body's support structure is strengthened through a dairy-rich diet? (5 letters)

## Healthy Bones Action Week

Healthy Bones Action Week is a yearly initiative by Dairy Australia, which takes place every August, with the objective to educate and encourage all Australians to look after their bone health.

Learn more about the role dairy plays in maintaining healthy bones at:

[www.dairy.com.au/health](http://www.dairy.com.au/health)