

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.

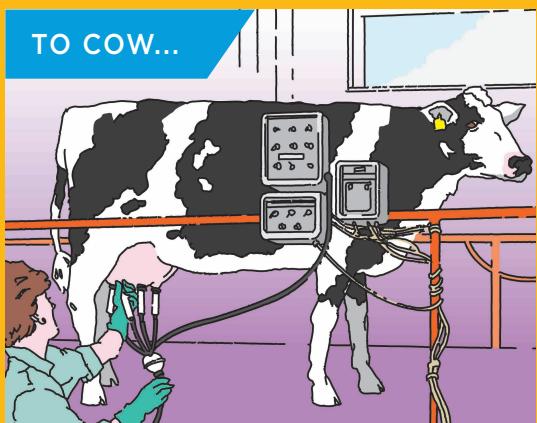
DID YOU KNOW:

- 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.
- Today, 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

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9

10

how much milk does it take?



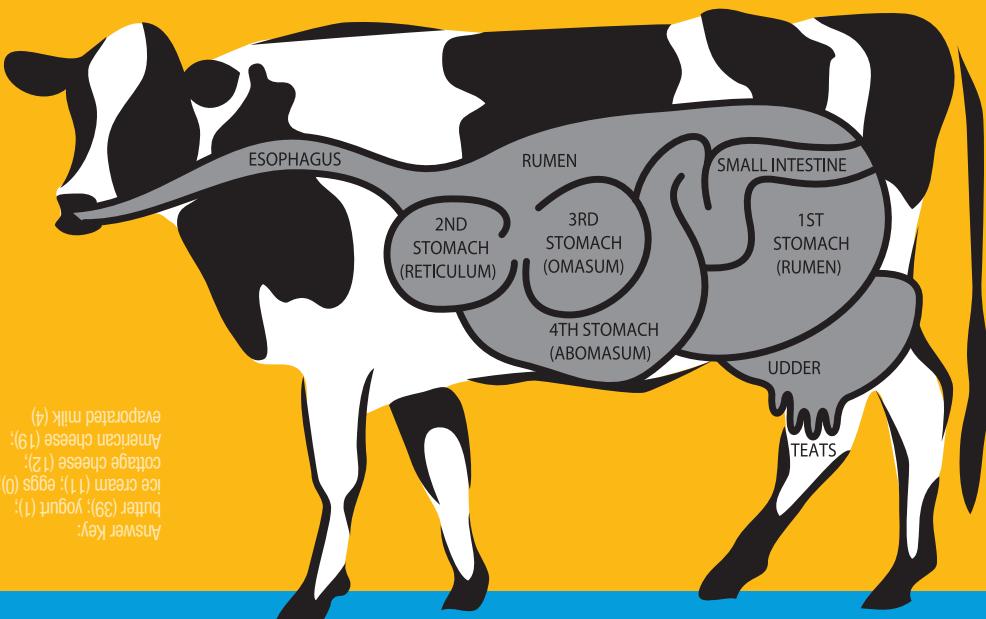
Milk is made into many different dairy foods.

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 ounces of yogurt	11 cups of milk
c. 1/2 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...

- Only female cows give milk.
- 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
- 1/2 cup orange juice
- Mix together until smooth.
- Share with a friend or two.



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