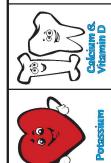
# Tere C

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





processors produce that milk more efficiently an ever before.









Nutrition consultant, CMW Calvin Willis, Animal Nutrition, Chino, CA What do you do in your job? I visit dairies, look at cows, and formulate rations and supplements for them.

tonseed, rolled corn, almond hulls, and a protein 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 cow would include corn silage, alfalfa hay, cot-What is your education and background? source such as canola meal.

## Seram

foods are an important part Unscramble the words to finish each sentence.

which is important for strong bones. Milk is a good source of Imccuia of a healthy diet.

and eeeshc examples of dairy foods. Gtyuor

which is good for building muscle. Milk has rtpneoi

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



Fruits, and Dairy.

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

CA Standards: ELA CCSS: R13-51, 7, R16-81, See www.choosemyplate.gov/about for more ccss: 3.04, 4.04, 4.NFT 5.NBT3, 5.6 NS.2, 6.08.2, 7.NS.3 NGSS: 6.PS1-1, 6.PS1-3, 6.PS1-4, balanced meal!

## Career: Animal Nutritionist

What is in a dairy cow's ration? A meal for a

Nutrition. I've been doing my job for over 30 years.

Biotec mology

An early example of biotech-Egyptians made cheese using organisms to produce cheese, yogurt, and bread. Ancient

tury, Genghis Khan fed his biotechnology. In the 12th cenalready brawny warriors yogurt for extra strength. Research how biotechnology and the use of cess of cheese and yogurt maknology was the use of micromicro-organisms help in the proing. Compare "then and now" procedures. Students can work in groups and present their findngs to the class.

### **EM** Activit

Grains, Protein, Vegetables, healthyeating.org/Healthy-Ag-Bite from CFAITC. Go to you and your family can make Eating/Meals-Recipes/Browse-Search-Recipes/rid/58472/ homemade-yogurt.aspx or make Enjoy delicious yogurt that It's easy! www. cheese using the "Say Cheese"

ads. BONUS: Find the price per serving.

FIDE

MS-PS1.B MS-LS1.C Source: Dairy council of as portions. Share your balanced meal with your callonia, www.healthyealthgorg classmates!



www.learnaboutag.org/agbites/ at home. dairy foods. Record the prices you find for the Look in your local newspaper and find ads with items listed. Compare prices from other stores or

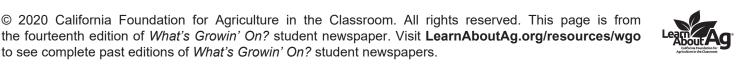


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One fist

Wilk and yogurt glass of milk)



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

Milk is a great beverage to have with meals and can also be made into other delicious products. Children and

मिदिय

yogurt, butter, and draw in

another product you would

find in the dairy aisle.

Milk, cheese, ice cream,

grocery store: