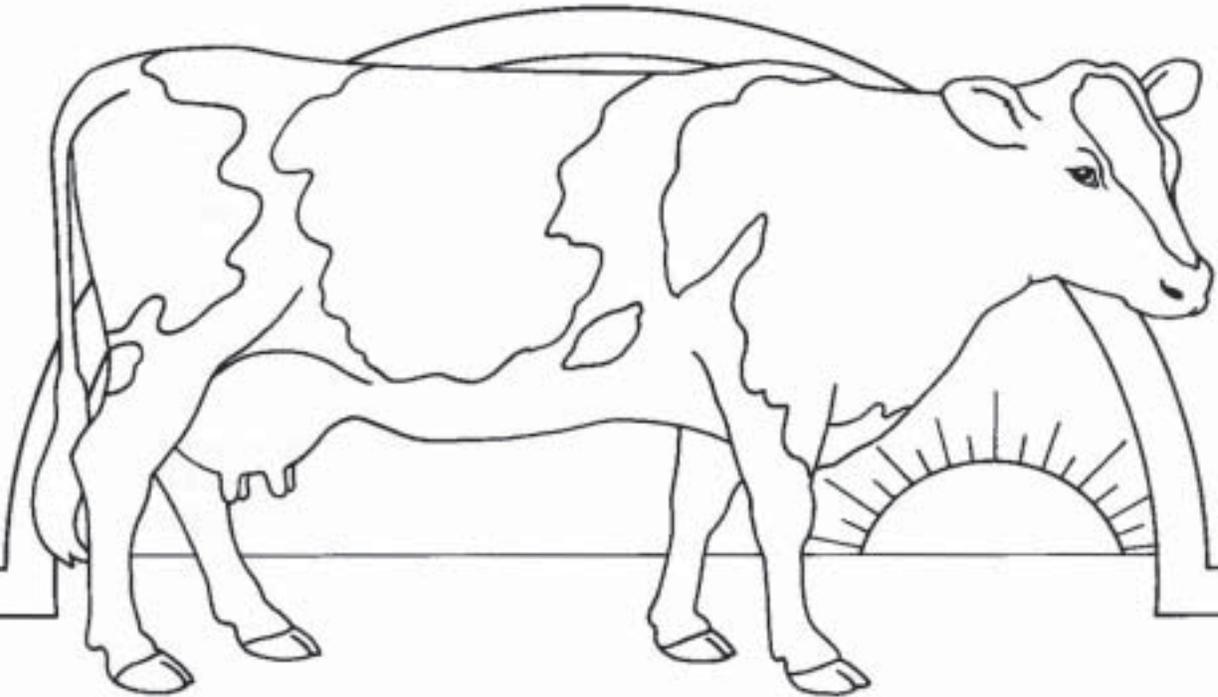


Cows Make Milk For You and Me



When a cow is born it is called a calf.

A calf weighs about 100 pounds.

A cow weighs about 1500 pounds.

Cows come in all colors: red and white, red, black and white, brown, brown and white, and golden brown.

The black and white cows are called Holsteins.

A cow eats 90 pounds of food each day.

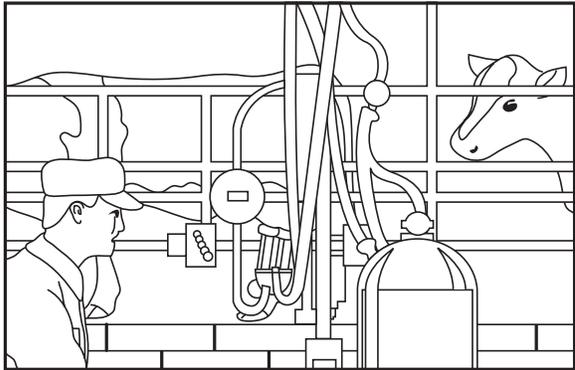
A cow drinks 25 to 50 gallons of water each day.

A cow makes milk from food and water she eats.

A cow gives 100 glasses of milk each day.

