



HARVEST OF THE WEEK

NUTRITION CONNECTION

A collection of coloring and activity pages celebrating healthy, delicious food and the farmers that produce it.



Brought to you by
Agriculture in the
Classroom &
Virginia Farm to School.



Nutrition Connection

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Harvest of the Week: Bell Peppers



I like bell peppers because _____.





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Harvest of the Week: Chicken



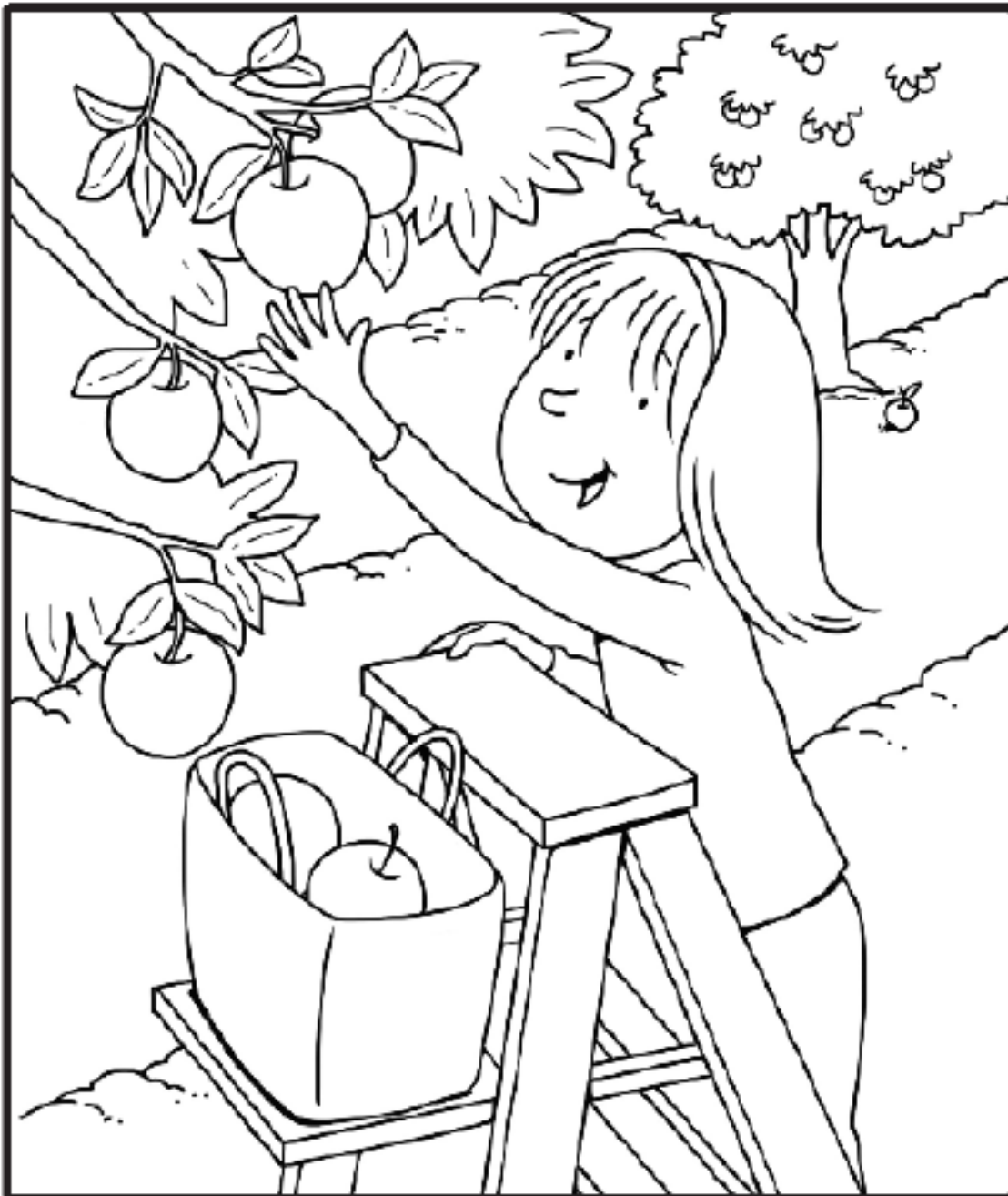
I like chicken because





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Harvest of the Week: Apples



I like apples because





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Harvest of the Week: Milk



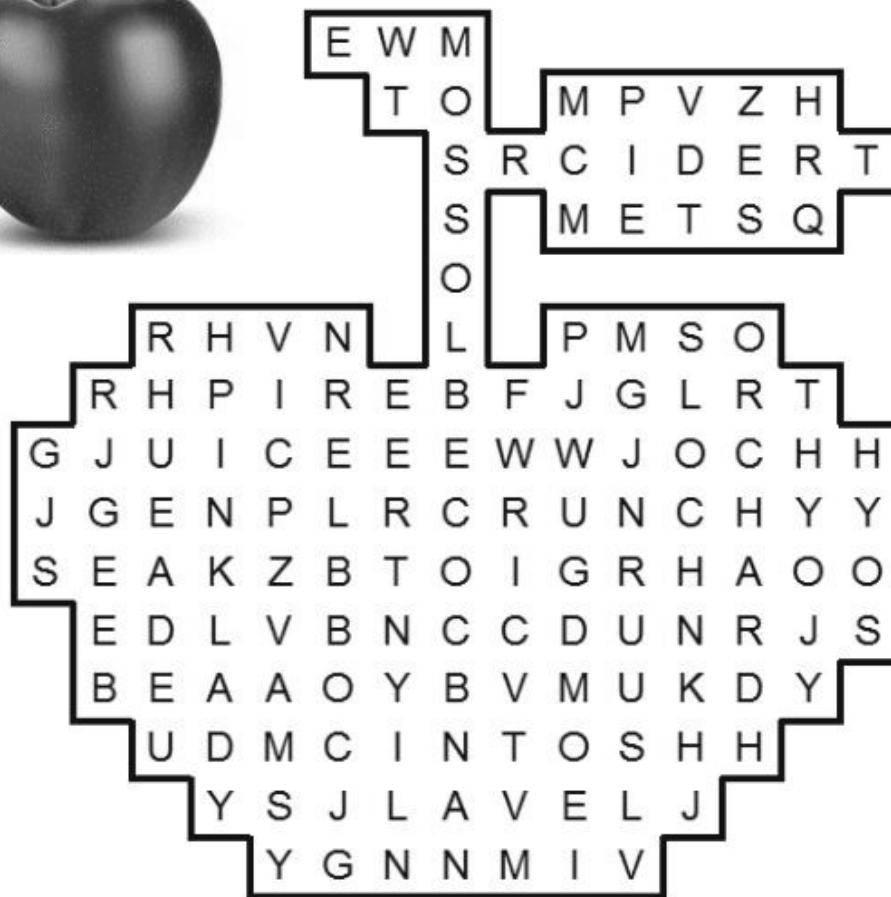
Dairy farmers milk the cows. Next, the milk is pasteurized. Then, it is bottled and finally taken to the store for you to buy. Low-fat and skim milk products are an important part of eating healthy each day.



