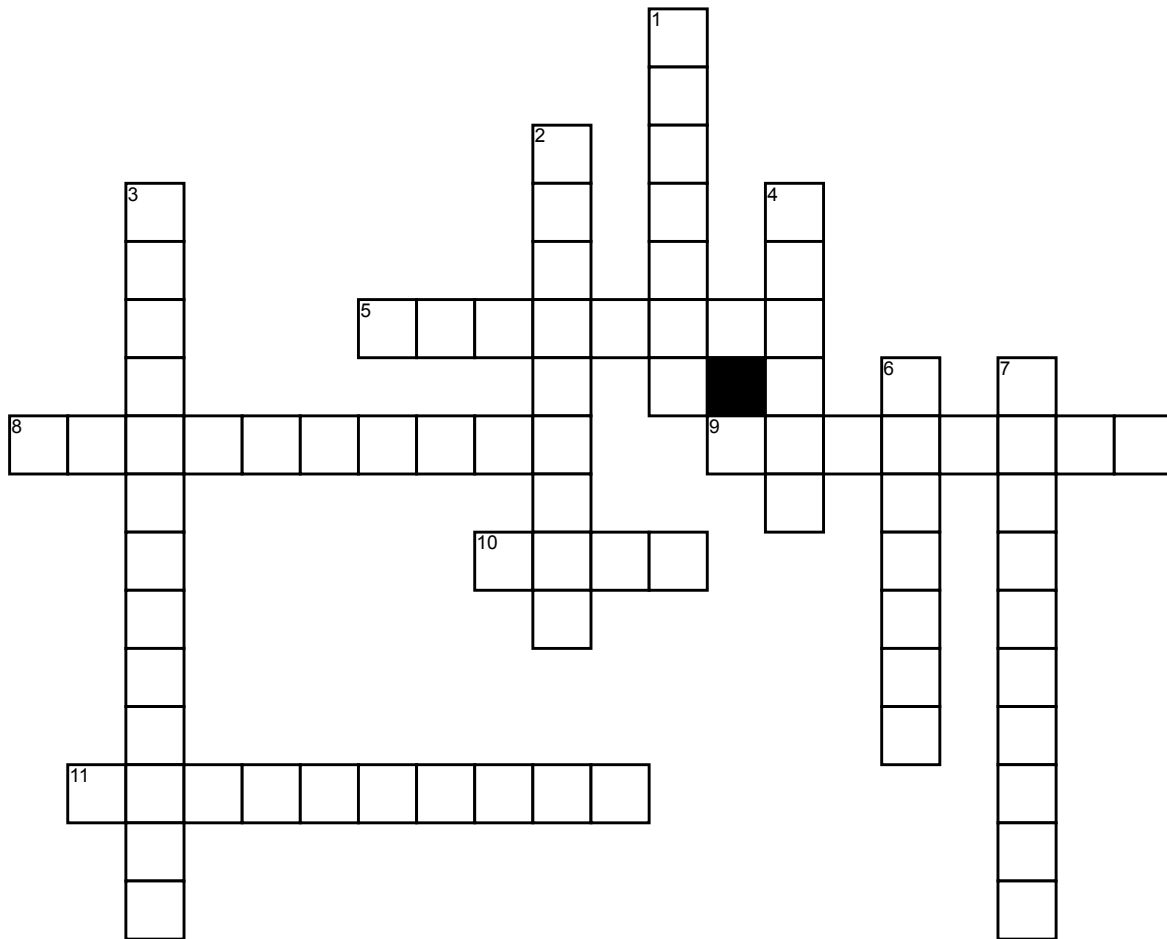


Name: _____

Milk's 9 Essential Nutrients



Across

5. Supports good vision, healthy skin, and maintains integrity of immune system

8. Works with calcium and vitamin D to help keep bones strong

9. Helps absorb calcium to build strong bones

10. _____ Up to Play 60 is a federal program that partners with dairy farmers and the NFL

11. Helps convert food into energy

Down

1. Helps build and maintain lean muscle

2. Helps regulate the balance of fluids in your body, helps maintain normal blood pressure

3. The perfect drink to rebuild and refuel your muscles after a workout

4. Helps enzymes function normally in your body

6. Helps build strong bones and teeth, helps promote normal blood pressure

7. Helps make red blood cells, helps maintain the central nervous system