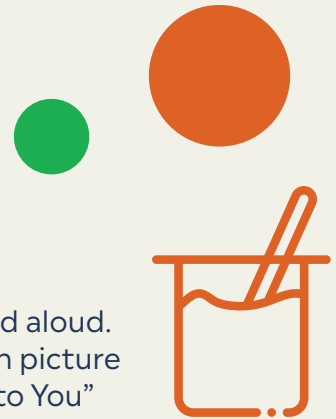




## EXPLORE DAIRY- MILK FROM FARM TO YOU STORY

### DIRECTIONS:

- With this story, use the “Milk From Farm to You” graphic.
- Review the vocabulary words in bold.
- Share your dairy story with family, friends, or other students.
- Level 1: Students color the pictures while listening to the story being read aloud.
- Level 2: Students read the story and write a word or sentence under each picture to describe what is happening. Students complete the “Milk From Farm to You” worksheet.



## STORY

1.

**Dairy cows** live on dairy farms with their cow friends. The dairy cow breeds seen in California most often are the black and white Holstein (sounds like HOLE-steen) and the smaller brown Jersey. Farmers take care of their cows and feed them many foods to give them energy to make milk. Cows have one stomach with four stomach compartments that help them **upcycle**. **Upcycle** means cows can turn food waste into energy to make milk! Cows eat almond hulls left over when the nuts are picked out and citrus pulp that is left over when the fruit is juiced. Cows also eat vegetables with bumps and bruises that humans do not eat. Each cow drinks about 35 gallons of water each day, which is about the size of a bathtub.

2.

**Mammal** mothers make milk. A cow makes milk after she has a calf. Cows walk into a milking parlor and get milked 2 or 3 times a day. A cow makes milk in her udder. The cow's udder is cleaned before the milking machine is attached. Milking a cow by machine takes 5 to 7 minutes and is comfortable for the cow.

3.

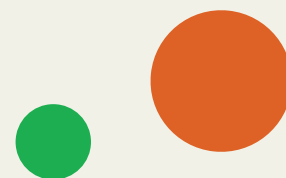
The milk is sent in pipes to a refrigerated storage tank on the dairy and kept at 40°F (the same temperature as a refrigerator at home), then loaded onto a refrigerated milk truck each day. The milk gets tested for quality and safety at the farm.

4.

Now comes the milk truck! The milk truck **transports**, or takes, the milk to a processing plant where it is made into different dairy foods or put into bottles and cartons. The milk is tested again for quality and safety at the processing plant.

EXPLORE DAIRY-  
MILK FROM FARM TO YOU STORY

(Contd.)



5.

Processing plants **pasteurize** and **homogenize** the milk. **Pasteurize** (sounds like PAST-your-eyes) means heating the milk to a high temperature and cooling it quickly to kill germs like bacteria. **Homogenize** (sounds like huh-MAH-juh-nize) means mixing the milk until it is smooth and creamy. Milk is made into different types such as whole, low fat, fat free, and lactose free. Flavors like chocolate may even be added. Milk is also used to make dairy foods like cheese, yogurt, ice cream, sour cream, butter, and kefir.

6.

It takes just 2 days for milk to go from the farm to grocery stores, schools, and restaurants. Milk and **dairy foods** provide 13 **nutrients** (sounds like NOO-tree-uhnts) that bodies and brains need, like calcium, vitamin D, and protein. These foods and nutrients help build bones, muscles, and teeth and can even help bodies fight off sickness. Calcium is one example that helps build strong bones and teeth.



## Vocabulary words:

- o **Dairy Cows** cows that have a job to make milk at a farm
- o **Upcycle** to recycle or reuse something to create something new
- o **Mammal** a warm-blooded animal that breathes air, has a backbone and hair, and whose mother makes milk
- o **Transport** to carry or move from one place to another
- o **Pasteurize** to heat liquid at a high temperature for a short amount of time to kill any germs and keep it safe to drink
- o **Homogenize** to break milk into smaller particles to make it smooth so the cream doesn't separate and float to the top
- o **Dairy Foods** milk and foods made from milk, like yogurt and cheese
- o **Nutrient** a part of food so small it can't be seen without a microscope and that helps the body and brain grow, develop, and stay healthy; examples: protein, vitamins, minerals like calcium

For more information and additional resources, visit: <https://DairyCouncilofCA.org>

# EXPLORE DAIRY- MILK FROM FARM TO YOU WORKSHEET



STUDENT'S NAME \_\_\_\_\_

.....  
**READ THE "MILK FROM FARM TO YOU" STORY AND COMPLETE THIS WORKSHEET.**  
.....

1. Which dairy breeds are the most common in California? \_\_\_\_\_
2. In order to produce milk, a cow must: \_\_\_\_\_
3. Where does the cow make milk? \_\_\_\_\_
4. Cows eat food waste that humans can't, like almond hulls, this is called. \_\_\_\_\_
5. Cows have one stomach with \_\_\_\_\_ compartments?
6. How many times a day are cows milked? \_\_\_\_\_
7. What two things happen at the processing plant? \_\_\_\_\_ and \_\_\_\_\_
8. It takes \_\_\_\_\_ days for milk to get from the farm to schools or grocery stores, for you to enjoy.
9. What are two dairy products made from milk? \_\_\_\_\_ and \_\_\_\_\_
10. What is in milk that helps build strong bones and teeth? \_\_\_\_\_

