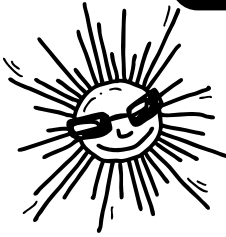


# Scoop Up Summer

**Serious Questions. Important Decisions.**



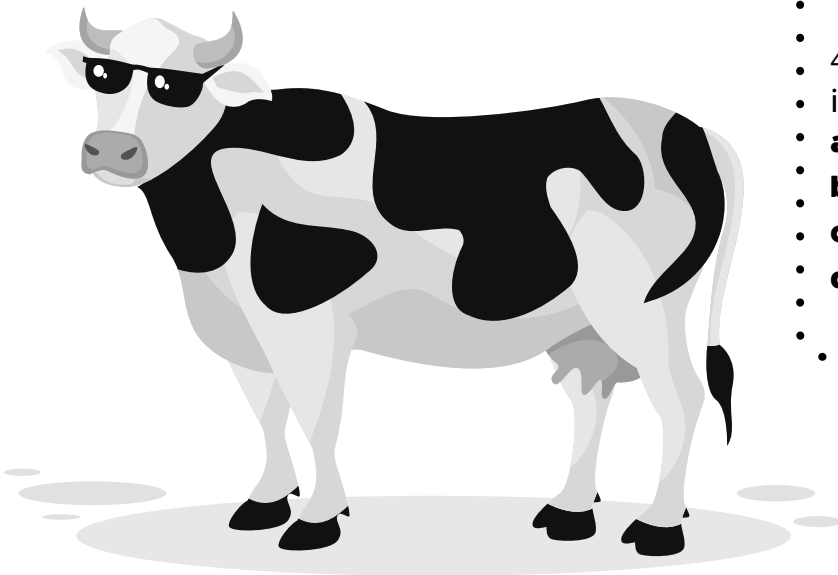
## SUMMER FIT CHECK

**This cow is headed to the pool.  
Draw swim trunks on the cow.**

**But here's the debate:**

**Are the trunks on:**

- ☐ The back legs only
- ☐ All four legs
- ☐ One-piece situation
- ☐ Other (explain your logic)



**Defend your choice in one sentence.**

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

## MILK QUIZ

- 1. Roughly what percentage of American households buy ice cream each year?  
**a. 35%   b. 55%   c. 70%   d. 80%+**
- 2. Cows sometimes wear pedometers to track:  
**a. Steps**  
**b. Health patterns**  
**c. Activity levels**  
**d. All of the above**
- 3. July is officially National Ice Cream Month.  
**a. True   b. False**
- 4. Milk contains which two key nutrients important for athletes?  
**a. Protein & Calcium**  
**b. Iron & Fiber**  
**c. Vitamin C & Zinc**  
**d. Caffeine & Potassium**

## WOULD YOU RATHER SUMMER EDITION

- ☐ Eat one 12-scoop cone in one sitting

**OR**

- ☐ No ice cream all summer

- ☐ Drink only chocolate milk for a week

**OR**

- ☐ No cold drinks for a week

- ☐ Drop your cone in public

**OR**

- ☐ Spill milk in the cafeteria