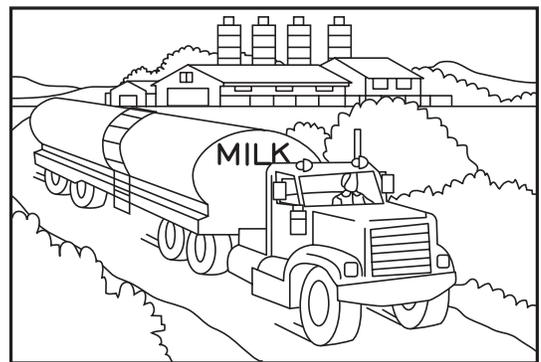
From Farm to You

1



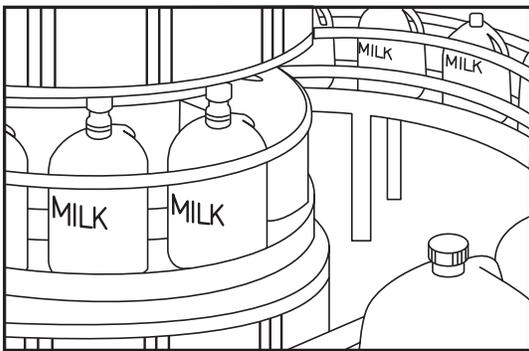
The cow is being milked.

2



A truck takes the milk from the farm to the dairy plant.

3



The milk is heated, cooled, and placed in containers at the dairy plant.

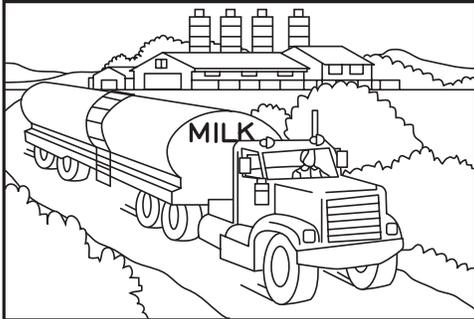
4



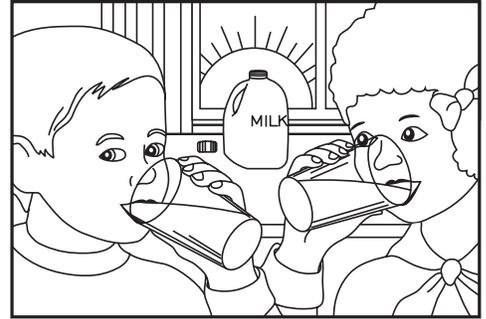
Now, the milk is ready for you to drink.
Drink 3 glasses of milk every day.

From Farm to You Activities

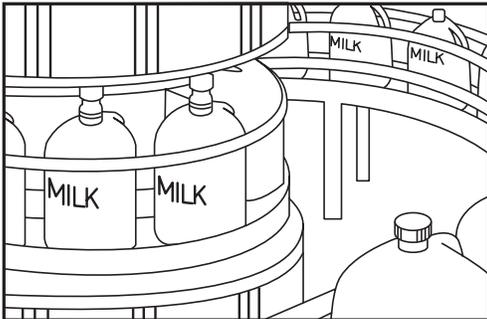
How do you get milk to drink? Number the pictures in order 1, 2, 3, and 4.



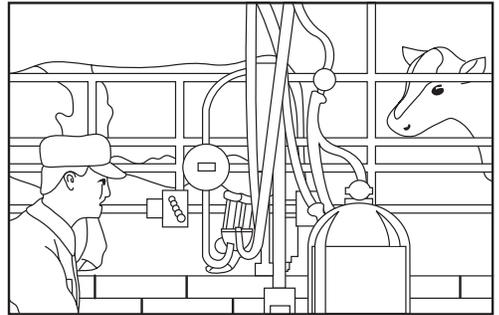
From farm to dairy plant



Milk for you

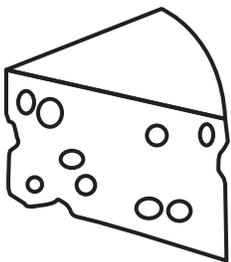


Dairy plant

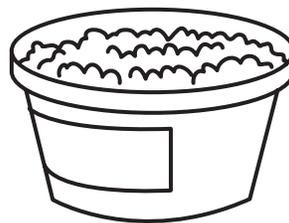


Milking

These foods are made from milk. Fill in the vowels to name the foods.



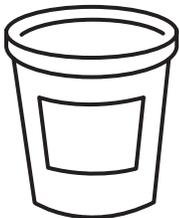
ch _ _ s _



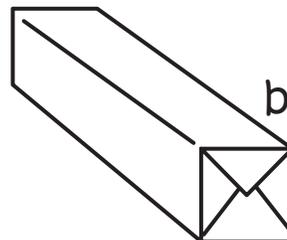
c _ tt _ g _
ch _ _ s _



_ c _
Cr _ _ m



y _ g _ rt



b _ tt _ r