Nutrition Connection

Harvest of the Week: Apples

Apple Word Search



BLOSSOM
CIDER
COBBLER
CORE
CRUNCHY
GALA
GREEN

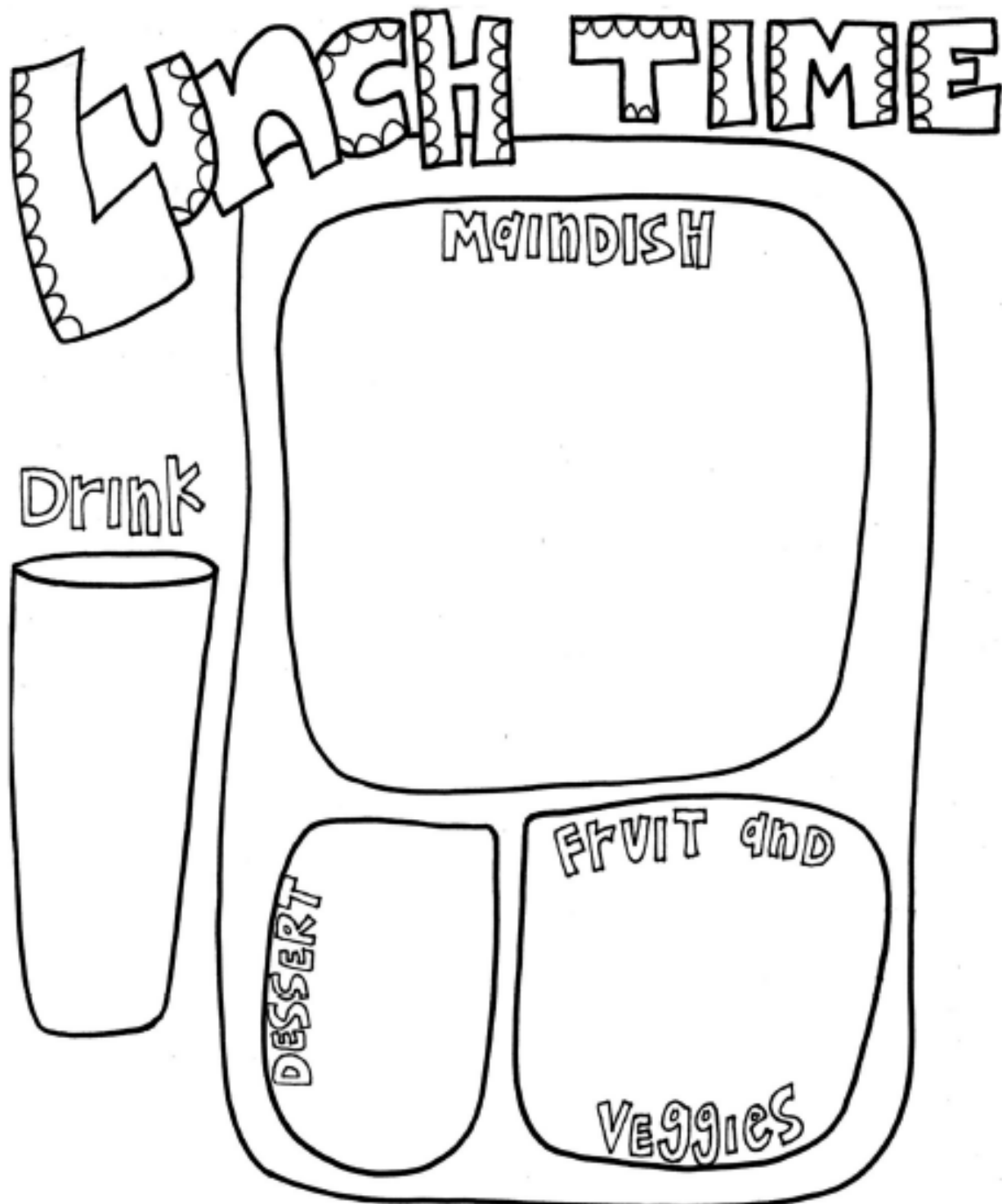
JUICE
JUICY
MCINTOSH
ORCHARD
PEEL
PIE
PINK LADY

RED
SEEDS
STEM
TREE
WORM



Nutrition Connection

Celebrate School Lunch Week!



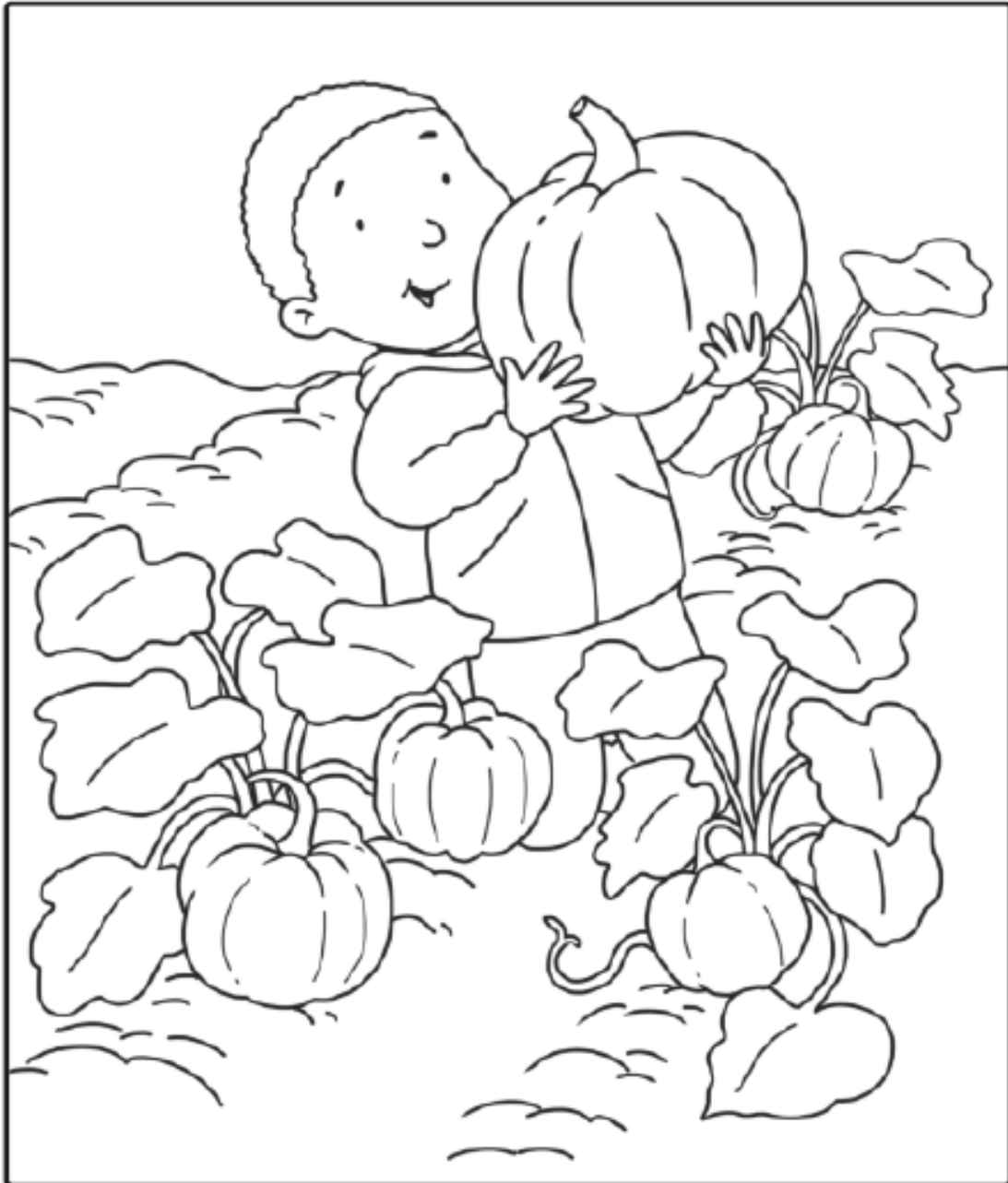
Draw what you had for lunch today!

Doodle Art Alley ©



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Harvest of the Week: Pumpkins



I like pumpkins because _____.





