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.
**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)

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**how much milk does is 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.

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<td>a. 1 pound of butter</td>
<td>12 cups of milk</td>
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<td>b. 8 ounces of yogurt</td>
<td>11 cups of milk</td>
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<td>c. 1/2 gallon ice cream</td>
<td>0 Not a dairy product</td>
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<td>d. A dozen eggs</td>
<td>39 cups of milk</td>
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<td>e. 1 pound cottage cheese</td>
<td>19 cups of milk</td>
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<td>f. 1 pound American cheese</td>
<td>4 cups of milk</td>
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<td>g. 2 cups evaporated milk</td>
<td>1 cup of milk</td>
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**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.

**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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**orange cow**