



# Milk!

## From Cow to You



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Milk. A part of everything that's good.®

# It all starts with Milk.

## BUNNY IN A CUP

You will need:

2 Cups Cold Milk



1 Package (3.4 Ounces) Instant Vanilla Pudding Mix

2 Twists Black Licorice

¼ Cup Vanilla Frosting



Red Liquid or Paste Food Coloring

8 Cream-filled Oval Vanilla Sandwich Cookies

8 Green Jelly Beans & 4 Pink Jelly Beans



1

2

In a small bowl, whisk milk and pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set. Pour into four small bowls; cover and refrigerate.

Recipes



3

Meanwhile, cut licorice widthwise into fourths, then lengthwise into thirds; set aside. Combine frosting and red food coloring; frost top cookies to within ½ inch of edge.

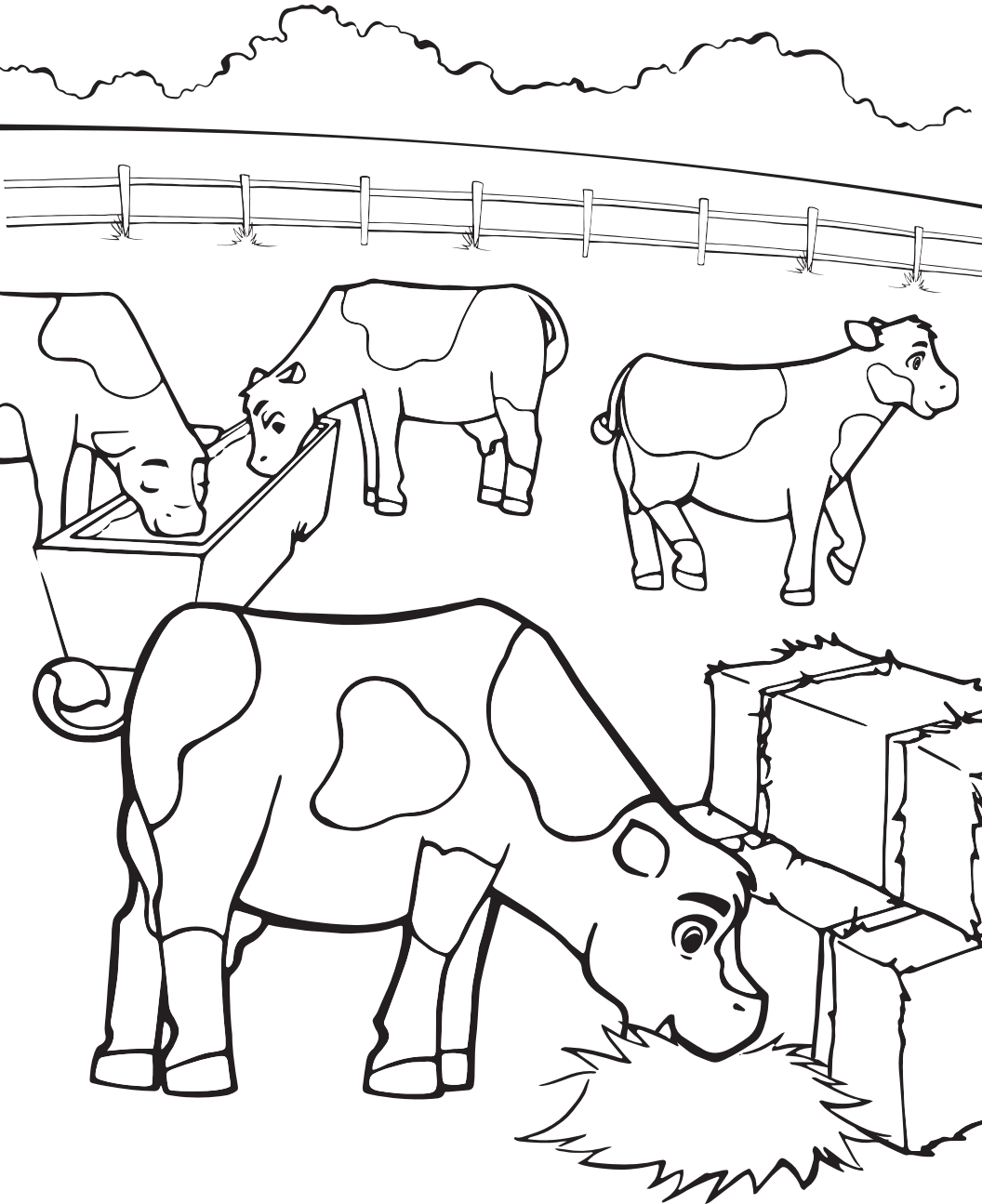
4

Just before serving, insert two cookies into each bowl of pudding for ears. Add green jelly beans for eyes and a pink jelly bean for a nose. Place three pieces of licorice on each side of the nose for whiskers.

Yield: 4 servings.

**Adult supervision suggested with all recipes.**

Dairy cows live on a dairy farm.  
They eat a balanced diet of grains and hay,  
and drink about a bathtub full of water every day.

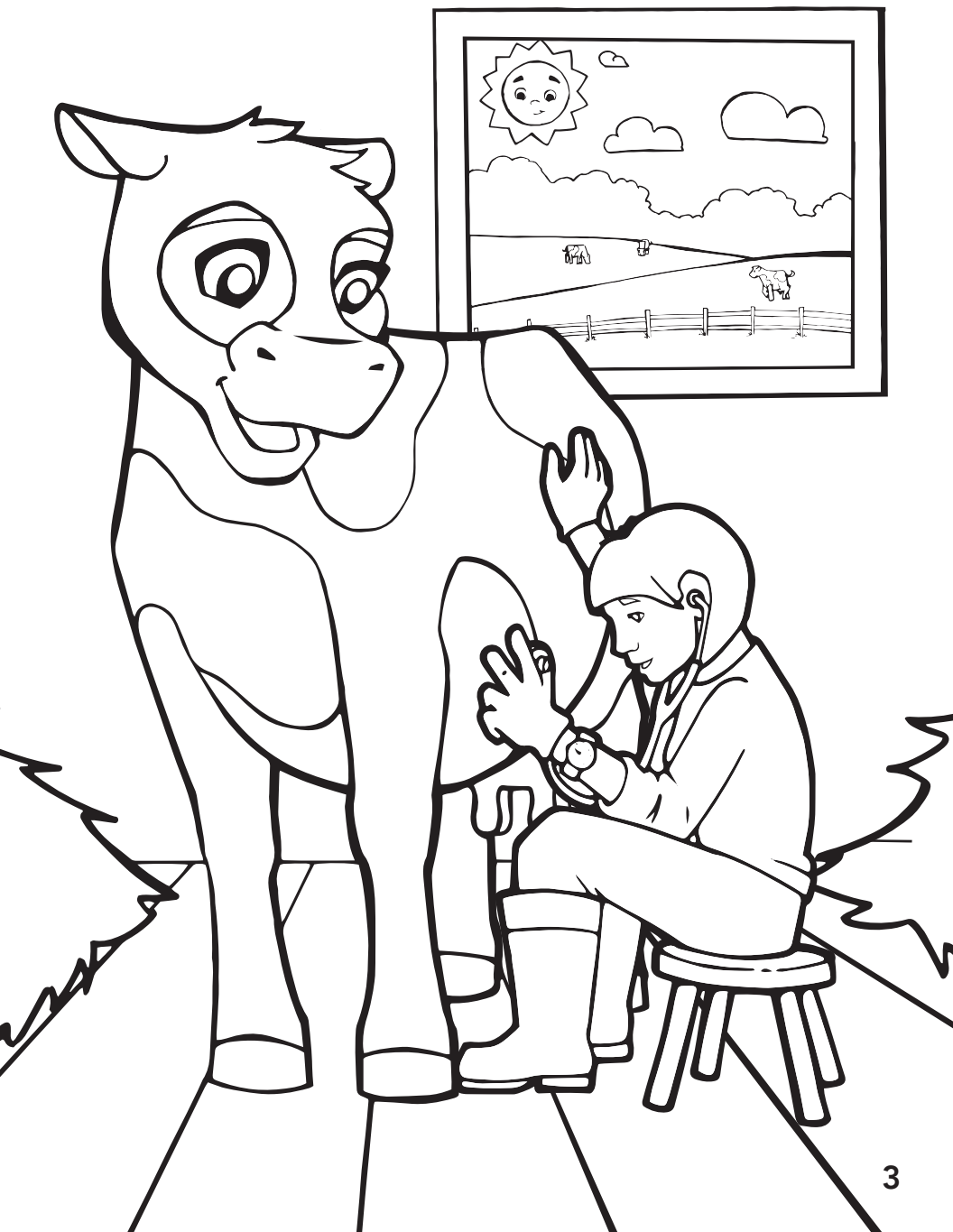


Dairy farm families work long hours every day to make sure their dairy cows are comfortable, healthy, safe, and content.