Nutrition Connection

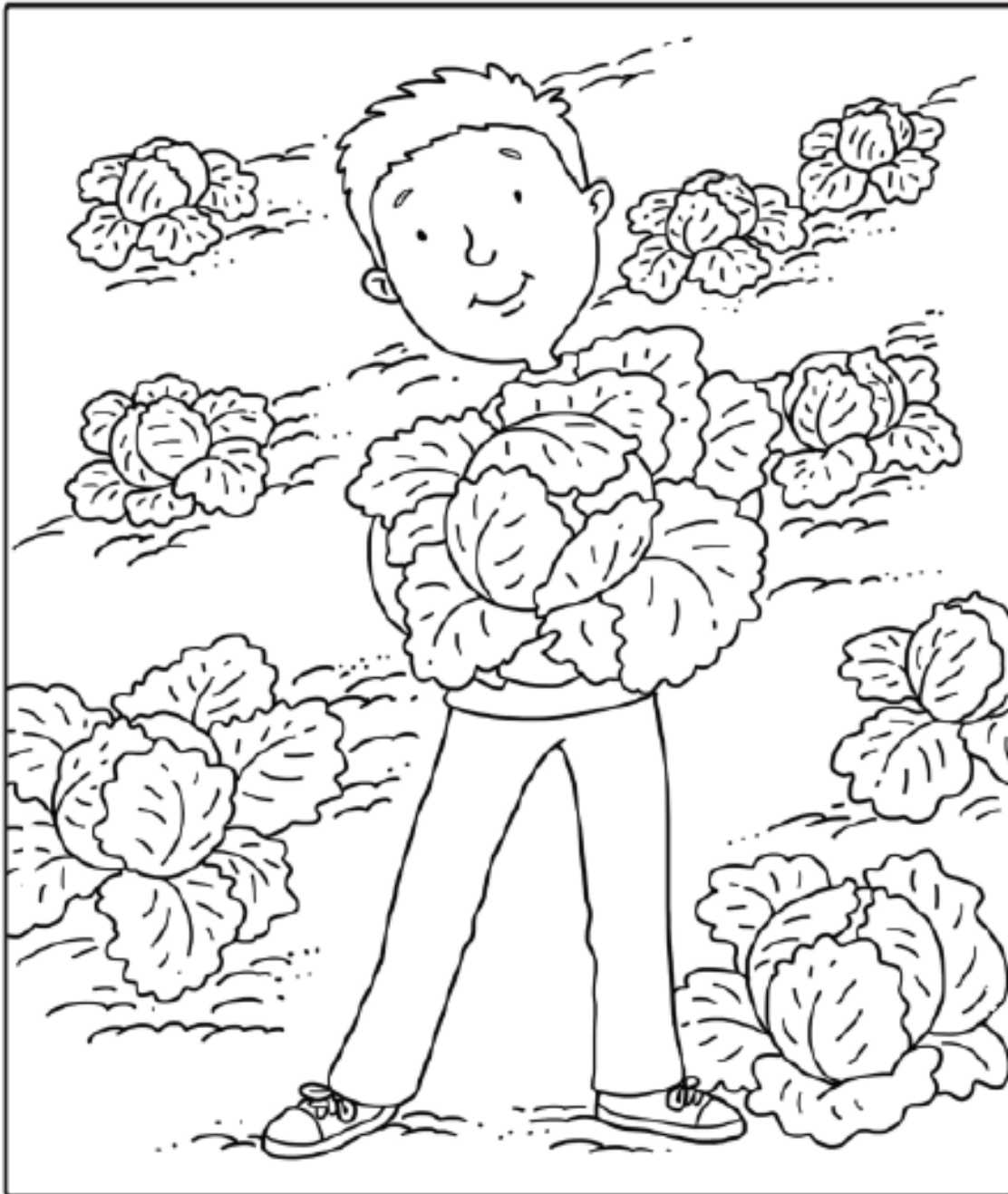
Harvest of the Week: Pumpkins





Nutrition Connection

Harvest of the Week: Cabbage



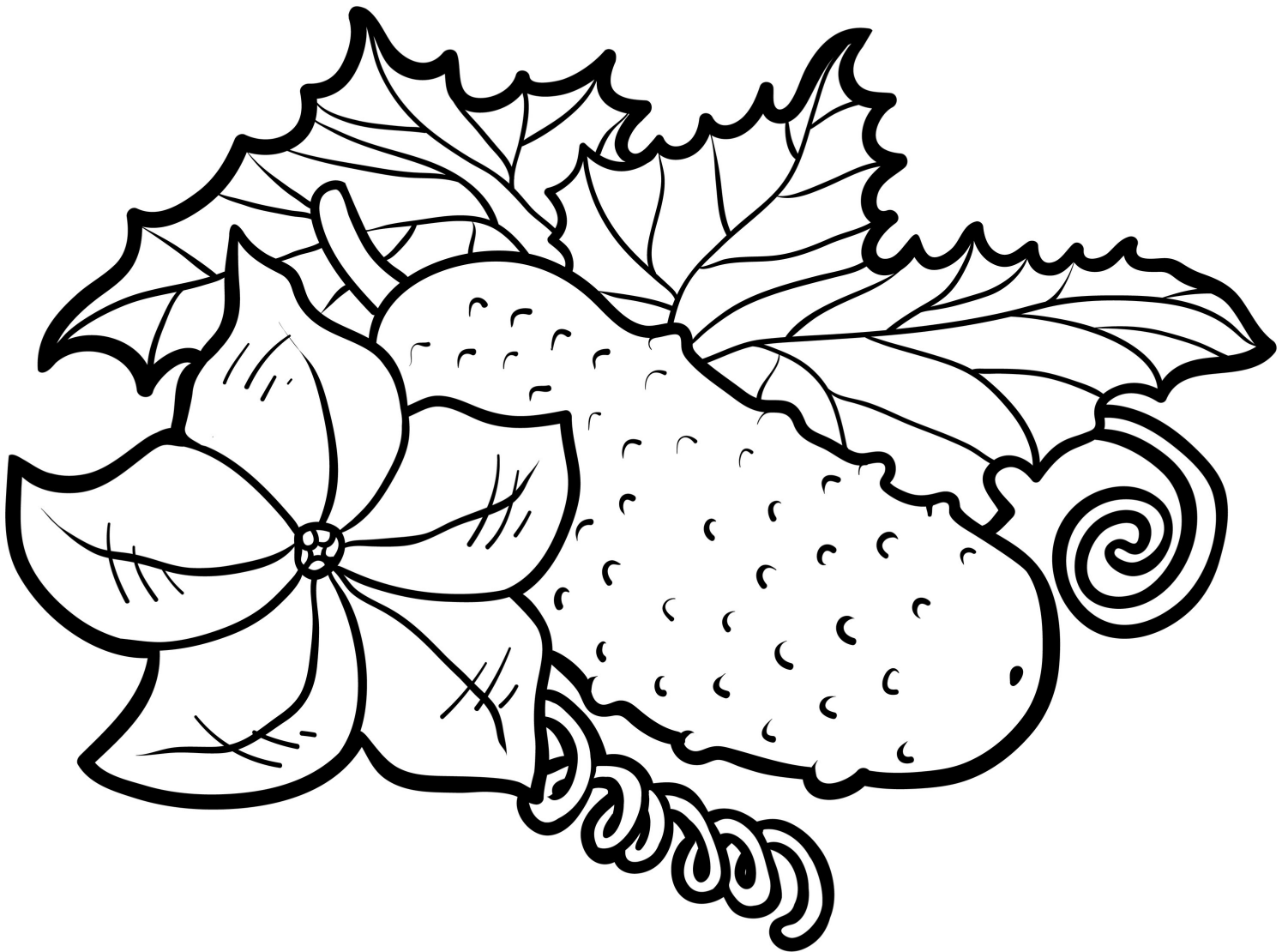
I like cabbage because _____.





Nutrition Connection

Harvest of the Week: Pickles





Nutrition Connection

Celebrate the Thanksgiving harvest!

