

MILK FROM COW TO YOU

Milk comes from healthy well-fed cows.

Did you know:

- Cows eat about 90 pounds of nutritious food a day. 90 pounds of food equals:
 - 480 hamburgers or
 - 206 baked potatoes or
 - 1440 slices of bread
- Cows drink 25–50 gallons of water each day. That's nearly a bathtub full!

Milk is collected and cooled in the milking parlor.

Did you know:

- What a cow eats affects how much milk she makes.
- A cow that eats only grass can make about 50 glasses of milk a day.
- A cow that eats grass, corn, hay, and mixed feed can make about 100 glasses of milk a day.
- Using several milking machines, farmers can milk about 100 cows an hour. If you milked cows by hand, you could milk about 6 cows an hour.

Milk is processed in the dairy plant.

Did you know:

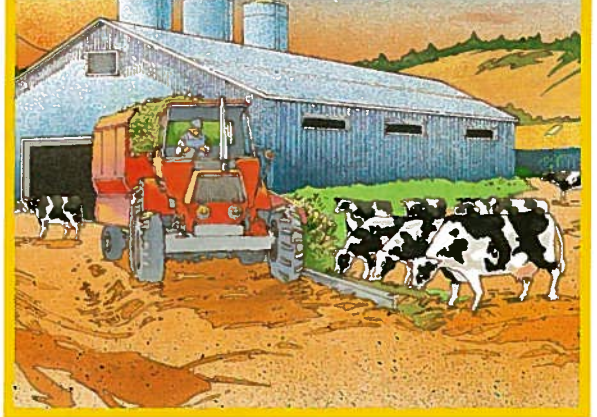
- Milk is one of the safest foods you can eat. In the dairy plant it is never touched by human hands. That is why milk stays very pure and fresh-tasting.
- In 1884, dairy plants started using glass bottles to store milk. Before that time they used jars, pails, and cans.
- In 1906, the first paper milk carton was used.
- In 1964, plastic milk jugs were introduced.

Milk is delivered to many places.

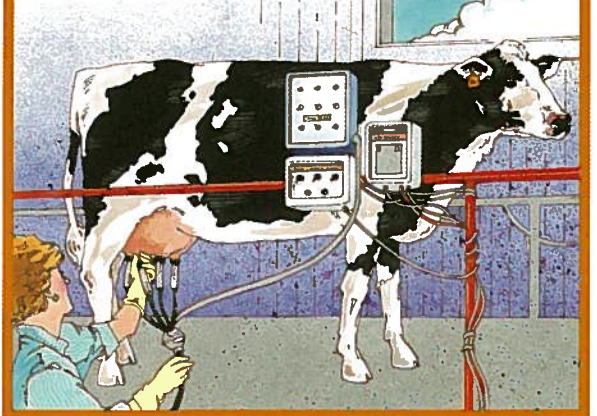
Did you know:

- Long ago, when people traveled and wanted milk, they had to take cows with them.
- When Pilgrims came to America, they brought cows with them.
- Nowadays, milk is delivered to stores, schools, and even to homes. The milk delivered today was in a cow 2 days ago.

FROM SUN AND GRAIN...



TO COW...






TO DAIRY PLANT...



TO YOU!



Are You **CALCIUM** Smart?

-  Your body needs **CALCIUM** for strong bones and teeth.
-  The best way to get **CALCIUM** is from **MILK** and other **MILK** Group foods.
-  To get enough **CALCIUM** you need at least 3 servings of **MILK** each and every day!!

Can you name 10 foods made from milk? (Hint: Foods made with dairy products, like pizza, count)







- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

How Much **MILK** Does it Take?

Milk is made into many different dairy foods.

Guess how many cups of milk it takes to make each of the products listed below. Draw a line from the food to your guess.

- | | |
|----------------------------|---|
| a. 1 pound of butter |  12 cups of milk |
| b. 8 oz of yogurt |  11 cups of milk |
| c. ½ gallon ice cream |  0 Not a dairy product |
| d. A dozen eggs |  39 cups of milk |
| e. 1 pound cottage cheese |  19 cups of milk |
| f. 1 pound American cheese |  4 cups of milk |
| g. 2 cups evaporated milk |  1 cup of milk |

Incredible **COW** Facts...