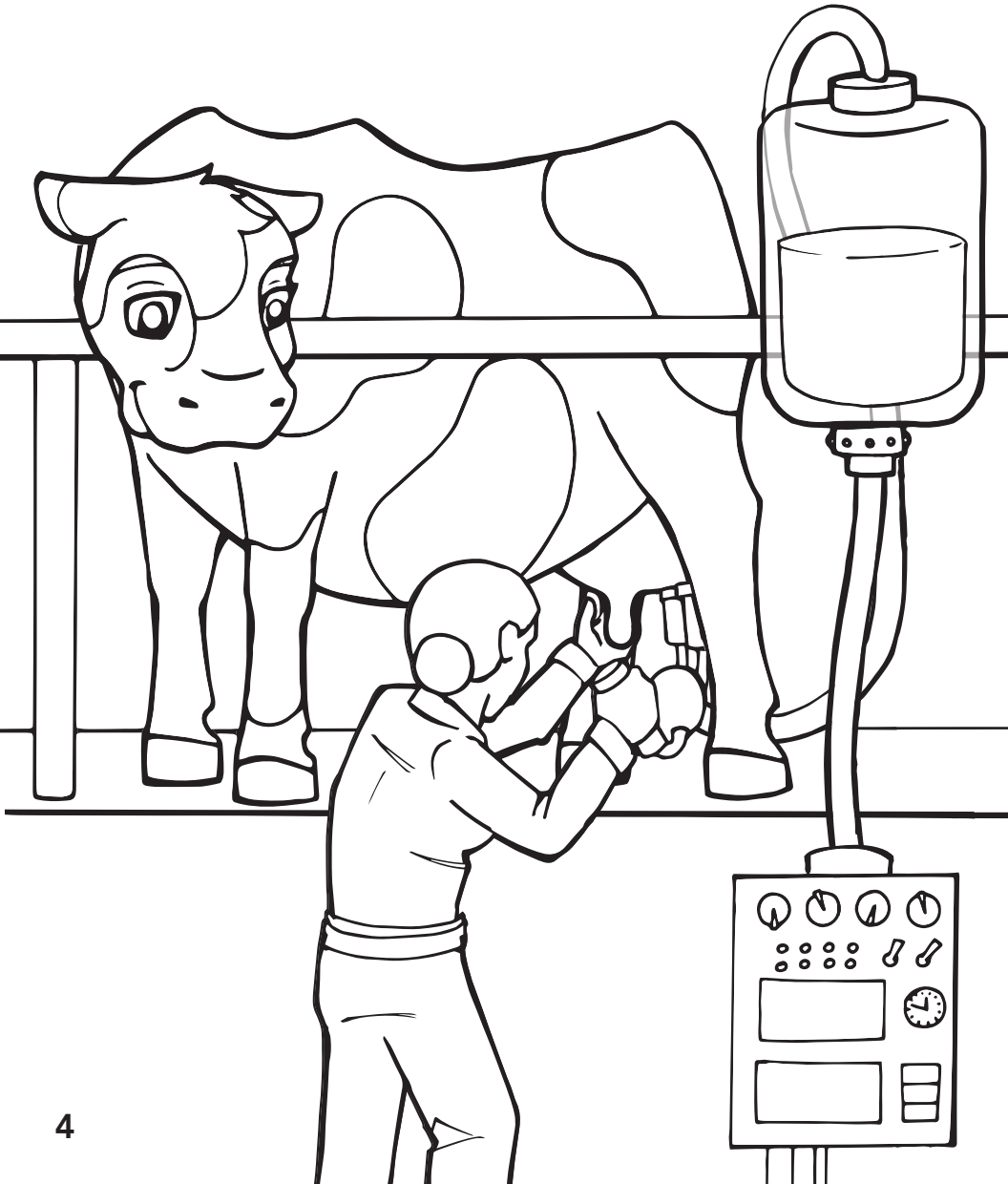
Dairy cows have regular check-ups with a veterinarian (a doctor for animals).

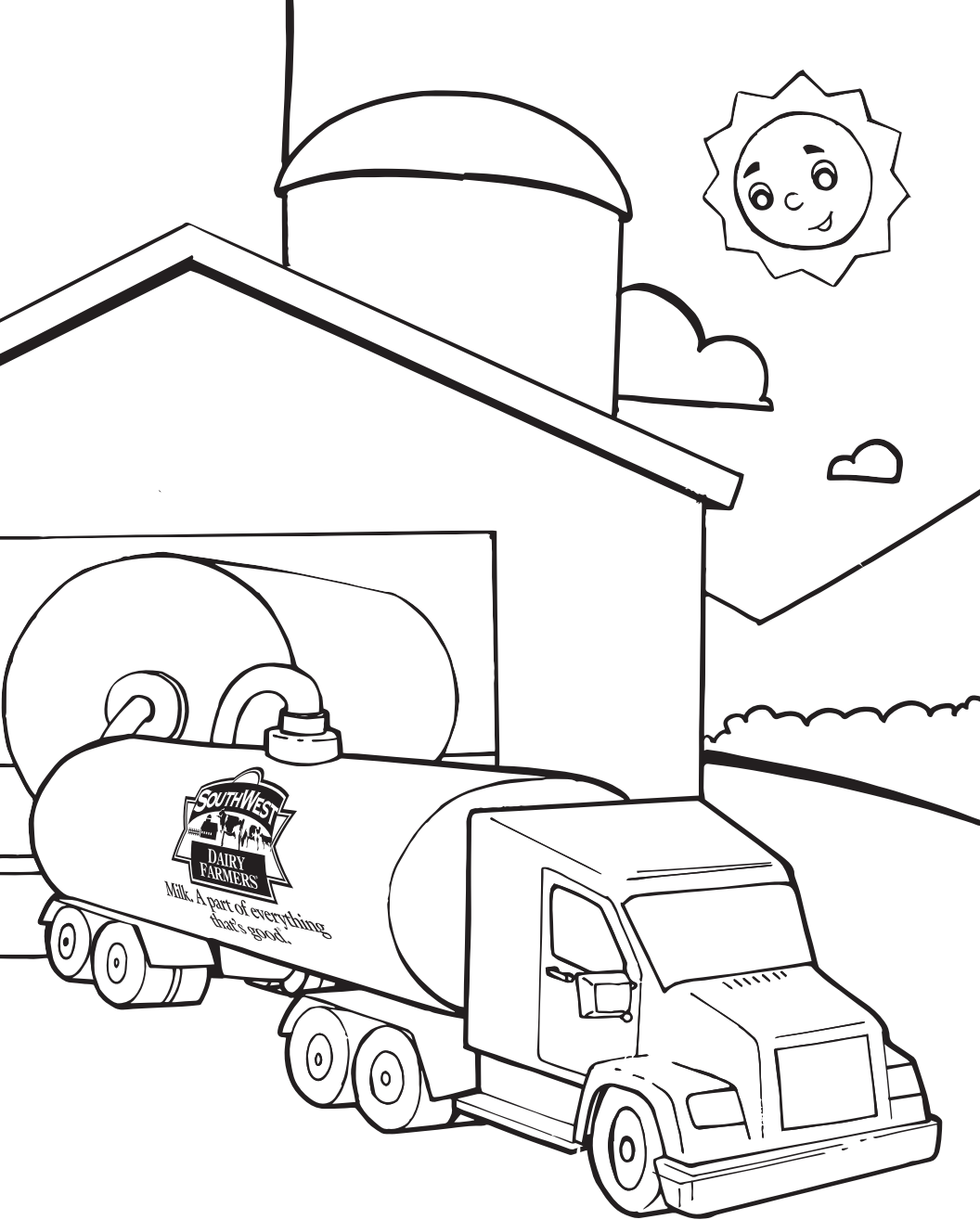
Healthy dairy cows produce nutritious, high-quality milk.