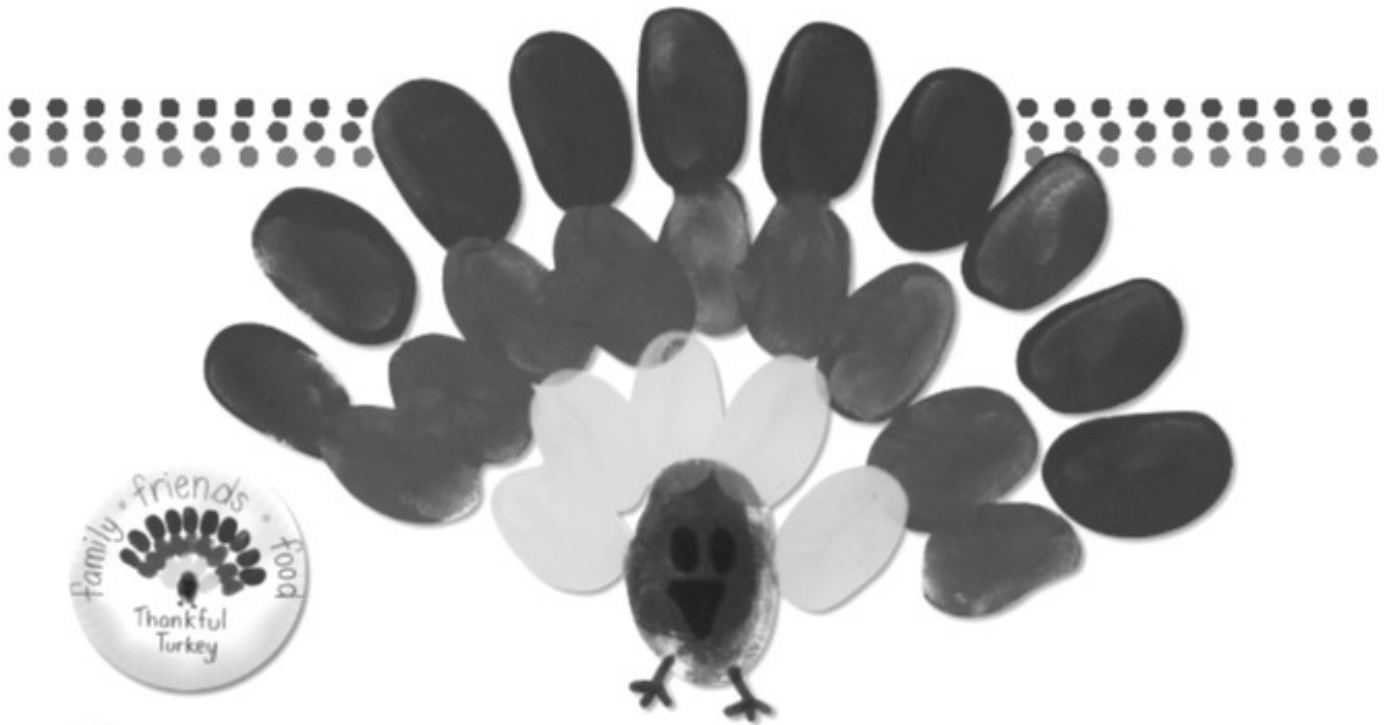


www.coloringpages101.com



Nutrition Connection

Thankful for turkeys!



TRY THIS!

Thankful Turkey

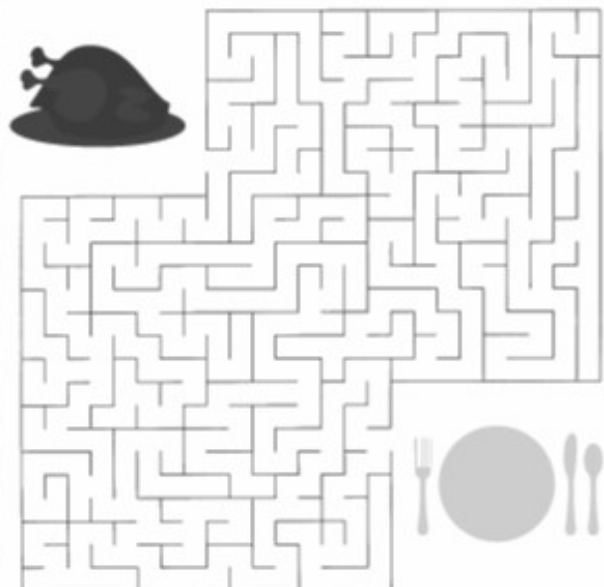
MATERIALS NEEDED:

- red, orange, yellow and brown finger paint
- markers
- 2 paper plates
- wipes (for clean-up)

Directions:

- Squeeze a bit of each color of paint onto one of the paper plates. Keep the colors separate.
- Place your index finger in the red paint.
- Make an arch of red fingerprints around the middle of the second paper plate, forming the top of the turkey's tail.
- Wipe your finger off and place it in the orange paint.
- Make an orange arch underneath the red one.
- Wipe your finger and make a yellow arch under the orange one.
- Use your thumb to make a brown print in the middle for the turkey's head.
- Use a black marker to give your turkey feet, a beak and eyes.
- Write things that you are thankful for around the turkey.

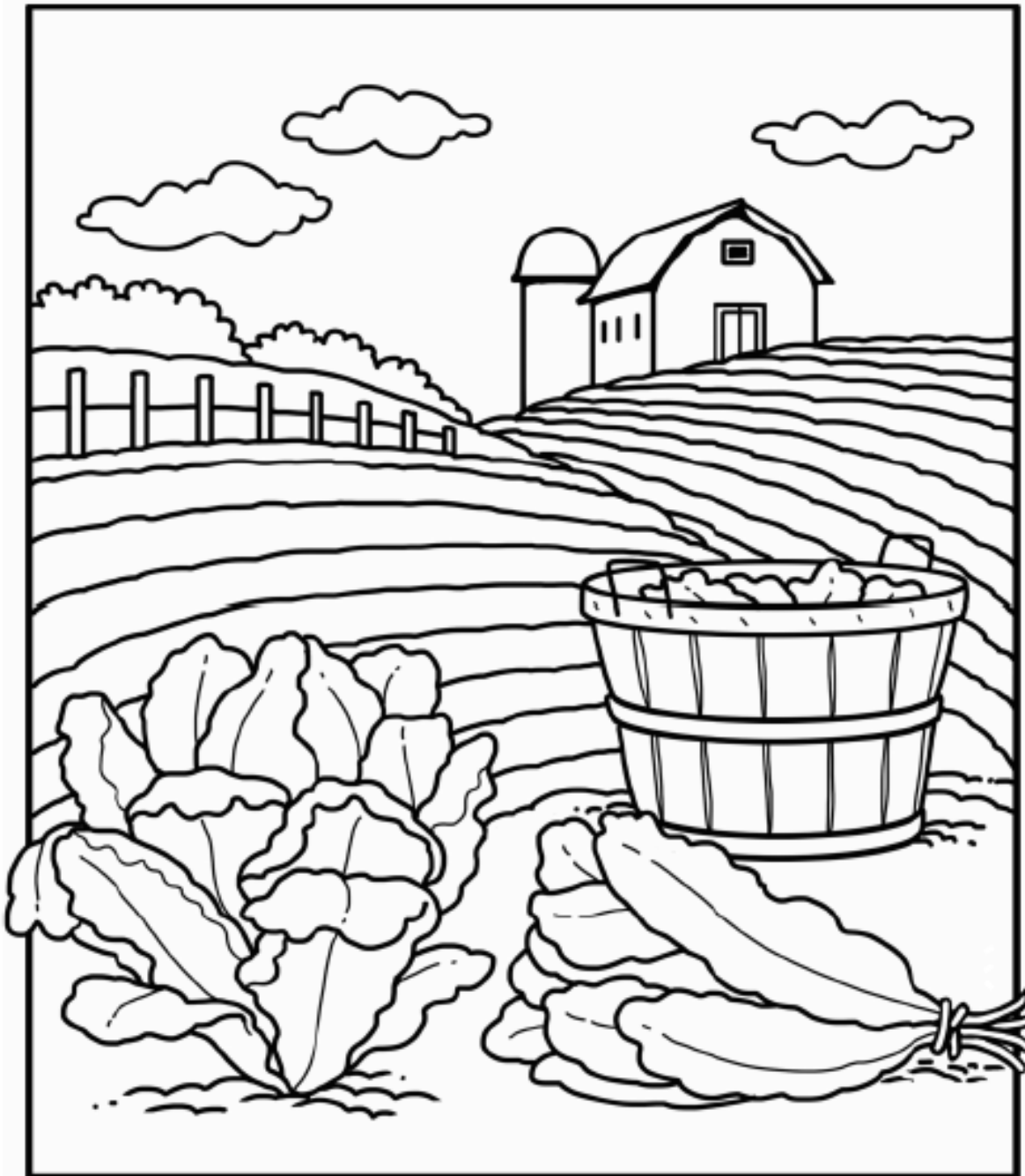
Get the turkey to your table!