- All cows are females. (The males are called bulls)
- Cows have four stomachs. (You have just one!)
- Cows often have their ears pierced—with I.D. tags.
- A cow can't give milk until she's given birth to a calf.
- The average cow produces 90 glasses of milk each day. That's enough for 30 children to have 3 glasses of milk a day.
- Cows provide 90% of the world's milk. Water buffalo, camels, goats, sheep, horses, and reindeer are also milked.
- A cow weighs about 1400 pounds. That's probably 10-25 times what you weigh!
- A cow's udder can hold 25-50 pounds of milk. No wonder she's so eager to be milked!
- A Holstein's spots are like a fingerprint or snowflake. No two cows have exactly the same pattern of spots.
- A cow gives nearly 200,000 glasses of milk in her lifetime.

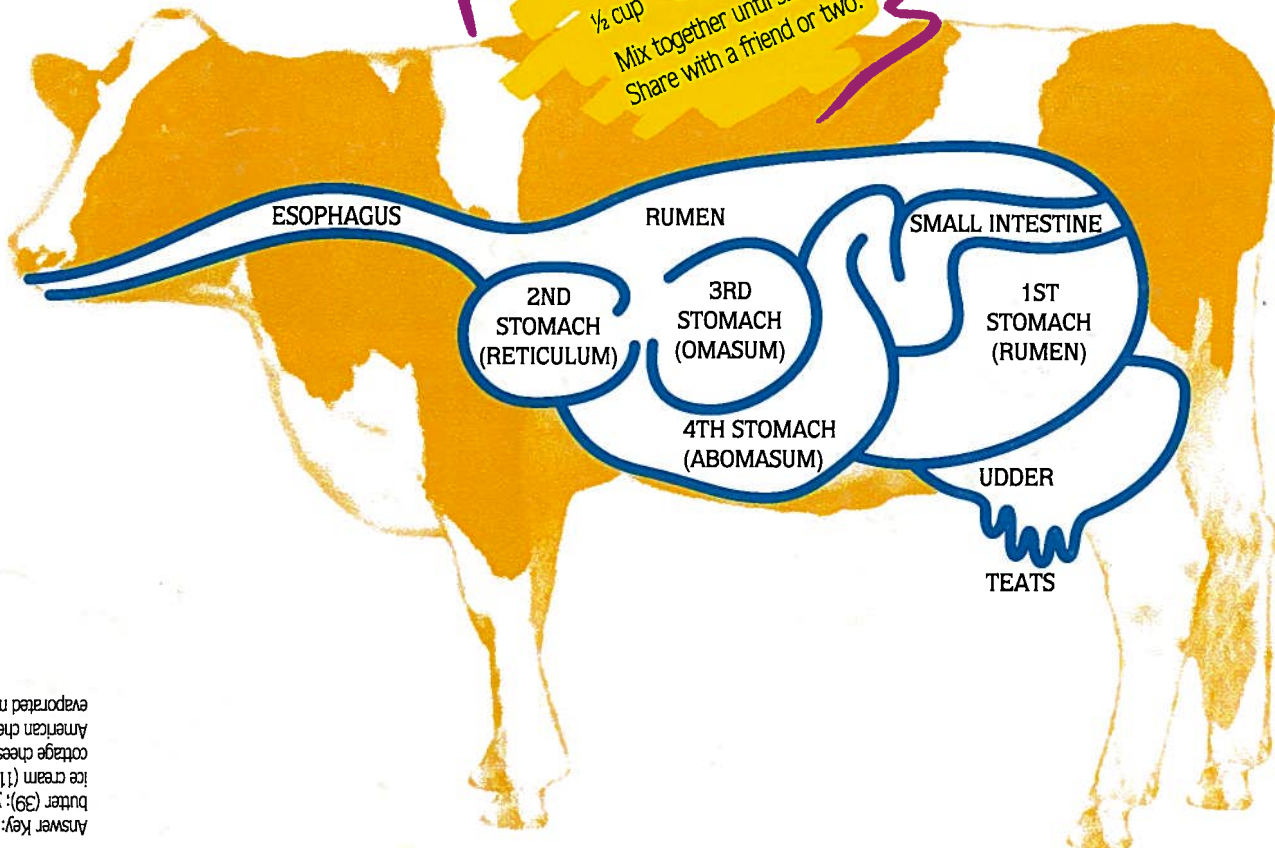


Orange Cow

An "udderly" delicious drink!

- 1 cup milk
- 1 scoop vanilla ice cream or frozen yogurt
- ½ cup orange juice

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



Answer Key:
butter (39); yogurt (1);
ice cream (11); eggs (0);
cottage cheese (12);
American cheese (19);
evaporated milk (4)