

The Nutrients in Milk

All of these nutrients can be found in the milk you drink at school and are really important to have when you are growing, to make you fit and strong

A V I T A M I N A K J G V D R
K I K J U Y T R E W B F Q U N
I T U Y T C A L C I U M F M L
R A F N K V O T H R N L P U I
M M P J M N B C C D G J U I P
A I F G I O D I N E H R E S O
G N X F R E W V B N O P I S K
N B K R I B O F L A V I N A O
E J H Y R T N B P L O I K T J
S L M P R O T E I N H B F O E
I G F T P B C X D S W U Y P M
U I V I T A M I N D L K N L C
M P H O S P H O R U S O L K Y
T R P O J V C D F T E W N M L

IODINE

VITAMIN B

PROTEIN

RIBOFLAVIN

VITAMIN D

CALCIUM

POTASSIUM

VITAMIN A

PHOSPHORUS

MAGNESIUM