Nutrition Connection

Harvest of the Week: Spinach



I like spinach because



DID YOU KNOW?

Only four other states raise more turkeys than Virginia. In fact, Rockingham County in the Shenandoah Valley is the second-largest turkey producing county in the United States.

Rockingham
County



DID YOU KNOW?

Virginia produces more than 554 million pounds of turkey a year!

DID YOU KNOW?

Benjamin Franklin wanted the turkey to be America's national bird!



GOBBLE
GOBBLE

Dig into Thanksgiving dinner



Thanksgiving is a time to gather with family and to give thanks. And, of course, it's time to eat—turkey, stuffing, pumpkin pie and other favorites. The list is enormous!

But where does that food come from?

If you answered "the grocery store," you are only partially correct. There are many people involved in bringing the food to the store shelves.

It all starts on a farm, where a farmer raises the animal or grows the crop.

Animals found on a farm might include cows, hogs, chickens or turkeys. These animals provide much of the protein that you eat. Some farmers do not raise animals; instead they grow plants. Those crops might include fruit, vegetables, grains or cotton.

From the turkey to the cloth napkins, each of the items on your Thanksgiving table began on a farm. So this Thanksgiving, don't forget to thank the farmer.



DIG INTO NEW VOCABULARY

Protein: comes from beef, fish, poultry, eggs, nuts and dairy products. Protein helps you build strong muscles.

Crop: a plant that can be grown and harvested.



TRY THIS!

Thankful Turkey

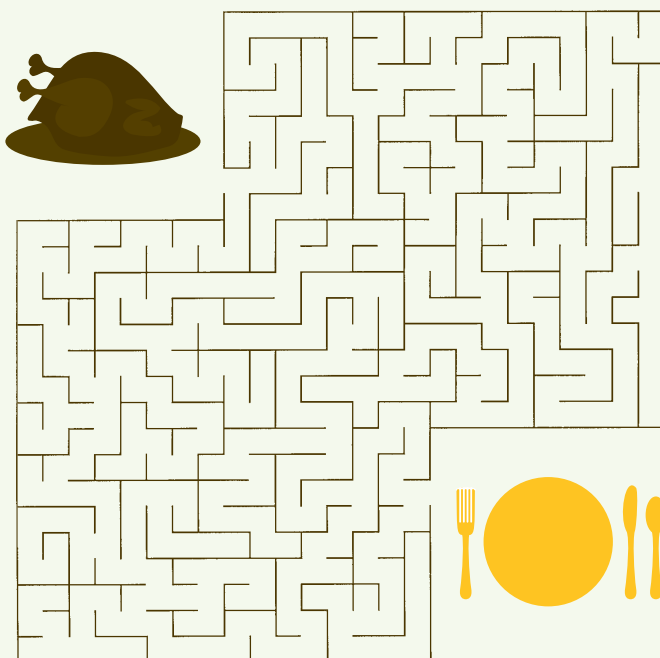
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- Use your thumb to make a brown print in the middle for the turkey's head.
- Use a black marker to give your turkey feet, a beak and eyes.
- Write things that you are thankful for around the turkey.

Get the turkey to your table!



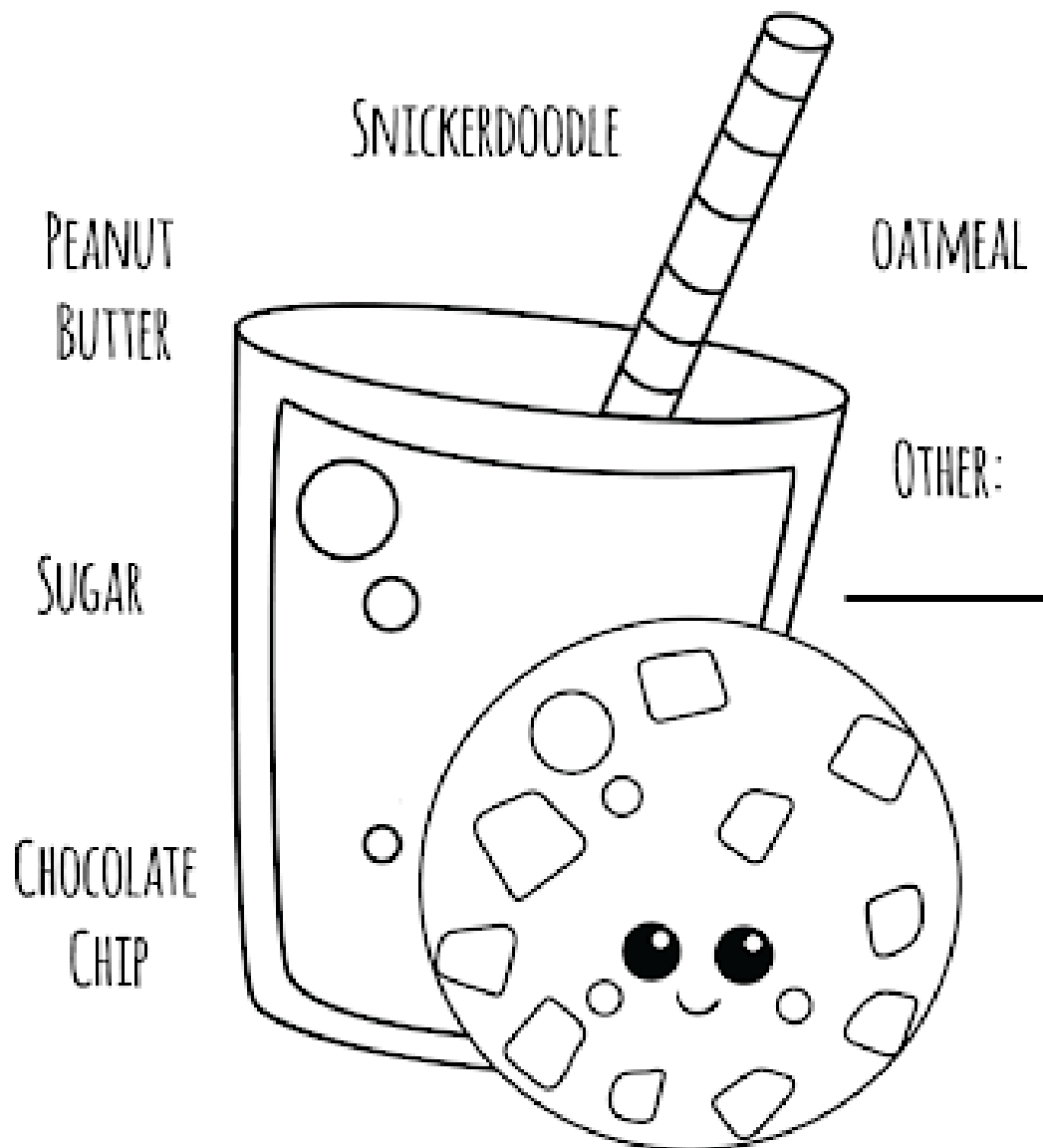


Nutrition Connection

Celebrate Cookie Day!