Dairy farmers milk their dairy cows at least twice each day.

Dairy cows like to be milked.





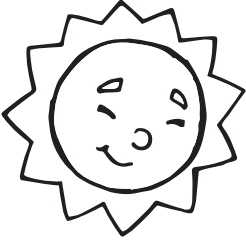
Milk travels from the dairy cows through a pipeline to a cooling tank. A truck picks up the milk and takes it to the dairy processing plant.

At the dairy processing plant, the milk is homogenized and pasteurized. It is put into containers for us to drink.

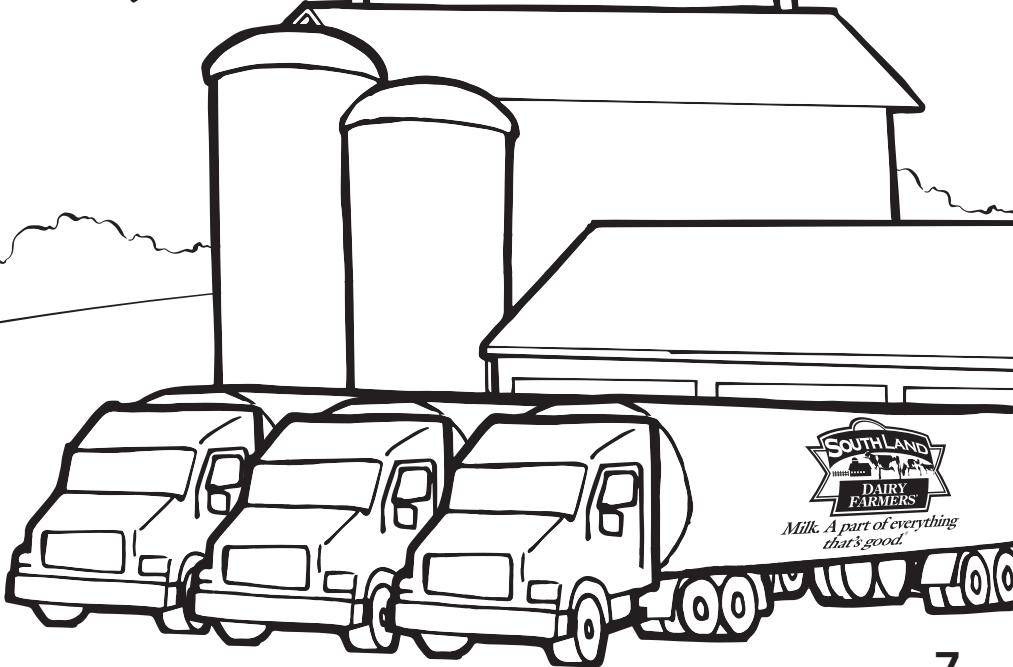




Some dairy processing plants make milk into cheese, yogurt, or other nutritious dairy foods.

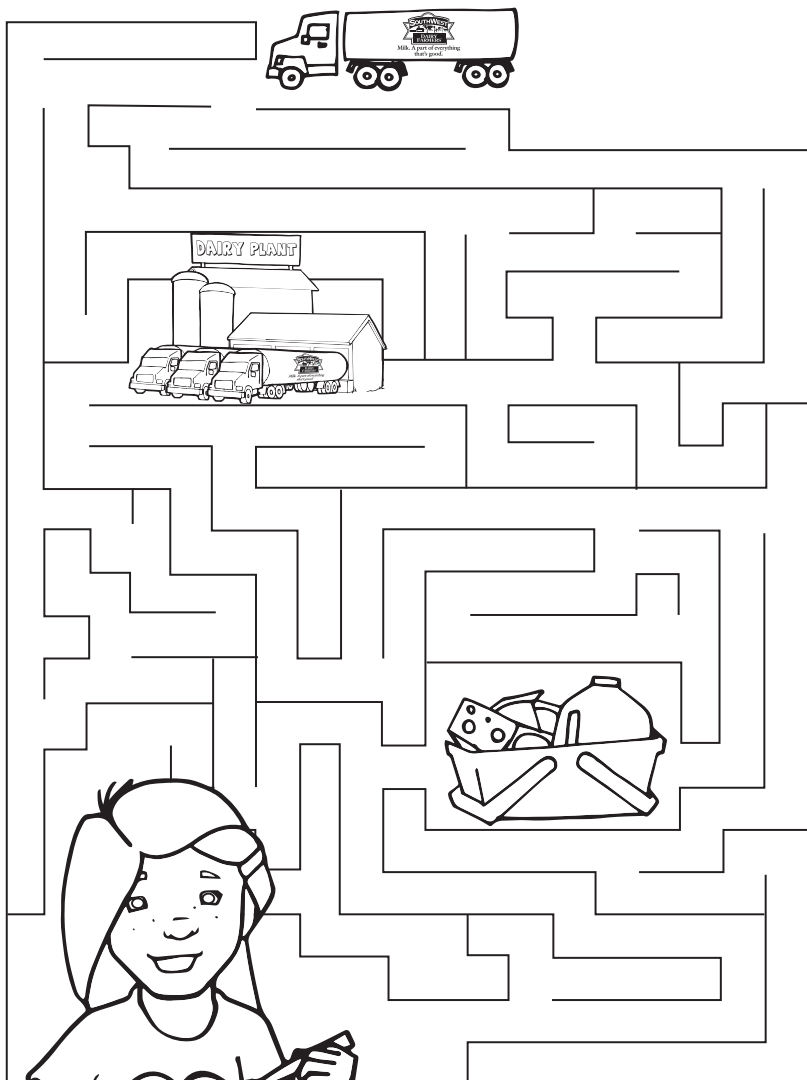


DAIRY PLANT



# Milk is A-Mazing!

Draw a line from the milk truck, to the processing plant, to the grocery store, to your cereal bowl without crossing any black lines.

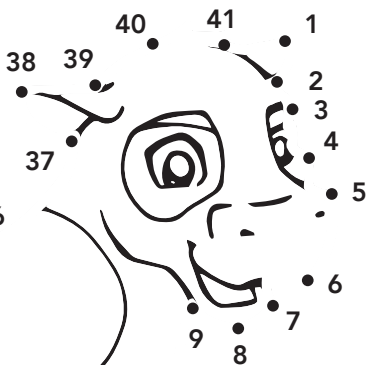
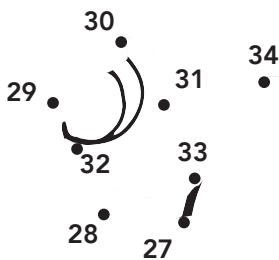
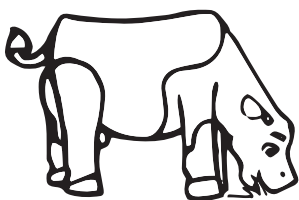
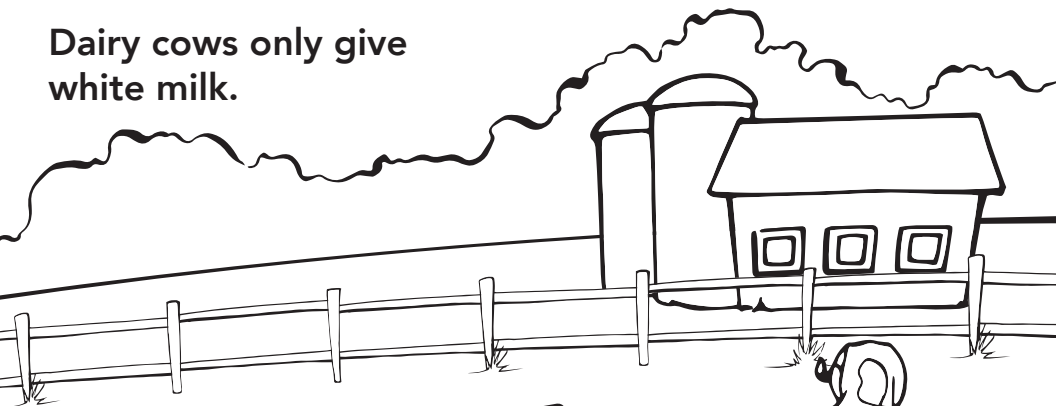


From the dairy cow to you,  
milk is never touched by  
human hands!

