



# 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

**Calcium**  
Essential for strong bones and teeth

**Zinc**  
Helps heal cuts and scrapes

**Potassium**  
Helps your heart, muscles and nerves to function