

# Discover Dairy

## Activity Book





# A MESSAGE TO YOU FROM A NEW ENGLAND DAIRY FARMER

Hello! My name is Heidi and I am a dairy farmer from Vermont.

My family and I make fresh, local milk. We love taking good care of our land, cows, and community all at the same time.

Life as a dairy farmer is a full-time job. Every day of the year, even on holidays, we milk and take care of our cows. Caring for our cows and making them happy is our top priority because happy, healthy cows make great milk for you to enjoy!

In New England, there are about 1,000 dairy farms that produce the milk you get at your local grocery store and in school. It takes about two days for milk to go from the farm to you, which means the milk we make in New England is fresh, local, and always in season.

I hope you love dairy foods like milk, cheese, yogurt, ice cream (and more!) as much as we love making the milk that goes into them. You can learn more about what I and other dairy farmers do to care for our cows, land, and communities in this booklet and on our website [www.NewEnglandDairy.com](http://www.NewEnglandDairy.com).

Enjoy!

*Heidi Dolloff*

Heidi Dolloff  
Dolloff Acres Farm



# Discover Dairy on the Farm

## Milk's Journey from Farm to You

Put these pictures in order of milk's journey from the cow on the farm to you by numbering them from 1 to 5.



Milk is pasteurized (heated and cooled for safety) and bottled at a processing plant. Milk is tested to assure its freshness and safety.



Cows are milked 2-3 times per day. Milk is collected and cooled in the bulk tank.



Milk is delivered to you at school or to your local store within 2-3 days of leaving the farm.



Farmers treat their cows well from the time they are born, feeding them nutritious food and providing them comfort all year long.



An insulated tanker truck brings the milk from the farm to the processing plant.



**FACT :** It takes 10 pounds of milk to make 1 pound of cheese.

## Cow Talk with Farmer Kate

Farmer Kate works on a dairy farm and will be talking to a group of students about what she does on the farm. Help her write her talk by filling in the blanks using the word bank.

Hi! I'm Farmer Kate. Did you know that all the \_\_\_\_\_ you drink comes from \_\_\_\_\_? In fact, one \_\_\_\_\_ cow can produce more than six gallons of milk daily. Cows need a lot of food and \_\_\_\_\_ to make that milk. Each day, one cow drinks enough water to fill a bathtub and eats more than 100 pounds of grass, \_\_\_\_\_, and hay. Cows digest their food in \_\_\_\_\_ stomachs and can recycle foods that people can't eat, like orange peels.

\_\_\_\_\_ also recycle what comes out of the tail end of the cow - manure! One cow produces 17 gallons of manure per day. Rich in nutrients, cow manure fertilizes the land to grow \_\_\_\_\_ for people and animals.

On most \_\_\_\_\_, cows are milked two to three times a day. Then the milk is put on a large tanker \_\_\_\_\_, and taken to a processing plant for pasteurization. Next a delivery truck brings the milk to the \_\_\_\_\_ store where you buy it and take it home to drink. Yum!

### WORD BANK

water female cows four  
corn crops grocery farmers  
truck milk farms



Q: How does a farmer count a herd of cows?

A: With a cow-culator!



# Discover Dairy for Health

Dairy foods provide us with **nine important nutrients** growing bodies need. Three of those nutrients are:

## Calcium

A mineral that helps build strong bones and teeth.

### FUN FACT:

You would have to eat 10 cups of raw spinach to get the same amount of calcium as you would get in one 8 oz. glass of milk.

## Carbohydrates

A nutrient that gives us energy so we can be active in our bodies and minds.

### FUN FACT:

The carbohydrate in milk is called lactose. People who are lactose intolerant may still be able to enjoy yogurt, some cheeses, and lactose-free milk.

## Protein

A nutrient that builds and repairs your muscle, skin, bones, and more. Eating protein helps us feel full and energized longer.

### FUN FACT:

One 8 oz. glass of milk has as much protein as 1 ½ eggs.

## Snack Buddies

Eating two or more food groups together helps you get more nutrition in one snack. Use the pictures below to create Snack Buddies using two or more food groups, then give your Snack Buddies recipe a name.

Think of the times during the day that you like to eat snacks.


















Put a circle around foods you might like for a morning snack.



Put a square around foods you might like for an afternoon snack.



Underline foods you might like for an after dinner snack.

