

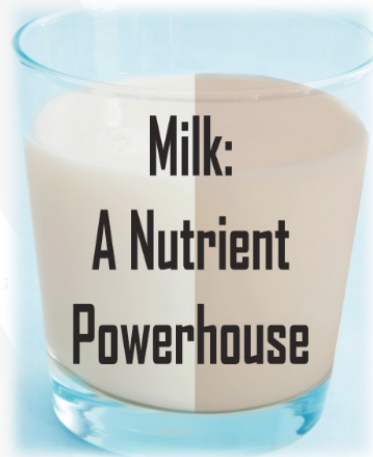
Nutrient Powerhouse Display Guide

Show off the Nutrients found in 1 carton of milk



Materials Needed:

- 4-6 ft Table
- Tablecloth
- 4 Small Clear Bowls
- 1 Large Clear Bowls
- 4 Small Clear Plates
- Cow Print Fabric
- 9 5x7 Display Frames with cards
- Nutrient Powerhouse Poster
- Food Display:
 - 8 oz Carton/Bottle White Milk
 - 2 Hard Boiled Eggs
 - 1 cup Red Kidney Beans
 - 1/3 cup Whole Almonds
 - 3 oz Turkey
 - 3/4 cup Broccoli
 - 3/4 cup Cooked Salmon
 - 1 Banana
 - 10 Cherry Tomatoes
 - 10 cups Spinach



THEY'RE CALLED ESSENTIAL FOR A REASON.



Milk's nine essential nutrients can help kids and teens grow healthy and strong.

Set Up:

Place the tablecloth on the table and arrange the cow print fabric on the table. Highlight the milk in the center of the display (you may use a small elevation platform under the fabric, if desired). Arrange the food items in the clear bowls and plates with the corresponding framed display cards. Use the Nutrient Powerhouse poster alongside your display.



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