



## School and Home Connection



### What are we learning about this week?

This week we learned about **dairy foods** and how **calcium** helps us build strong bones and teeth.



### What is this week's goal?

Eat or drink 3 servings of dairy every day this week.



got milk?



### Review with your child:

1. What is the special nutrient in dairy foods? (Calcium)
2. What does calcium do in our bodies? (Builds strong bones and teeth)
3. How many servings of dairy should we have every day? (3)



### Take action:

Take note of the kinds of milk, cheese, and yogurt that you get at the grocery store. For this week, try making a change to a lower-fat cheese or yogurt or try changing your milk down by one percentage (2% to 1% or 1% to skim) and see what you think!