

# MAKE a MEME

Add a caption that teaches something about nutrition or makes your classmates laugh!




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## WOULD YOU RATHER ?

Would you rather drink chocolate milk for breakfast or have cheese with every meal?

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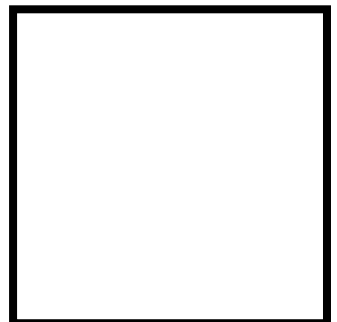
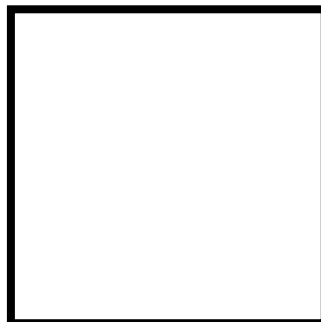
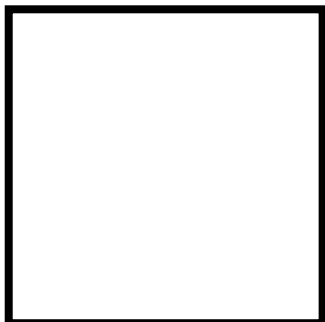
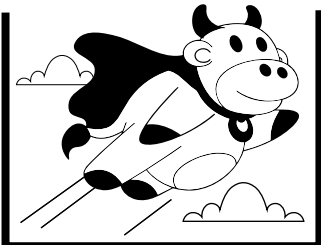


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## NUTRITION FACT VS. FICTION

1. Milk and dairy products are the best source of dietary calcium.  
**TRUE FALSE**
2. Chocolate milk comes from brown cows.  
**TRUE FALSE**
3. Milk is a rich source of Vitamin C.  
**TRUE FALSE**
4. Fortified milk is a good source of Vitamin D.  
**TRUE FALSE**

**MILK TO THE RESCUE**



Finish the story in 3 panels!

Return your sheet to the Food Service Director for the answers!

