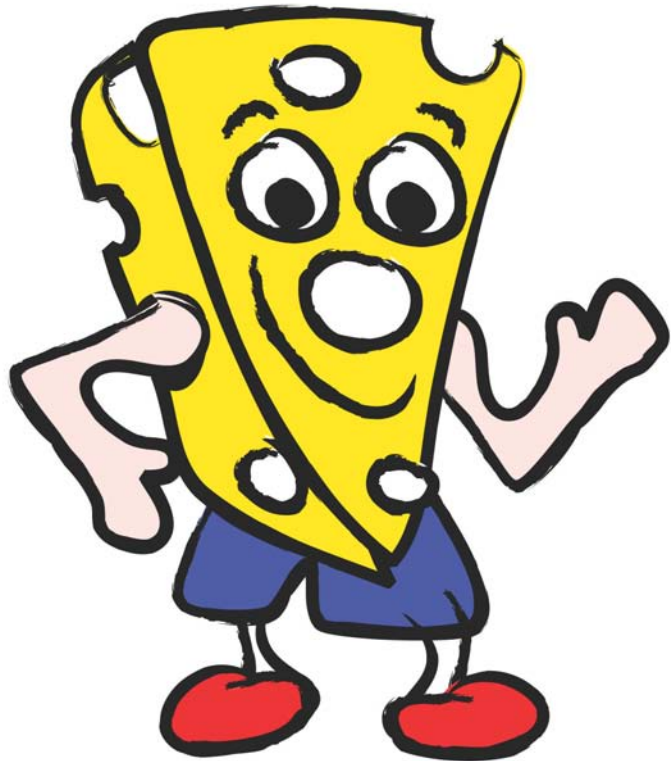


Cheeky Cheddar



I belong to the **Dairy Group**.
I contain calcium and help to
build strong bones and teeth.

Other foods in my group are;
Milk and yogurt

Try to have 2 to 3 portions from
this group everyday.