Dairy	Grains	Protein	Fruits	Vegetables
 Cheese	 Crackers	 Turkey	 Apple	 Red Peppers
 Milk	 Wheat or Corn Tortillas	 Almonds	 Strawberries	 Carrots
 Yogurt	 Granola	 Sunflower Seeds	 Banana	 Cucumber

Now write out one of your snack ideas and give it a fun name!

Ex. Yogurt + banana + granola = Banana Buddy parfait



Q: What did the skeleton say when he answered the door?

A: "There's no body home!"

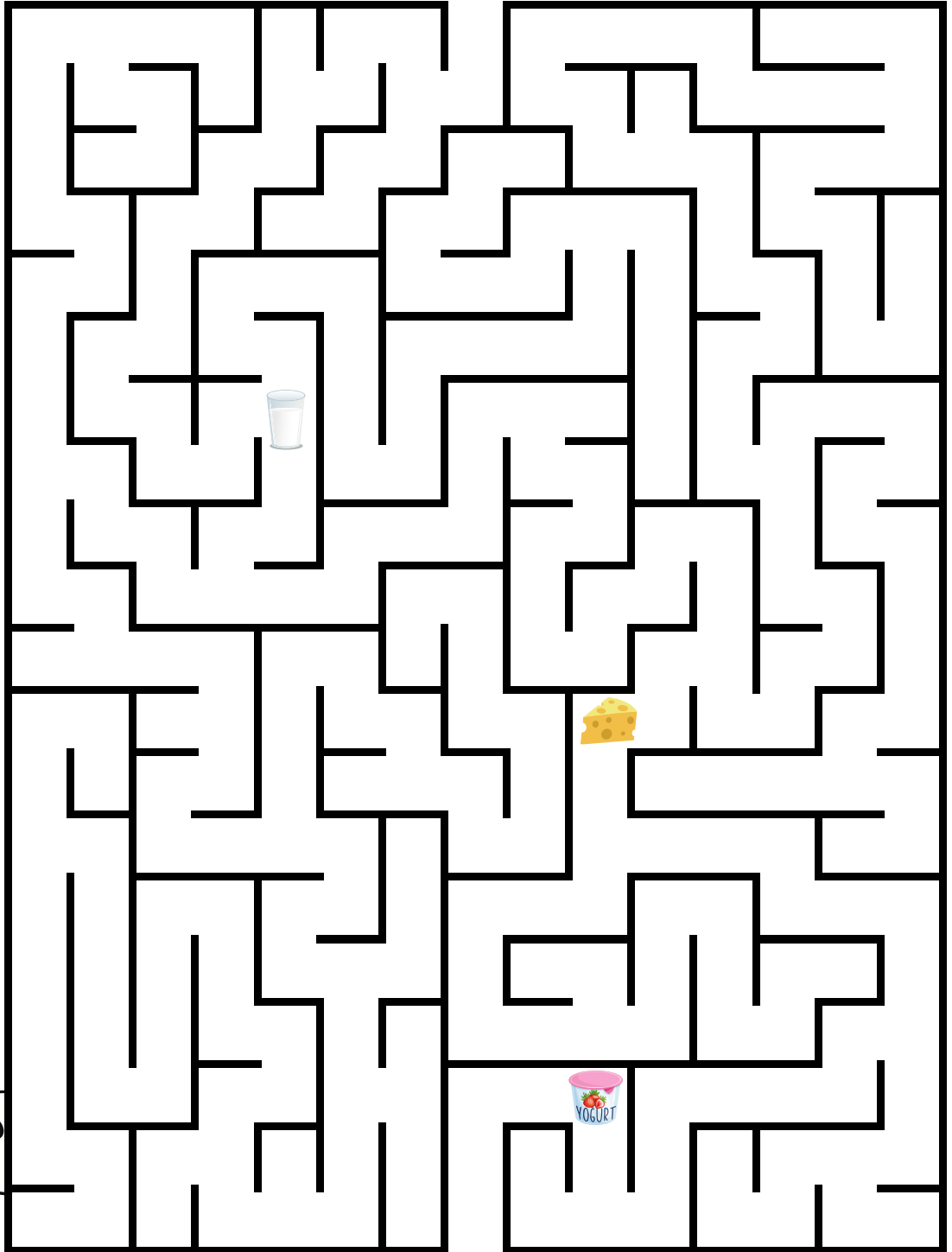
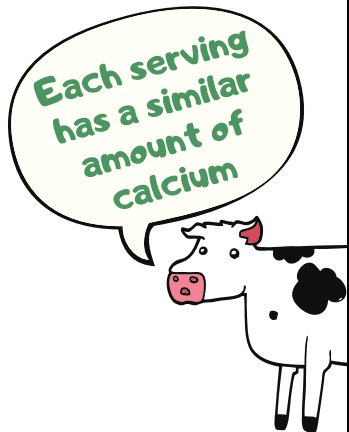
# Discover Dairy

for A-MAZE-ing Health

## Find Your Three Daily Servings of Dairy

Find the milk, cheese, and yogurt to get out of the maze.

