

MMM...Milk!

Where does milk come from?

Milk and dairy foods are rich in a wide range of nutrients that are enjoyed by children and adults. Most milk in the United States comes from cows, but goats, camels and sheep also produce milk. Beverages from plant sources like soy or almond are not true "milk."

#1
Milk is number one!
It is the top commodity in California!
And our dairy farmers and processors produce that milk more efficiently than ever before.

Potassium

Calcium & Vitamin D

Protein

Vitamins A&B

What's in the Dairy Aisle?

Activity

Milk is a great beverage to have with meals and can also be made into other delicious products. Children and adults should include three servings of milk, cheese or yogurt each day. Use the following list to label the foods in the Dairy Aisle from the grocery store:

Milk, cheese, ice cream, yogurt, butter, and draw in another product you would find in the dairy aisle.

Activity
Check your price!

Look in your local newspaper and find ads with dairy foods. Record the prices you find for the items listed. Compare prices from other stores or ads. **BONUS:** Find the price per serving.

Serving Sizes of Dairy Products

FOOD	SYMBOL	COMPARISON	SERVING SIZE
Milk + Milk Products			
Cheese (string cheese)		Pointer finger	1½ ounces
Milk and yogurt (glass of milk)		One fist	1 cup

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Career Spotlight

Career: Animal Nutritionist

Calvin Willis, Animal Nutrition consultant, CMW Nutrition, Chino, CA



What do you do in your job? I visit dairies, look at cows, and formulate rations and supplements for them.

What is in a dairy cow's ration? A meal for a cow would include corn silage, alfalfa hay, cottonseed, rolled corn, almond hulls, and a protein source such as canola meal.

What is your education and background?

I was raised on a farm in Arkansas, got my bachelor's degree in Animal Science, my master's degree in Dairy Science, and my PhD in Ruminant Nutrition. I've been doing my job for over 30 years.

Activity Healthy Food Scramble

Unscramble the words to finish each sentence. Yidra _____ foods are an important part of a healthy diet.

Milk is a good source of Imccuia _____ which is important for strong bones. Gtyuor _____ and eeeshc _____ are examples of dairy foods.

Milk has rtipneo _____ which is good for building muscle.

Children ages 9 and older as well as adults should eat erhte _____ servings of dairy foods each day.

MyPlate

MyPlate is an illustrated guide of what a balanced meal looks like. It should include: Grains, Protein, Vegetables, Fruits, and Dairy.



Activity: What should you put on your plate? Draw or write foods for your own MyPlate for lunch. Make sure you create a balanced meal!

See www.choosemyplate.gov/about for more details of what each food group contains as well as portions. Share your balanced meal with your classmates!