

MILK ON THE

MOOOOVE

FROM FARM TO YOU
STUDENT WORKSHEET

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SOUTHEASTDAIRY.ORG

1 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 drink at least 50 gallons of water each day.

HOW MUCH MILK DOES A COW MAKE EACH DAY?

- A cow can produce anywhere from 7 to 9 gallons of milk per day. That's 128 glasses of milk!

2 TO THE DAIRY PROCESSOR

HOW DOES MILK STAY CLEAN AND SAFE?

- Milk is never touched by human hands.
- All milk is tested before leaving the dairy farm, at the dairy processor, 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 STORE?

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

3 TO YOU

WHAT FOODS ARE MADE FROM MILK?

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

HOW MANY SERVINGS OF DAIRY SHOULD CHILDREN EAT EACH DAY?

- Three 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 9 IMPORTANT VITAMINS AND MINERALS AND THE PROTEIN YOU NEED EVERY DAY:

CALCIUM: helps build strong bones and teeth.

POTASSIUM: helps keep your heart healthy by steady blood flow.

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

PROTEIN: builds and repairs muscle tissue after exercise.

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

RIBOFLAVIN: also known as vitamin B2, helps convert food to energy.

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

NIACIN: helps your body process sugars and fatty acids.

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

INCREDIBLE DAIRY

FACTS

- An average cow produces **100 glasses of milk a day**.
- All dairy cows are **females**.
- Cows chew at least **50 times per minute**.
- Cows can detect smells up to **6 miles away**.
- Americans eat the equivalent of **10 acres of pizza** a day.
- **Mozzarella** is the most commonly-used cheese in restaurants.
- **Vanilla** is America's favorite ice cream flavor.
- A cow weighs about **1,400 pounds**. That's the same as a small car!
- A Holstein cow's spots are like a **fingerprint** or **snowflake**. No two cows have exactly the same spots.

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.

Circle the items made from **MILK**



MOO-VELOUS 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!

What did the bored cow say when she got up in the morning?

"IT'S JUST AN UDDER DAY!"

DAIRY CHALLENGE

Can you name 6 foods made from milk?

(Hint: foods made from dairy, like pizza.)

- _____
- _____
- _____
- _____
- _____
- _____



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