You should have at least  
3 servings of dairy every day to have  
strong healthy bones and teeth.

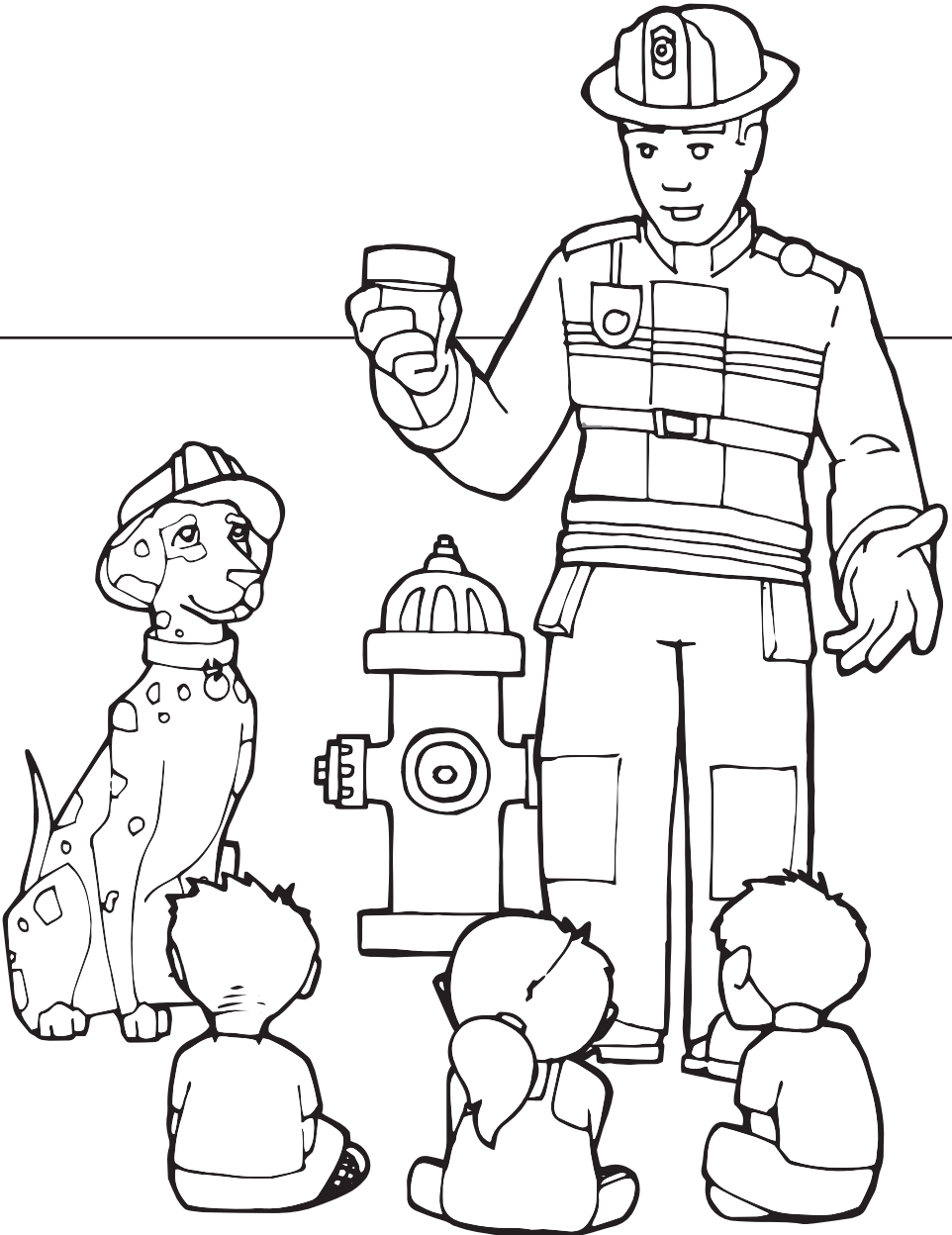
Did you know that each dairy cow produces more than 100 glasses of milk each day?

Dairy cows only give white milk.

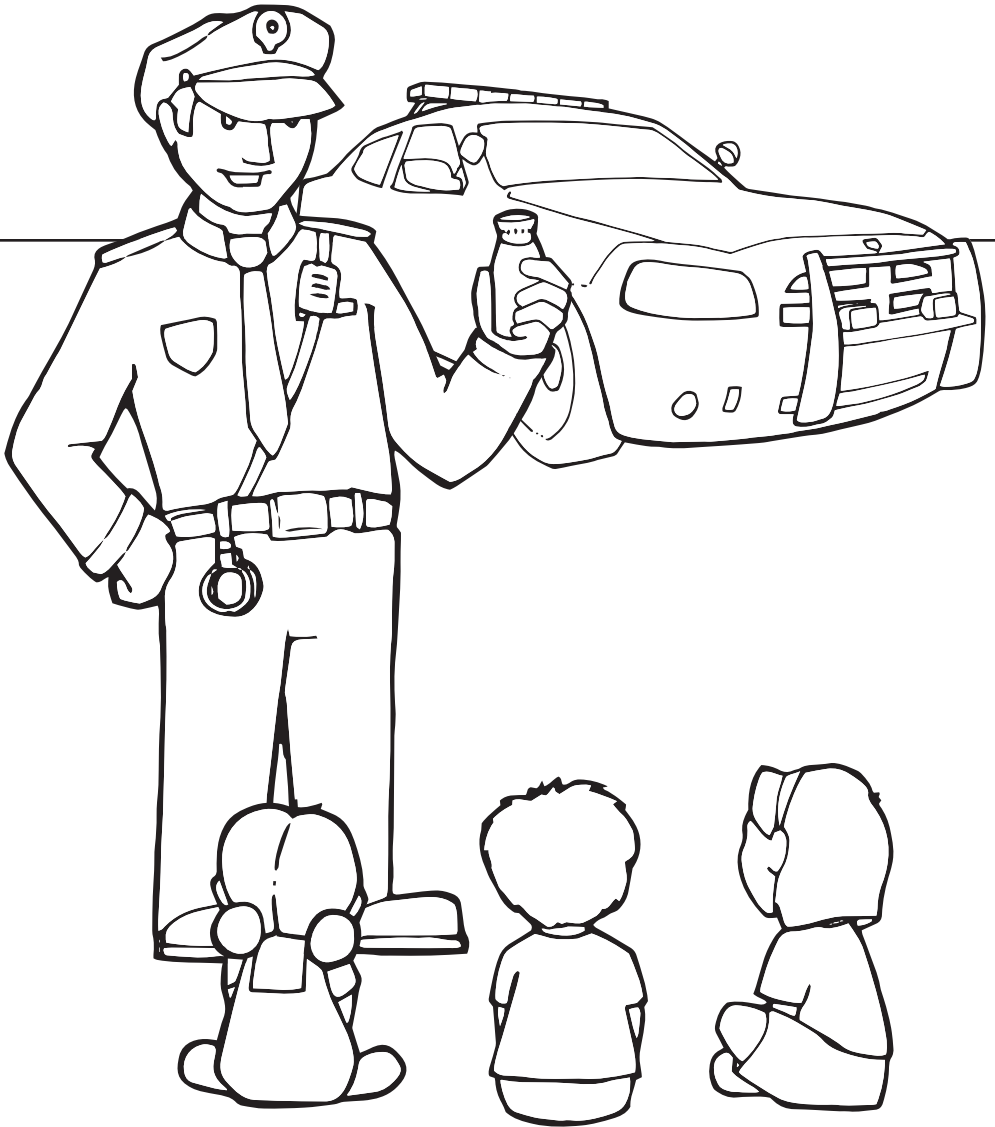


# First Responders Drinking Milk

Firefighters and Police Officers need dairy in their daily diets to stay strong, healthy, and alert.