HAPPY COOKIE DAY!

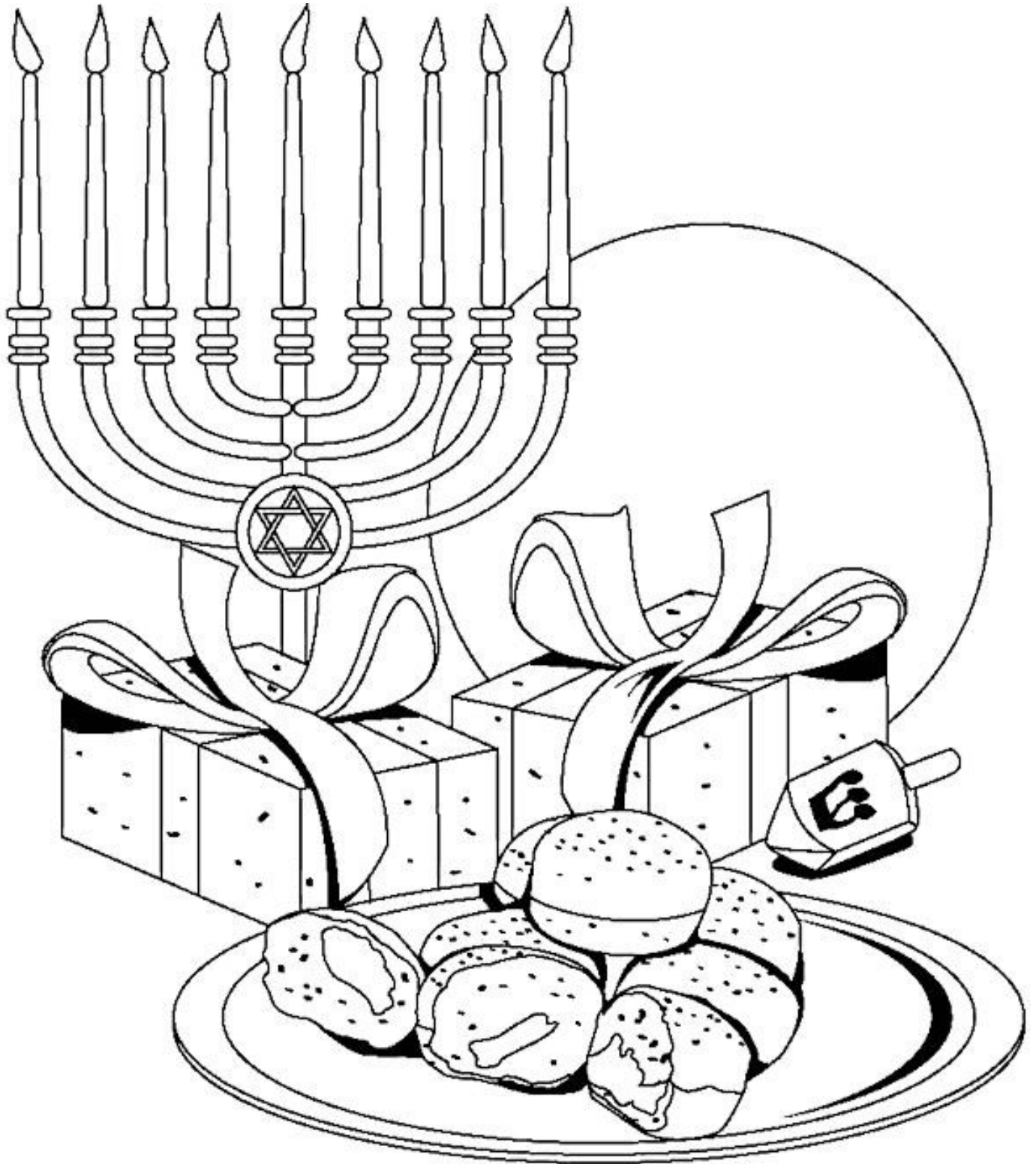
Circle your favorite kind of cookie.





Nutrition Connection

Celebrate Hanukkah!

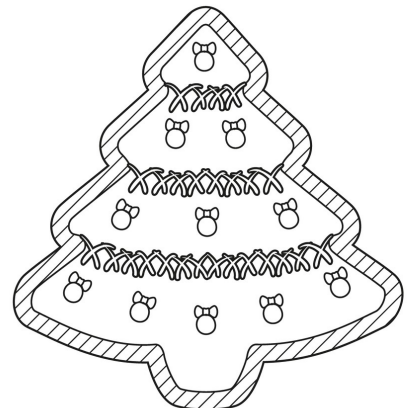
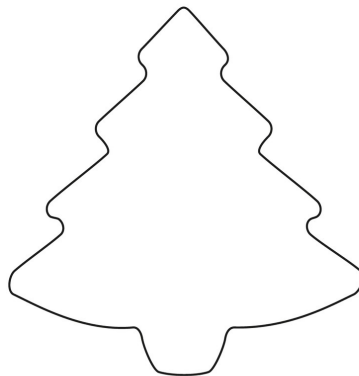
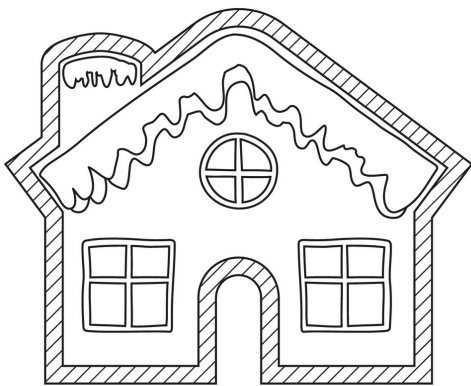
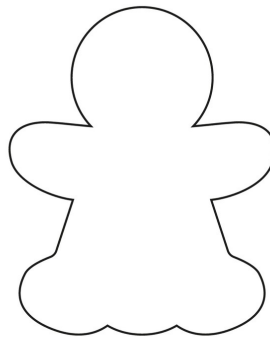
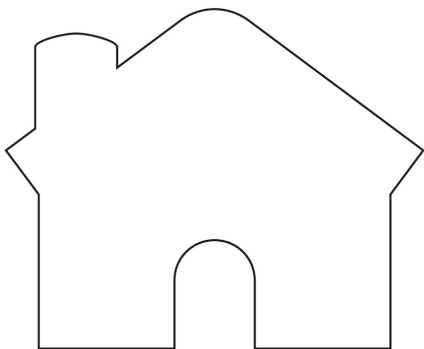
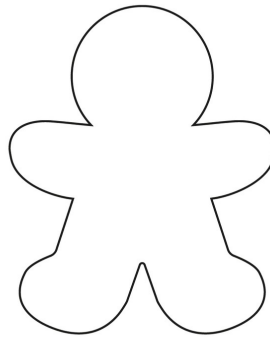




Nutrition Connection

Celebrate the holidays with cookies!

Decorate and color the cookies!





DIG INTO COOKIES

A favorite holiday tradition for many is baking cookies. Whether your favorite is gingerbread, sugar or chocolate chip, the ingredients began on a farm. Some, like flour or eggs, might have come from a Virginia wheat or poultry farm. Others, like sugar, vanilla extract or chocolate, most likely came from somewhere else.

