

Milk on the Mooove

From Farm To You Student Worksheet

To view the video or for additional materials visit www.southeastdairy.org



FROM THE FARM

How are cows cared for on the farm?

- Dairy farmers provide their cows with safe, clean living conditions.
- Each cow is provided with a healthy diet and medical care.

How much does a cow eat and drink each day?

- Cows eat more than 100 pounds of food and 50 gallons of water each day! That's more than 360 hamburgers and 800 glasses of water a day for humans.

How much milk does a cow make each day?

- A cow can produce up to 8 gallons of milk per day. That's 128 glasses of milk.



TO THE DAIRY PLANT

How does milk stay clean and safe to drink?

- Milk is never touched by human hands.
- All milk is tested before leaving the dairy farm, at the dairy plant and again before it goes to your school or home.

How is flavored milk made?

- Flavored syrups are added to pure, fresh milk.
- Flavored milk contains the same vitamins and minerals as white milk.

How long does it take from the time milk leaves the farm until it reaches the grocery store?

- It takes 2 days or less for milk to travel from the farm, to the dairy plant and finally to you to enjoy!



TO YOU

What foods are made from milk?

- Yogurt
- Cheese
- Ice cream
- Many other nutrient-rich foods

How many servings of dairy should children eat each day?

- 3 servings for children 9 and older.

Why is it important for children to drink milk?

- Milk contains 9 essential vitamins and minerals to help build strong bones and teeth.



Why is Milk Important?

Milk contains nine important vitamins, minerals and protein you need every day:

Calcium:

Calcium helps build strong bones and teeth.

Potassium:

Potassium helps keep your heart healthy by steady blood flow.

Phosphorus:

Phosphorus helps strengthen bones and generates energy in the body's cells.

Protein:

Protein builds and repairs muscle tissue after exercise.

Vitamin D:

Vitamin D helps your bones absorb calcium so they can be strong.

Riboflavin:

Riboflavin, also known as vitamin B2, helps convert food into energy.

Vitamin A

Vitamin A helps your eyes and skin stay healthy and prevents you from getting sick.

Niacin:

Niacin helps your body process sugars and fatty acids.

Vitamin B12:

Vitamin B12 helps build your red blood cells so they can carry oxygen from the lungs to working muscles.

Dairy Challenge

Can you name 6 foods made from milk? (Hint: Foods made with dairy, like pizza, count.)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Fun Dairy Facts

- An average cow produces 100 glasses of milk a day.
- Cows chew at least 50 times per minute.
- Cows can detect smells up to six miles away.
- Americans eat the equivalent of 10 acres of pizza everyday.
- Mozzarella is the most commonly used cheese in restaurants.
- Vanilla is America's favorite ice cream flavor.

It takes:

- 1 lb. of milk to make 1 lb. of yogurt.
- 12 lbs. of milk to make 1 lb. of ice cream.
- 10 lbs. of milk to make 1 lb. of cheese.

Orange Cow

An "udderly" delicious drink!



- 1 cup milk
- 1 scoop frozen yogurt
- ½ cup orange juice

Mix together until smooth.
Share with a friend or two!

Dairy Word Scramble

1. DIRYA _____
2. AMRF _____
3. CEHESE _____
4. LIKM _____
5. CWO _____

1. Dairy 2. Farm 3. Cheese
4. Milk 5. Cow

Cow Jokes

What game do cows play at parties?
MOOsical Chairs.

What do you call a cow in an earthquake?
A milkshake.

What do you call a grumpy cow? **Moo-dy.**

Where do baby cows eat? **In the CALF-ateria.**

Why did the cow go into space? **She wanted to see the Milky Way.**

What did the bored cow say when she got up in the morning?
"It's just an udder day!"