Children can benefit from listening to First Responders and following in their footsteps by making wise decisions to stay both healthy and safe.

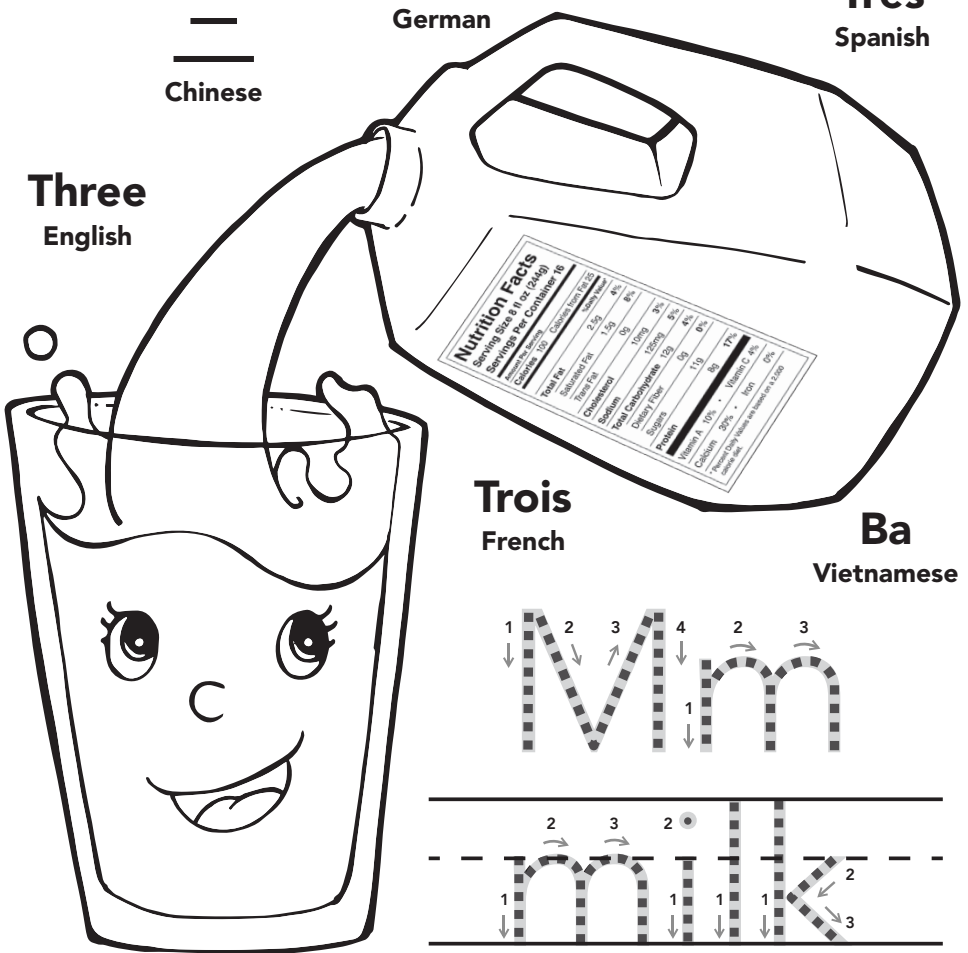


You should have at least 3 servings of dairy every day for a healthy diet.

—  
—  
—  
Chinese

**Drei**  
German

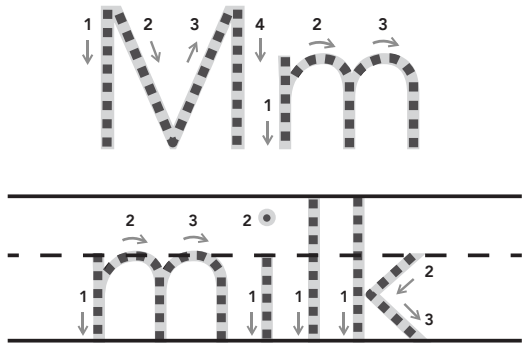
**Tres**  
Spanish



**Three**  
English

**Trois**  
French

**Ba**  
Vietnamese



Trace the letters and the word Milk.

How much is a serving size? \_\_\_ oz. \_\_\_ g

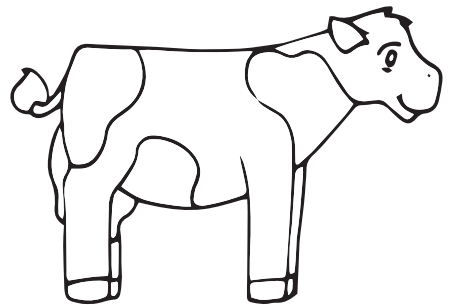
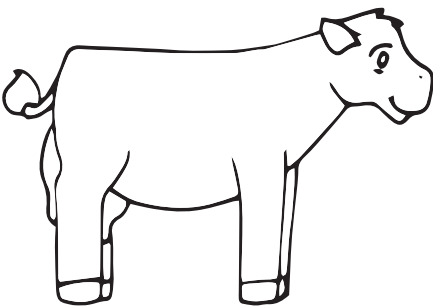
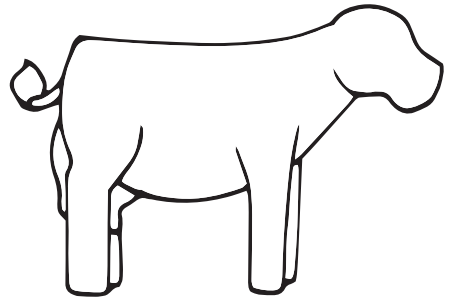
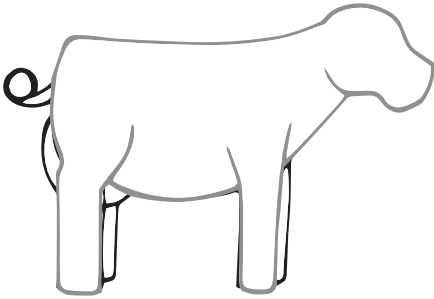
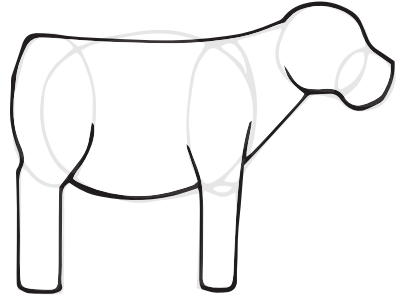
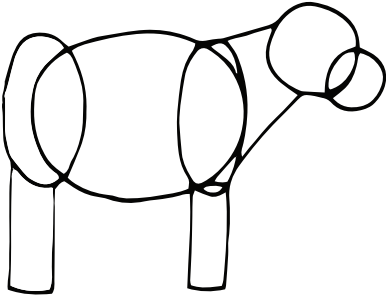
How many servings per container? \_\_\_\_\_

You should have at least \_\_\_ servings of dairy daily.

# Want strong bones? Drink milk!!



Can you draw a dairy cow?







Color the Big Red Barn by numbers.

- |              |               |
|--------------|---------------|
| 1 Red        | 5 Light Green |
| 2 Yellow     | 6 Dark Green  |
| 3 Light Blue | 7 Brown       |
| 4 Dark Blue  | 8 Black       |



# Help Farmer Fred find his 5 missing dairy cows and other dairy products.

- Cheese
- Cottage Cheese
- Glass of milk
- Ice cream
- Yogurt



# Dairy Products

We are from the dairy food group. Can you guess our name? You should have 3 to 4 servings of dairy every day to keep your body healthy and strong.

Draw a line from the dairy products to its name. Color the page when you are done.

