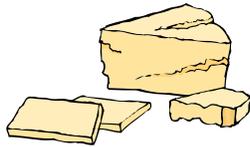


FUELING HEAD TO TOE



Cabot's free program to teach Scouts about the importance of diet and exercise in keeping healthy, all while earning a free patch!

Draw a line matching the food to its description.



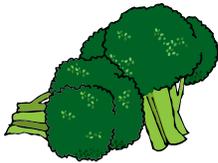
I make a quick and easy, high-protein snack all by myself. I can also be added to other foods to make trail mix, granola, or cookies.



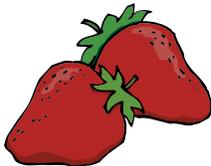
I am smooth and high in calcium. You can eat me plain or add me to a smoothie for breakfast.



I am a delicious, bite-sized, red summer fruit. I have tiny, yellow seeds all over my skin and a leafy green hat on my top.



I look like a tiny, green tree and I'm an excellent source of vitamins and fiber. I am a fun snack if you dip me in ranch dressing.



I can be many different flavors; mild to sharp tasting. I'm made from milk, which makes me a good source of calcium and I melt nicely between two slices of bread.



I am a round, flat bread made from either corn or flour. I am an important ingredient in many Mexican meals, like a burrito.

The farm families of Cabot Creamery Co-operative, the New England Dairy & Food Council, and the Florida Dairy Farmers are proud sponsors of the Fueling Head to Toe patch program, which is a free program that will help children learn how to keep their bodies strong for a healthy future and allow them to earn a patch when complete.

To learn more about the program and download your free Fueling Head to Toe Patch Activity booklet to earn your free patches, please visit cabotcheese.coop/patches.



DAIRY IS A POWERHOUSE!

Dairy's nine essential nutrients help our bodies repair muscle tissue, maintain healthy red blood cells, build strong bones, maintain a healthy weight, and reduce the risk of heart disease.



Calcium:
Builds strong bones and teeth

Phosphorous:
Generates energy in cells and strengthens bones

Vitamin B-5:
Keeps your immune system healthy

Niacin and Riboflavin
Help cells produce energy

Vitamin A:
Assists with normal vision

Protein:
Grows and builds muscles and other tissues

Vitamin D:
Absorbs and deposits calcium and phosphorous in your bones and teeth

Vitamin B-12:
Produces red blood cells

This is part of the Dairy 101 Kit. Visit floridamilk.com for more information.

Flexibility & stretching for strength

Exercise helps kids achieve a healthy lifestyle. Regular physical activity helps build and maintain strong, healthy muscles, bones, and joints. Try these fun ways to get moo-ving below!

Upper Body Strengthening

Downward Facing Dog

Start on your hands and knees. Spread your fingers far apart and straighten your legs and arms to bring your body into an upside-down "V." Relax your head and look through the space between your legs.



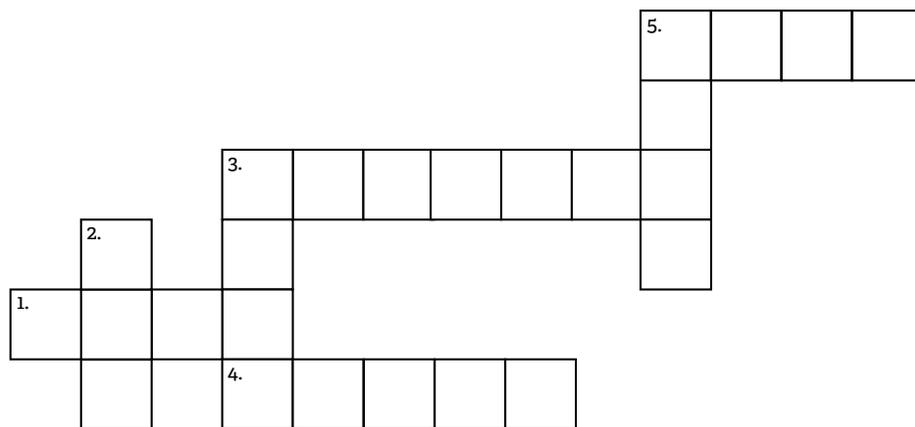
Wheel or Bridge

Lie on your back and bend your knees so that your feet are flat on the floor right beneath your sit bones. Clasp your hands beneath your back and straighten your arms. Use your legs to push your body off the floor and tuck your chin to your chest, creating a half-circle with your body. To come down, slowly lower your body.



Word Bank

hay dairy
barn protein
pond four
fans



CLUES

Across

- A _____ gives cows shelter from the weather.
- The _____ from milk provides energy for muscles.
- Milk is produced at a _____ farm.
- Cows have _____ udders.

Down

- _____ is an important part of a cow's diet.
- One way for cows to cool off is to take a dip in the _____.
- When it gets too hot, _____ also help the cows cool off.