

The benefits of milk

Wordsearch

How much do you know about milk?

Read and find the words in this wordsearch:

1. Mineral that makes teeth and bones strong.
2. Vitamin that absorbs calcium and deposits it in bones and teeth.
3. Great for your eyes and your skin.
4. Vitamin that helps develop your brain.
5. It turns nutrients into energy.
6. It helps you reduce fatigue and tiredness.
7. Essential mineral for your muscles to move.
8. It helps you sleep and rest at night time.
9. It is the sugar in milk. It provides energy.
10. Nutrients that build strong muscles.

Y	K	E	I	U	L	Z	Y	H	N	A	K	C	C
Y	K	V	I	T	A	M	I	N	B	1	2	R	J
L	J	P	F	H	Y	M	B	U	Z	L	Z	Y	Q
E	G	C	X	P	W	V	B	F	M	S	Y	Q	Z
W	N	I	A	C	I	N	U	T	E	R	O	K	V
R	T	L	M	R	F	K	Q	O	L	S	F	D	A
T	J	P	Y	P	O	T	A	S	S	I	U	M	D
L	Q	S	S	P	R	O	T	E	I	N	S	A	Z
J	V	I	T	A	M	I	N	D	X	N	S	I	L
O	G	C	A	L	C	I	U	M	Y	E	G	G	X
C	K	T	L	W	P	L	A	C	T	O	S	E	O
V	V	I	T	A	M	I	N	A	P	N	Y	K	M
D	J	T	R	Y	P	T	O	P	O	H	A	N	L
L	R	I	B	O	F	L	A	V	I	N	W	I	Q

Answers

1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10
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1. Calcium.
2. Vitamin D.
3. Vitamin A.
4. Vitamin B12.
5. Niacin.
6. Riboflavin.
7. Potassium.
8. Tryptophan.
9. Lactose.
10. Proteins.