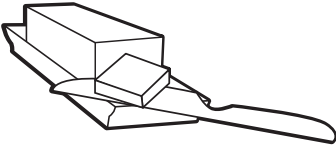


Butter

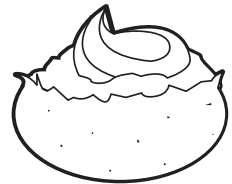
Ice Cream



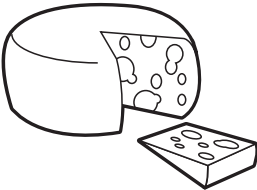
Milk



Cheese



Yogurt



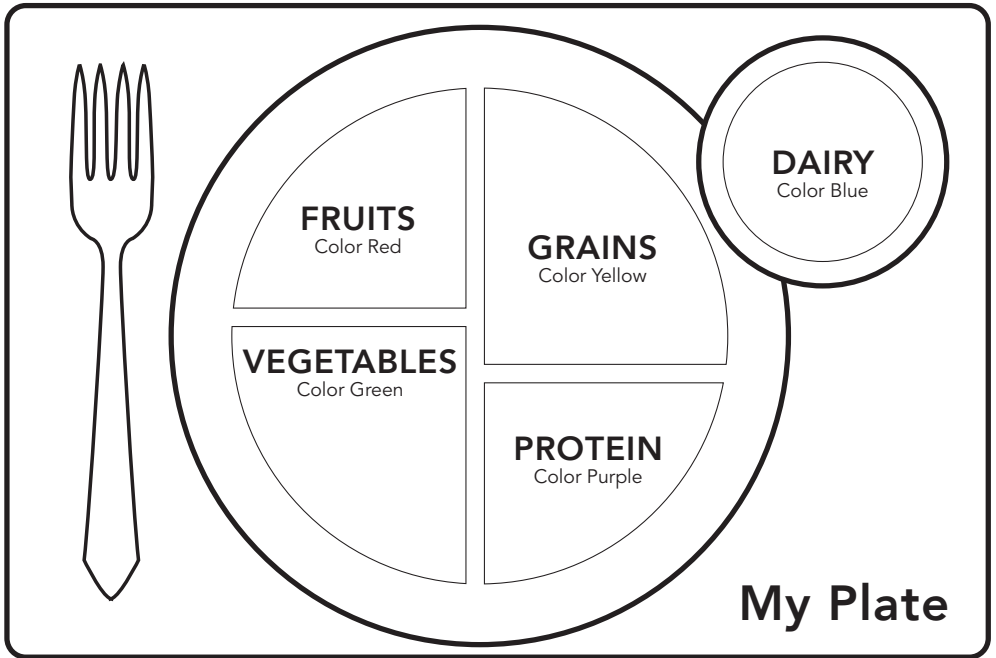
Cottage Cheese



Sour Cream



# Brighten your day with Dairy!

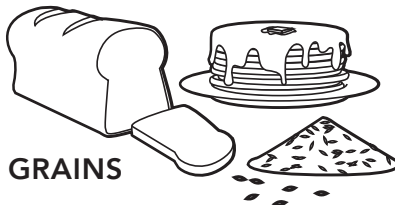


Circle all of the dairy products and color all the other food groups.

## VEGETABLES



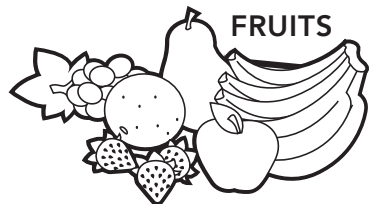
## PROTEIN



## GRAINS



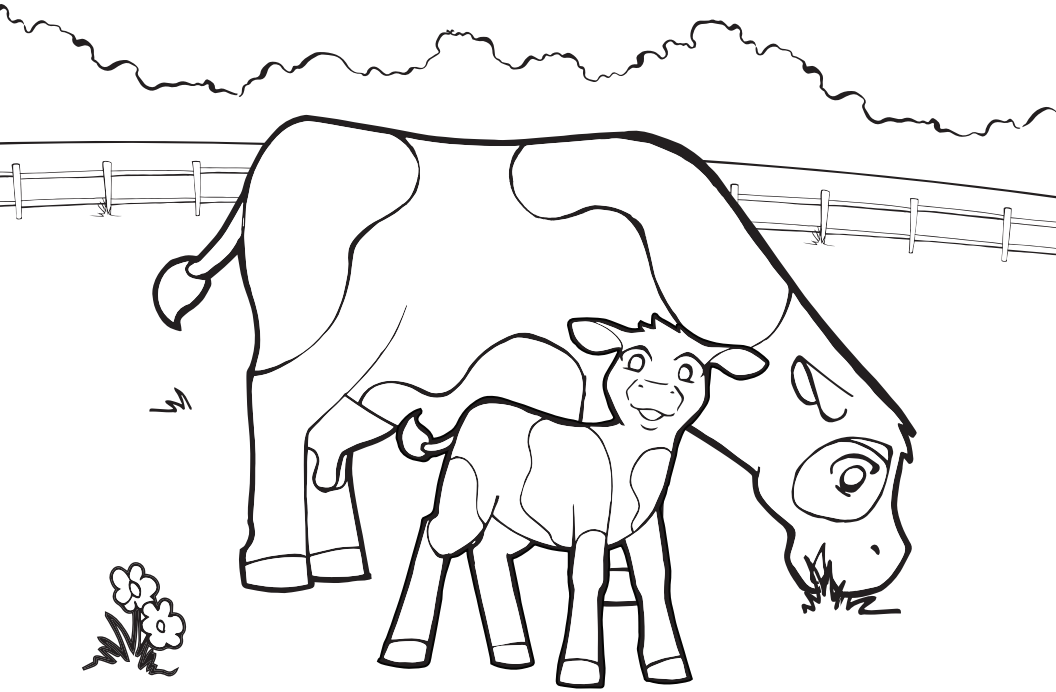
## DAIRY



## FRUITS

Dairy cows are female. They cannot produce milk until they give birth to a baby calf.

Dairy cows usually have their first calf when they are 2 years old.



## Cryptogram

Use the key below to solve the Cryptogram by matching each number to the corresponding letter.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
5	1	22	12	23	9	26	24	20	13	14	3	10	19	21	6	8	18	16	11	7	25	4	2	17	15