Join Grandma in the book *All in Just One Cookie* by Susan E. Goodman as she searches for the many ingredients in her special chocolate chip cookies:

Grandma's Recipe

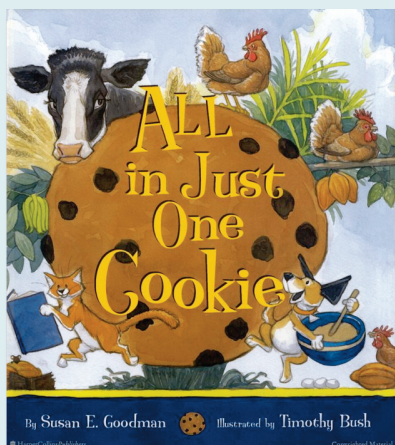
INGREDIENTS

- 1 hungry Virginia dairy cow
- 2 stalks Hawaiian grass
- 1 teaspoon flower seeds from Madagascar
- 2 days hard work from a Virginia hen
- 1 teaspoon Pacific Ocean
- 1 teaspoon dried-up Wyoming lake
- 2¼ cups Virginia wheat field
- 2 cups West African beans

DIRECTIONS

Read the book, and identify each of the actual ingredients represented above. Then make cookies to enjoy (See Page 30 for actual recipe).





All in Just One Cookie

(SUGGESTED AGE: 4–8)

You won't believe what it takes to make one cookie!



TRY THIS! In *All in Just One Cookie*, Grandma needed to visit a dairy farm for butter. Dairy cows produce milk for us to drink, as well as milk that's made into dairy products such as cheese, yogurt and butter. You can make your own butter at home.

MATERIALS

- small baby food jar or other small container with lid
- heavy whipping cream



DIRECTIONS

Fill the container about half-full with heavy whipping cream. Place the lid on securely, and begin shaking the container! After about 20 minutes, you will be able to strain off the butter fat and taste the butter that's left in the container.



TRY THIS! Salt and flour can be used in more than just cookies. You can even make your own play dough!



MATERIALS

- zip-top plastic bag
- warm water
- 1 cup flour
- ½ cup salt
- rolling pin
- cookie cutters
- acrylic paint

DIRECTIONS

Place flour and salt in the plastic bag. Add warm water, one teaspoon at a time, and knead until the mixture forms a ball of dough. Take the dough out of the bag, and place it on a lightly floured surface. Roll the dough out with the rolling pin, and then cut shapes with the cookie cutters—or shape your own designs. Allow the dough to air-dry. Once it is dry, you can paint it.

Solve It!

Unscramble the tiles to reveal a message (Answer on Page 30).



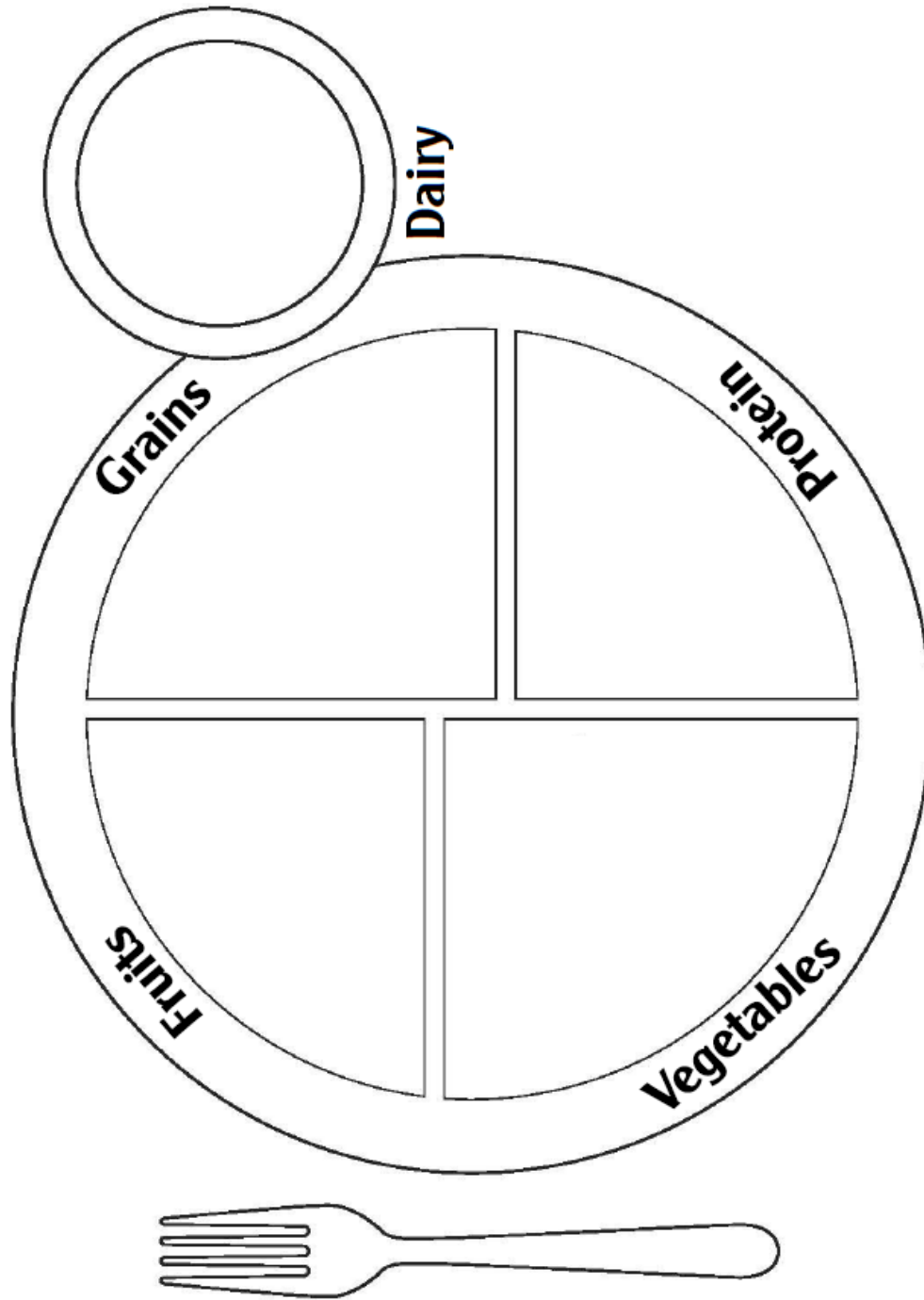


Nutrition Connection

Fill a healthy plate!

Farmers provide delicious and nutritious food for your plate!

