



Dairy Detectives

Step 1. You will find the answers to the clues in the **Unbeatable Bones** student section of the **Discover Dairy** website. Write the answers to each clue in the spaces provided.

Clues

1. The skeleton is _____ tissue.
2. During childhood and adolescence your bones are _____ in both length and size.
3. Exercise is something that is fantastic for building _____ bones.
4. You should eat and drink three serves of dairy every _____.
5. Protein is found in dairy and is essential for _____ health.
6. Your skeleton is growing right _____!
7. It is extremely _____ to build up your bone strength from a young age.
8. RDI stands for Recommended Dietary _____.
9. Milk and water are the best ways to conquer your _____.
10. Over three days you should aim to consume _____ serves of dairy.
11. Without bones you would be just a blob of organs and _____!
12. The body has greater needs for calcium when it is growing _____.
13. Having a broken bone is not fun and can be _____.
4. Eating enough calcium rich foods is _____ throughout life.
15. Track your daily dairy _____ using the dairy diary.
16. Dairy foods are healthy and _____.
17. The skeleton acts like a storage _____ for calcium.

Step 2. Circle the first letter of each answer above and write these letters on the lines below.

Step 3. Unscramble the letters from Step 2 to discover the mystery words and complete the sentence below.

Dairy is great for you because it is packed with bone -

Just for Fun: Who was the most famous skeleton detective?

Sherlock Bones.