11 24 23

12 5 20 18 17

9 5 18 10 23 18

11 5 14 23 16

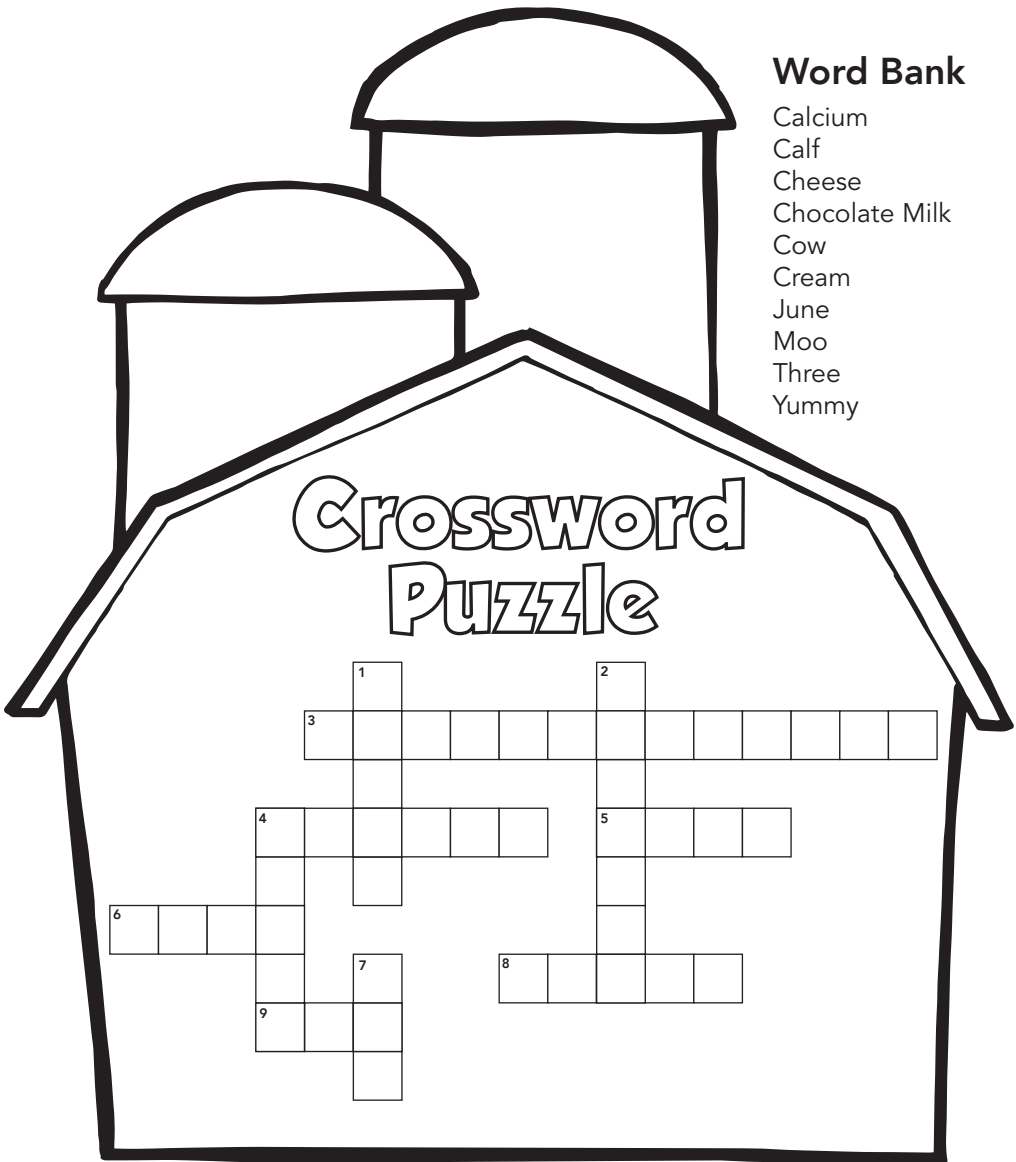
26 21 21 12

22 5 18 23

21 9

24 20 16

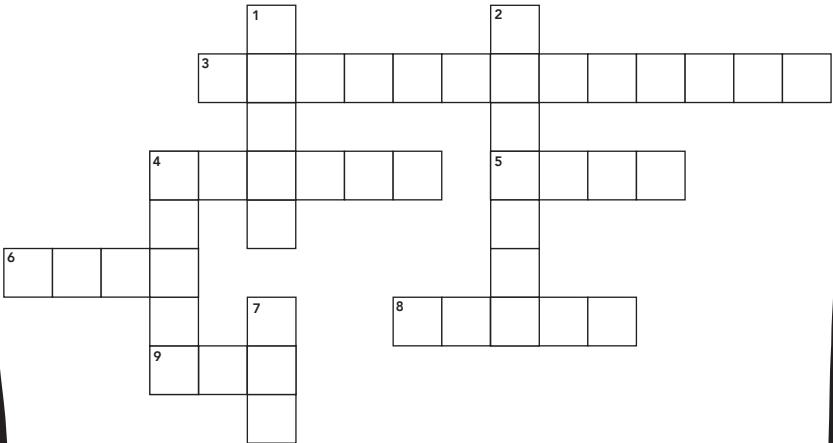
22 21 4 16



## Word Bank

Calcium  
Calf  
Cheese  
Chocolate Milk  
Cow  
Cream  
June  
Moo  
Three  
Yummy

# Crossword Puzzle



### Across

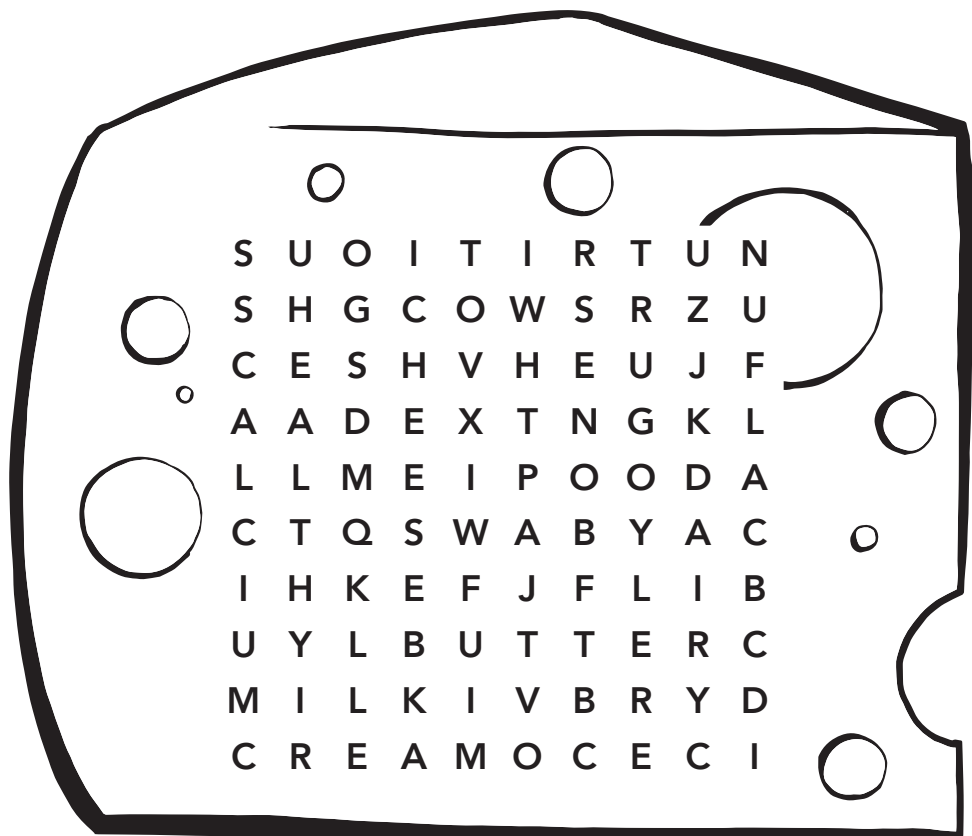
3. A great workout recovery drink.
4. \_\_\_\_\_ and crackers
5. A baby cow
6. What month is Dairy Month?
8. How do dairy products taste?
9. What does the dairy cow say?

### Down

1. How many servings of dairy should you have every day?
2. Dairy products contain \_\_\_\_\_ which make strong teeth and bones.
4. You can whip it to make a topping.
7. An animal that produces milk.

# Find the Word

## Cheese Puzzle



Can you find the DAIRY words hidden in the cheese?

Bones

Cheese

Healthy

Butter

Cow

Milk

Calcium

Cream

Nutritious

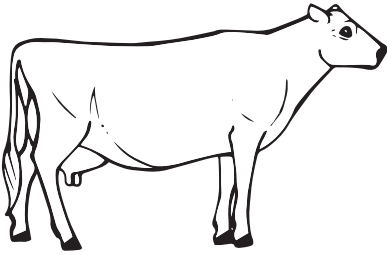
Calf

Dairy

Yogurt

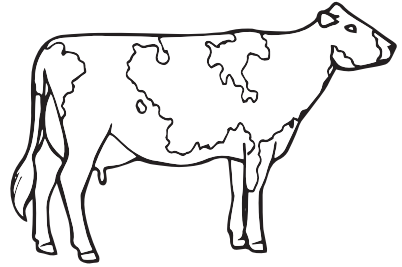
# Breeds of Dairy Cows

There are over nine million dairy cows in the United States today and about 90 percent of these are Holsteins. There are six major breeds.



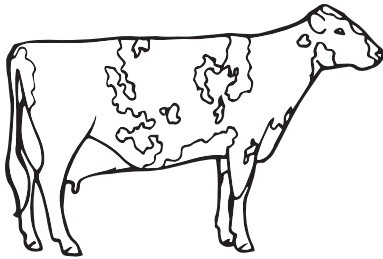
## **Jersey** (yellowish-brown)

Jerseys produce more butterfat in their milk than other dairy breeds.



