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
     - Cheese
     - Ice cream
     - 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?

INCREDBL DARY 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.

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.

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

1. ________________________
2. ________________________
3. ________________________
4. ________________________
5. ________________________
6. ________________________

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!”**