

Taste and Teach

June - Dairy Foods



Five **Fun Facts** About Dairy Foods!

- On average, a dairy cow produces 6-10 gallons of milk per day, which equals 96-160 glasses of milk.
- Milk goes from the farm to the store in just two days.
- Dairy foods build healthy bodies with important nutrients that work together like calcium, protein, vitamin D, and potassium.
- Fermented dairy foods like cheese, yogurt, and kefir have live active cultures, also known as good bacteria, that create unique tastes while also supporting digestion.
- It takes 10 pounds of milk to make one pound of cheese.

Four **Fun Teaching Ideas!**

- Go on a virtual field trip to a dairy farm. As a class, discuss your observations. Visit www.HealthyEating.org/MDC to sign up.
- Explore the journey of milk and your favorite dairy foods. Ask students or small groups to research how specific dairy foods are made from milk and report back. Include less familiar foods like cottage cheese and buttermilk.
- Find the counties in California where milk is one of the top three commodities. View the “California Grows Map” at LearnAboutAg.org/resources/grab.
- Make butter by shaking heavy whipping cream in a small container. Investigate the physical changes that occur.

Explore all the great dairy resources in this section!