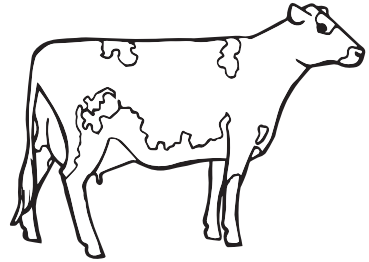
## **Holstein** (black & white)

The Holstein is the dominant dairy breed in the U.S.



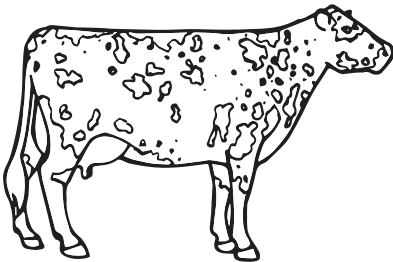
## **Ayrshire** (white with red spots)

Ayrshires are known for vigor and efficiency of milk production.



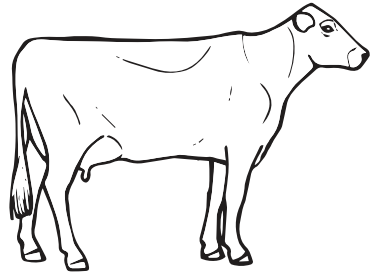
## **Guernsey** (golden-tan and white)

Guernsey dairy cows are known to be hearty and adaptable and for the yellow color of their milk.



## **Milking Shorthorn** (roan-red and white)

Milking Shorthorn has served as part of the foundation for other red dairy breeds.



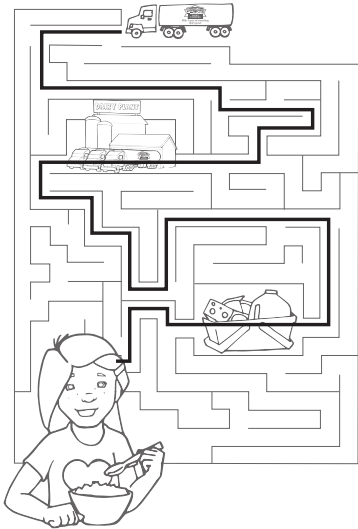
## **Brown Swiss** (brownish gray)

Brown Swiss are known for being hearty and rugged, having superior feet and legs.



# Answer Sheet

Page 8



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How much is a serving size?  
8fl. oz. 244 g.

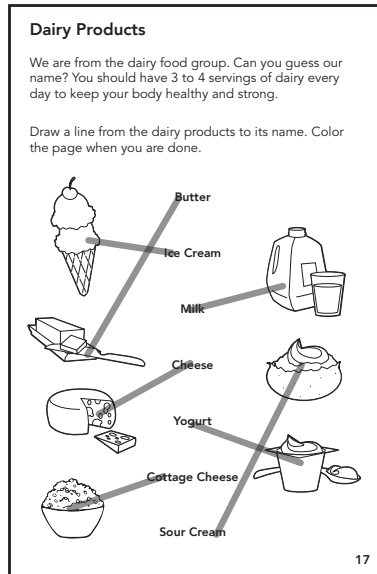
How many servings per  
container? 16

You should have at least 3  
servings of dairy daily.

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# Answer Sheet

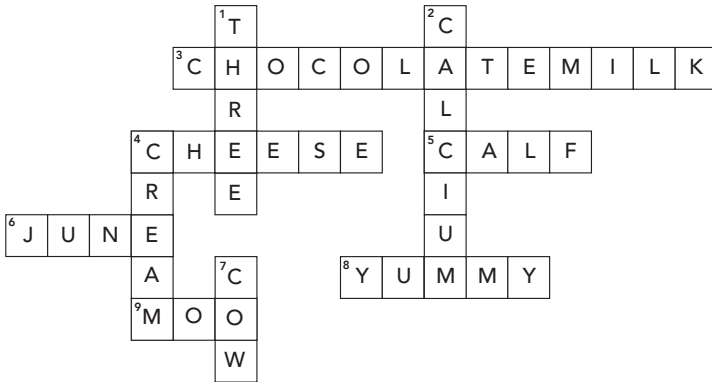
## Page 19

$\frac{T \ H \ E}{11 \ 24 \ 23}$        $\frac{D \ A \ I \ R \ Y}{12 \ 5 \ 20 \ 18 \ 17}$        $\frac{F \ A \ R \ M \ E \ R}{9 \ 5 \ 18 \ 10 \ 23 \ 18}$

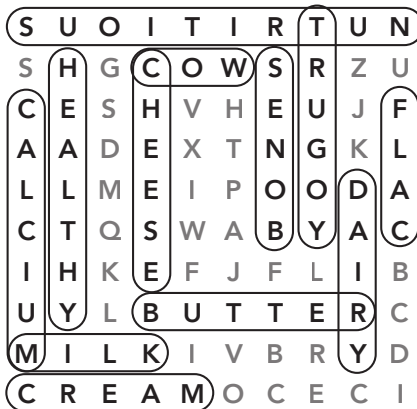
$\frac{T \ A \ K \ E \ S}{11 \ 5 \ 14 \ 23 \ 16}$        $\frac{G \ O \ O \ D}{26 \ 21 \ 21 \ 12}$        $\frac{C \ A \ R \ E}{22 \ 5 \ 18 \ 23}$

$\frac{O \ F}{21 \ 9}$        $\frac{H \ I \ S}{24 \ 20 \ 16}$        $\frac{C \ O \ W \ S}{22 \ 21 \ 4 \ 16}$

## Page 20



## Page 21



# The Mobile Dairy Classroom. It's a dairy farm on wheels.



The Mobile Dairy Classrooms are part of a dynamic educational program sponsored by the Southwest Dairy Museum, Inc. The 32-foot classrooms feature a fully operational milking parlor. Each classroom carries a live dairy cow to schools, fairs, and festivals throughout the Southwest.

The Mobile Dairy Classrooms are enjoyed by all ages, but targeted toward first through sixth grade. Instructors can teach 100-200 children per presentation and give up to five demonstrations a day.

The Mobile Dairy Classroom is literally an educational exhibit on wheels. Trained instructors demonstrate how to milk a dairy cow, and describe how milk goes from the farm to the kitchen table. There is no charge for the Mobile Dairy Classroom program. Request a visit at [southwestdairyfarmers.com](http://southwestdairyfarmers.com).

## **TO SCHEDULE A MOBILE DAIRY CLASSROOM, PLEASE CONTACT:**

Mobile Dairy Classroom  
P.O. Box 936

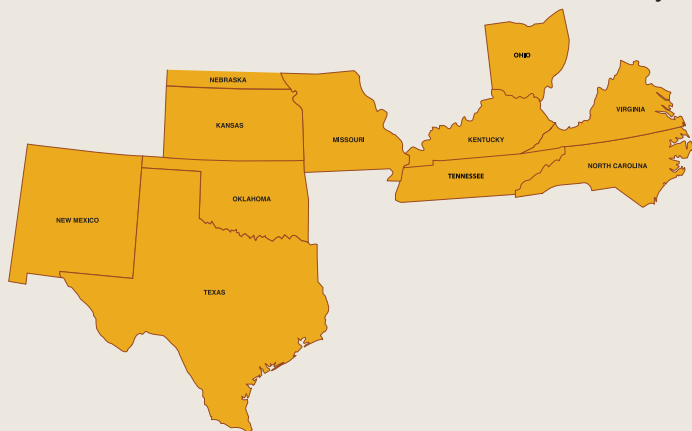
Sulphur Springs, Texas 75483

(903) 439-6455 (MILK)

(903) 439-1125 Fax

or online at [southwestdairyfarmers.com](http://southwestdairyfarmers.com)

and [southlanddairyfarmers.com](http://southlanddairyfarmers.com)



*The Mobile Dairy Classrooms are available year-round.  
Plan to schedule in advance due to the popularity of  
this free program.*



Milk. A part of everything that's good.®

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