Start →



← Finish



**FACT:** Dairy foods like milk, cheese and yogurt make it easy to get your recommended 3 servings of dairy a day.



## Word Scramble

Unscramble each word to reveal the dairy lingo, then color in the dairy images.

1. YIRAD \_\_\_\_\_

2. EESHEC \_\_\_\_\_

3. TUGROY \_\_\_\_\_

4. OWC \_\_\_\_\_

5. FALC \_\_\_\_\_

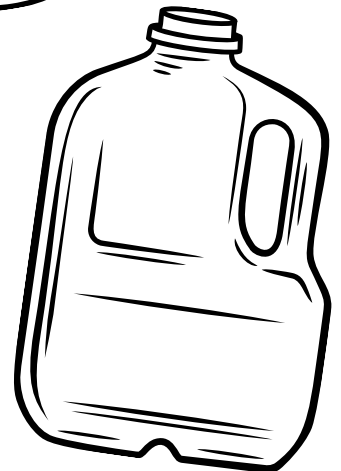
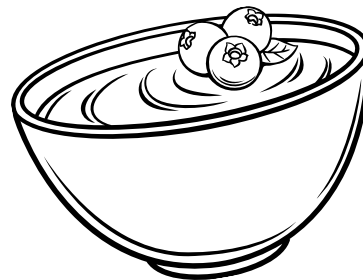
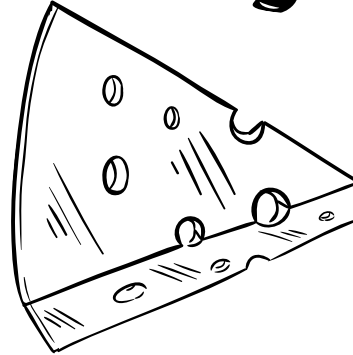
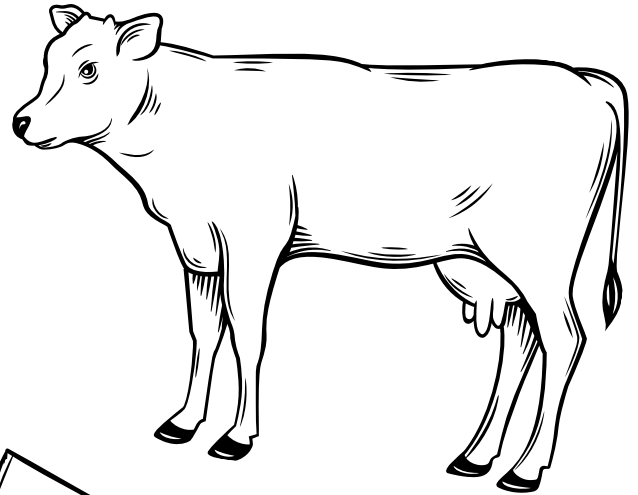
6. RIFMANG \_\_\_\_\_

7. DRUDE \_\_\_\_\_

8. THISEMOO \_\_\_\_\_

9. EIC AMCER \_\_\_\_\_

10. LIKM \_\_\_\_\_



Q: Why should you never tell a cow a secret?

A: It will just go in one ear and out the udder!

## Rainbow Unicorn Smoothie

Makes 4-8 ounce (1 cup) servings

### Ingredients

- 1 ½ cups low fat or fat-free milk
- ½ cup low fat yogurt
- 2 cups different colored fruit, chopped (strawberries, blueberries, mango, banana, peaches, etc.)

### Instructions

Add milk, yogurt and fruit to blender and blend until smooth. Add additional milk or water to thin if needed. Divide smoothie into desired serving sizes and add optional toppings, if desired.



### Optional toppings (per serving)

- Small dollop whipped cream
- ¼ tsp unicorn sprinkles



## Yogurt, Herb, and Feta Dip

Makes about 2 cups

### Ingredients

- ½ cup plain Greek Yogurt
- ½ cup sour cream
- 1 cup feta, crumbled
- 1 clove garlic crushed or ½ tsp powdered garlic
- 2 tablespoons fresh dill chopped or 1 teaspoon dried
- 1/3 cup lemon juice
- Salt and pepper to taste

### Instructions

Whisk together yogurt and sour cream. Add remaining ingredients. Thin with water or milk if too thick. Refrigerate until ready to use. Serve with veggie slices.

## Pizza Grilled Cheese

Makes 1 sandwich

### Ingredients

- 1 tbsp butter, divided in half
- 1 slice hearty multigrain or whole wheat bread
- 1/3 cup part-skim shredded mozzarella cheese
- 1/3 cup chopped spinach
- 4 slices pepperoni (optional)
- ¼ cup pizza or marinara sauce

### Instructions

1. Spread one ½ tbsp. butter on one side of one of the bread slices. Place rest of butter in a skillet over medium-low heat.
2. Once butter in skillet has melted put the non-buttered slice of bread in the skillet and sprinkle half of the cheese on top.
3. Layer spinach, pepperoni (if using), remaining cheese and then second piece of bread, butter side up.
4. Cook for about 2 minutes of the first side, or until the bottom is toasty and light brown. Use a spatula to flip and cook 2 minutes on the other side.
5. To serve: place on plate, slice in half or quarters and enjoy dipped into pizza sauce.





# Discover Dairy

Good for Your Body,  
Community, & Planet

## Code Breaker

Use the letters from the code box to reveal the secret message.

### CODE BOX

J	M	D	L	E	R	T	G	O	N	S	Y	H	K	V	I	A	C	U
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19

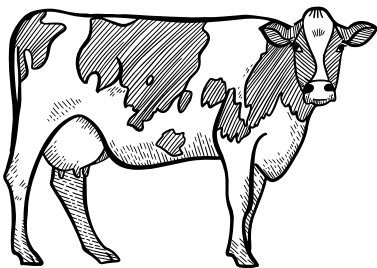
5 10 1 9 12 2 16 4 14 18 13 5 5 11 5

17 10 3 12 9 8 19 6 7 5 15 5 6 12 3 17 12

## Word Search

- PROTEIN    YOGURT
- FARMER    COW
- CALF        UDDER
- CHEESE     ICE CREAM
- MILK        BARN
- CALCIUM    DAIRY

I	T	E	A	G	T	R	T	R	T	M	I	L	K
C	C	B	T	B	A	E	R	R	C	M	G	R	C
R	E	A	R	O	M	E	U	A	P	F	L	A	C
M	G	R	P	C	M	R	G	R	D	E	C	Y	E
R	M	N	Y	A	R	L	O	L	L	R	D	C	M
I	C	Y	A	I	A	T	Y	R	R	E	I	R	U
L	E	H	A	A	E	L	T	K	Y	M	C	I	D
L	T	D	E	I	E	M	E	L	I	R	E	A	D
E	Y	U	N	E	C	C	M	I	C	A	C	Y	E
Y	R	E	A	N	S	D	O	E	E	F	R	W	R
C	I	R	P	R	K	E	C	W	I	Y	E	I	O
R	A	L	O	M	U	I	C	L	A	C	A	A	M
B	D	E	M	L	E	I	I	R	D	N	M	I	R
E	C	L	B	E	U	E	N	B	S	T	D	G	A



**FACT :** Milk is the top source of calcium in the American Diet.

# Want more dairy farm fun?

Visit [NewEnglandDairy.com/live-virtual-farm-tours/](http://NewEnglandDairy.com/live-virtual-farm-tours/) for a video tour of a real New England dairy farm. Get a **behind-the-scenes** look into what happens on a dairy farm and meet a dairy farmer.

Meet the calves & cows.

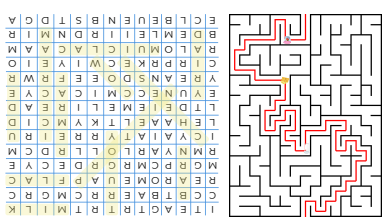


Get an up-close look into the barns.



Learn how dairy farmers take care of their cows, the land, environment, and their communities.

SCAN HERE



Word Scramble - 1. Dairy, 2. Cheese, 3. Yogurt, 4. Cow, 5. Calf, 6. Farming, 7. Udder, 8. Smoothie, 9. Ice Cream, 10. Milk

Cow Talk with Farmer Kate - Milk, cows, female, water, corn, four, farmers, crops, farm, truck, grocery

Code Breaker - Enjoy milk, cheese, and yogurt every day

Milk's Journey from Farm to You - 4, 2, 5, 1, 3

Answer Key