

Dairy for growing bodies match-up

Healthy Harold needs your help to understand how some of the important vitamins and minerals found in dairy foods help him grow tall, strong and healthy.

Draw a line from each box below to match the part on Harold's body.

Carbohydrate Provides energy for the body, including the brain

> Vitamin A Important for healthy eye sight

DISCOVER

Zinc Helps heal cuts and scrapes

Potassium Helps your heart, muscles and nerves to function

Calcium Essential for strong bones and teeth



Dairy Australia Limited ABN 60 105 227 987 E enquiries@dairyaustralia.com.au T +61 3 9694 3777 F +61 3 9694 3701 dairyaustralia.com.au