



Watch the video and fill in the gaps



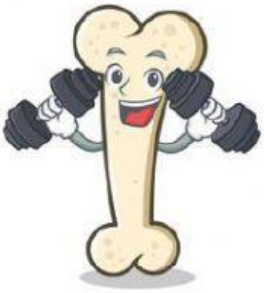


Dairy foods are important for healthy ..... and teeth.

Dairy foods are a good source of protein but they also contain a ..... called calcium.



Almost all of the ..... in our bodies is stored in our ..... and helps to make them strong.





-Why do you think it's important to have ..... bones?

Our skeletons give our bodies their shape,
hold us up,
and protect our insides



With the help of our muscles
our skeletons also help us .....





Our bones do most of their growing when we are young
so it's especially important for .....
to get plenty of .....
so that we grow up with strong .....

Dairy isn't the only ..... group that contains calcium
It can also be found in ..... leafy vegetables
Such as ..... and in a food called tofu.





María Liste

LIVEWORKSHEETS