

# MILK FROM COW TO ME

Student Workbook \_\_\_\_\_  
(fill in your name)

## Activity 1

You have learned that a dairy farm is a business. The farmer has many responsibilities to run a successful dairy farm. The cows are important in the dairy business because they produce the product which the farmer sells, milk. It is essential that the cows are properly cared for and well fed in order to be healthy and produce a lot of milk. Use your knowledge to complete the following story:

Heather is having fun visiting her cousins for a week on their dairy farm. She is surprised by the many things she has learned about the dairy farm business in the past few days. She has watched her aunt and uncle do their work on the farm and she has even helped her cousins with their chores. She is writing her best friend a letter and decides to tell her about her adventures on the farm.

...the days here are busy and full. I am learning lots of interesting things. Did you know that dairy farmers \_\_\_\_\_

**I need \_\_\_\_\_ servings of dairy foods each day.**

**When I am a teenager I will need \_\_\_\_\_ servings of dairy foods each day.**

**HANG ON REFRIGERATOR**

## Activity 2

You need to eat at least 3 to 4 servings of dairy products each day. Dairy products are important because they help build strong bones and teeth.

Look at the meals and snacks below. Choose a dairy food from those shown to complete each menu. Write the name of the dairy product you choose in the box next to each menu.

### MORNING MEAL:

EGG, MUFFIN,  
SAUSAGE

I CHOOSE:

ORANGE JUICE



ICE CREAM

### NOON MEAL:

TUNA SANDWICH WITH  
LETTUCE, TOMATO

I CHOOSE:

POTATO CHIPS

APPLE



MILK

### SNACK:

COOKIES

I CHOOSE:



CHOCOLATE MILK

### EVENING MEAL:

SPAGHETTI,  
MEAT SAUCE

I CHOOSE:

BROCCOLI

GREEN SALAD



YOGURT



CHEESE

### ACTIVITY 3

## *Captain Wally's Fast Food*

Breakfast (until 10:00 a.m.)	Entrees (after 10:00 a.m.)	Drinks&Dessert&Other
Sausage & Egg Biscuit \$1.99	Hamburger \$2.45	Milk \$.75
Sausage Biscuit \$1.45	Cheeseburger \$2.75	Orange Juice \$.75
Biscuits and Gravy \$1.99	Fish Sandwich \$2.99	Soft Drink \$.75
Pancakes & Sausage \$2.49	Pizza Slice \$2.45	Milkshake \$.99
French Toast \$1.99	Taco \$1.99	French Fries \$.99
Scrambled Eggs & Bacon \$2.49	Nachos \$2.50	Onion Rings \$.99
Cold Cereal \$ .75	Fried Chicken (2 pieces) \$2.99	Frozen Yogurt \$.99
Hashbrowns \$ .99	Grilled Chicken Sandwich \$2.45	Ice Cream \$.99
Toast & Jelly \$ .75	Green Salad \$1.99	Apple Pie \$.99

Breakfast Order

Lunch Order

Look at foods available on the menu above. Complete a breakfast and lunch order. Make sure you include a dairy food on each order.

My dairy food at breakfast is \_\_\_\_\_

My dairy food at lunch is \_\_\_\_\_

### ACTIVITY 4

The following statements are about milk, how it is processed and how to properly care for it. The statements are out of order. Put numbers in the blanks to show the correct order.

- \_\_\_\_\_ A. Milk is cooled in a holding tank to keep it fresh and good tasting.
- \_\_\_\_\_ B. Milk and dairy products are delivered to many places for people to eat and enjoy.
- \_\_\_\_\_ C. Milk is stored in your refrigerator at home to help keep it fresh. Only remove milk container long enough to pour your milk and immediately return it to refrigerator.
- \_\_\_\_\_ D. The cow's udder is washed.
- \_\_\_\_\_ E. Milk is pasteurized.
- \_\_\_\_\_ F. Milk is delivered to a processing plant.
- \_\_\_\_\_ G. Cows are milked by milking machines.

## Activity 4

1) For freshness, dairy foods should be kept clean, cold and covered. In the refrigerator below color the foods made from milk.



2) Circle the dairy foods you would like to eat more often.

## Activity 5

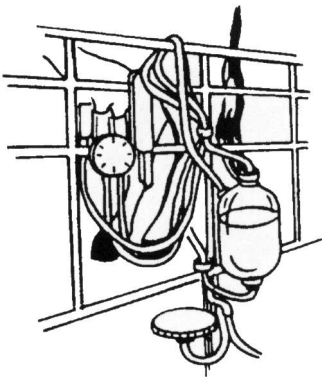
Choose the pictures that fit in the story below. Write the letter of the picture in the blank.



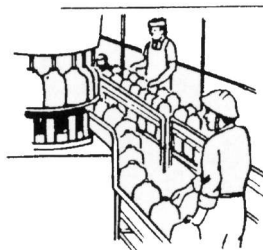
D. WASHED



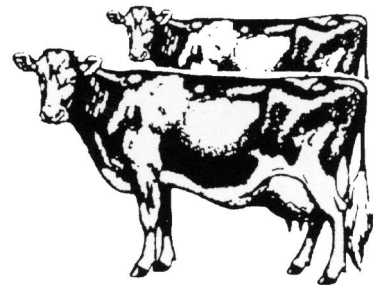
A. TEETH



C. MILKING MACHINE



E. DAIRY PROCESSING



B. COWS

1. Milk comes from healthy, well-fed \_\_\_\_\_ that live on a dairy farm.
2. Dairy farmers want to be sure the milk is clean. The cows udder is always \_\_\_\_\_ before she is milked.
3. On a modern dairy farm, cows are milked using a \_\_\_\_\_.
4. A big truck takes the milk from the farm to the \_\_\_\_\_ plant. At the dairy processing plant, milk is made into many different foods.
5. Milk and dairy foods are delivered to many places for us to eat and help us grow strong bones and \_\_\_\_\_.