



Junior Activity Sheet 1

3 A Day the Dairy Way

Think of new ways you can include dairy in your diet throughout the day, from breakfast to supper, as well as healthy snacks.

Write and draw about it here!

A large rectangular box with a thick blue border and a wavy top edge. Inside the box, there are two horizontal blue lines spaced out vertically, providing a guide for writing.A large rectangular box with a thick blue border and a wavy top edge. It is completely blank, intended for drawing.A large rectangular box with a thick blue border and a wavy top edge. Inside the box, there are two horizontal blue lines spaced out vertically, providing a guide for writing.A large rectangular box with a thick blue border and a wavy top edge. It is completely blank, intended for drawing.