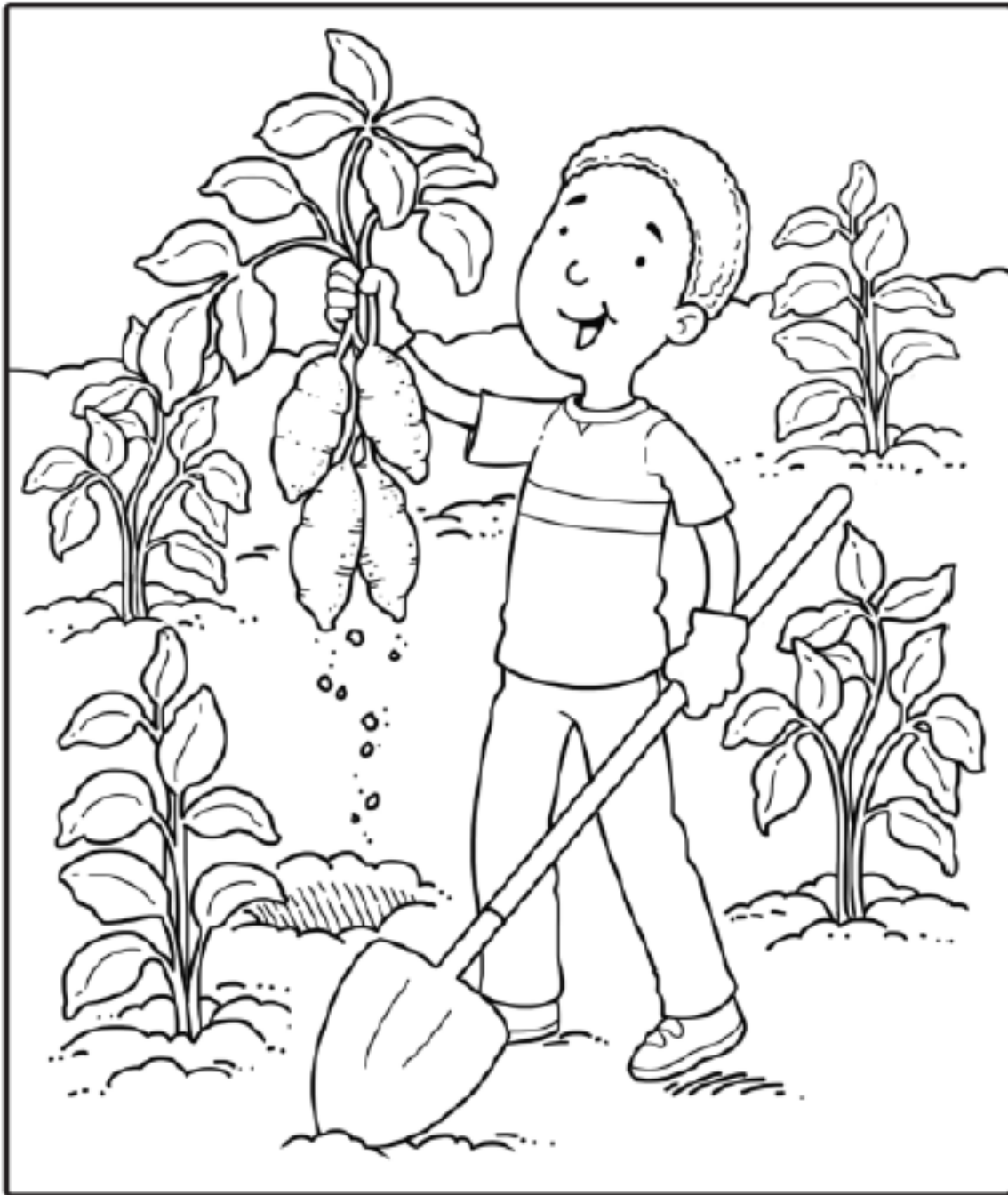
Directions: Fill in the plate with your favorite healthy foods from each food group.





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Harvest of the Week: Sweet Potatoes



I like sweet potatoes because _____.





Nutrition Connection

Harvest of the Week: Corn





Nutrition Connection

Harvest of the Week: Fresh Favorites

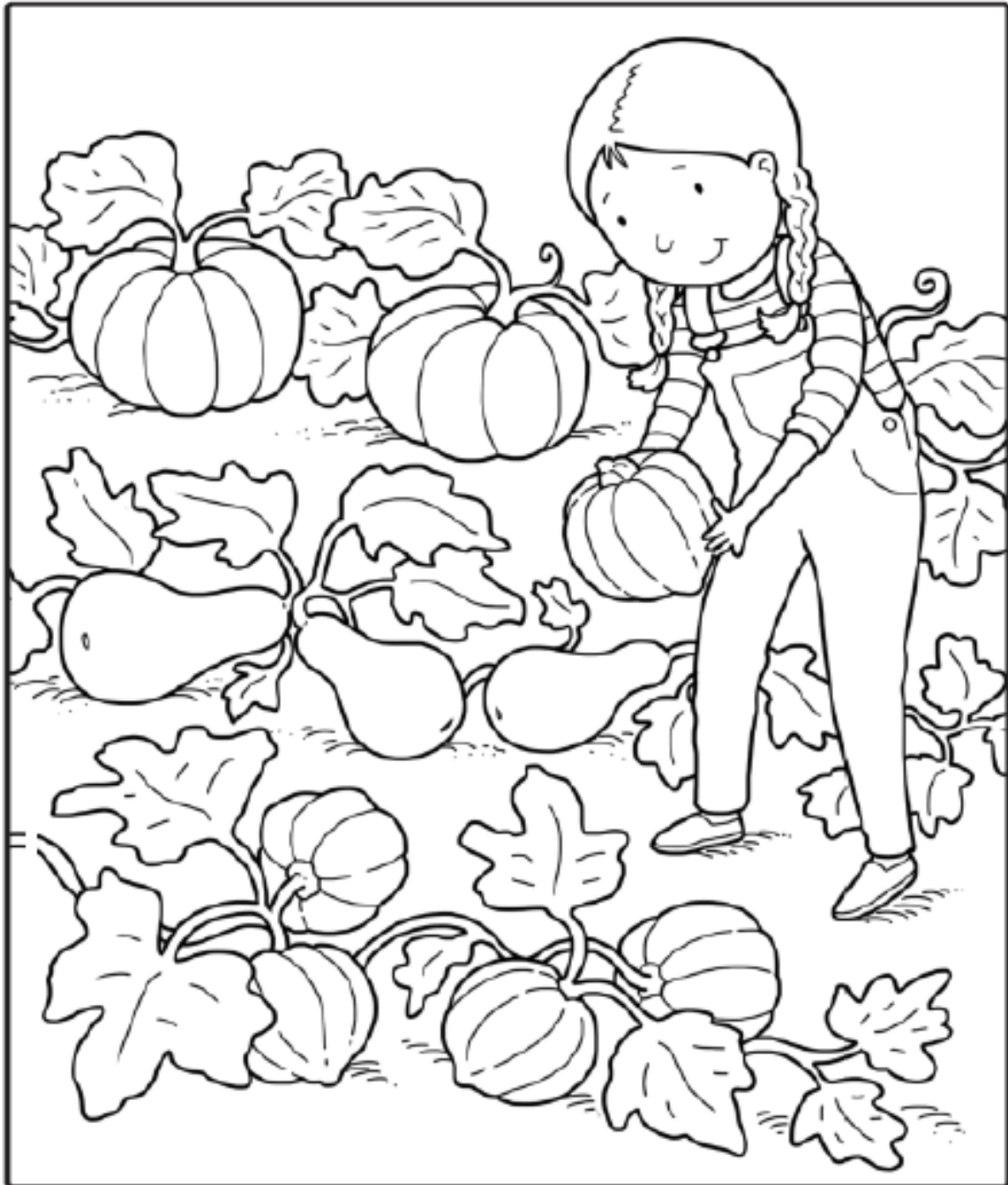
Directions: Draw your favorite farm fresh fruit or vegetable in the field.





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Harvest of the Week: Winter Squash



I like winter squash because _____.





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Harvest of the Week: ABC Fruits and Veggies

The ABC's of Farm Products

1. Are these farm products in **ABC** order? Write **TRUE** if they are. Write **FALSE** if they are not.

1. cabbage, lettuce, radishes _____
2. oranges, apples, pears _____
3. carrots, bananas, apples _____
4. cucumbers, kiwi, okra _____
5. lettuce, limas, lemons _____



2. Number each list in **ABC** order. Be careful—the lists are very tricky!

- | | | | | |
|-----------------|----------------|----------------|-----------------|------------------|
| A. ___ apricots | B. ___ carrots | C. ___ grapes | D. ___ potatoes | E. ___ onions |
| ___ bananas | ___ cabbage | ___ lettuce | ___ pears | ___ okra |
| ___ apples | ___ corn | ___ limas | ___ peaches | ___ turnips |
| ___ broccoli | ___ celery | ___ grapefruit | ___ peas | ___ radishes |
| ___ blueberries | ___ cucumbers | ___ lemons | ___ plums | ___ tomatoes |
| | ___ cantaloupe | ___ leeks | ___ pineapples | ___ oranges |
| | | | | ___ strawberries |



Answer Key
Section 1: 1. true 2. false 3. false 4. true 5. false
Section 2: A. 2, 3, 1, 5, 4 B. 3, 1, 5, 4, 6, 2 C. 2, 5, 6, 1, 4, 3 D. 6, 2, 1, 3, 5, 4 E. 1, 7, 4, 6, 3, 5



Nutrition Connection

Harvest of the Week: Peanuts

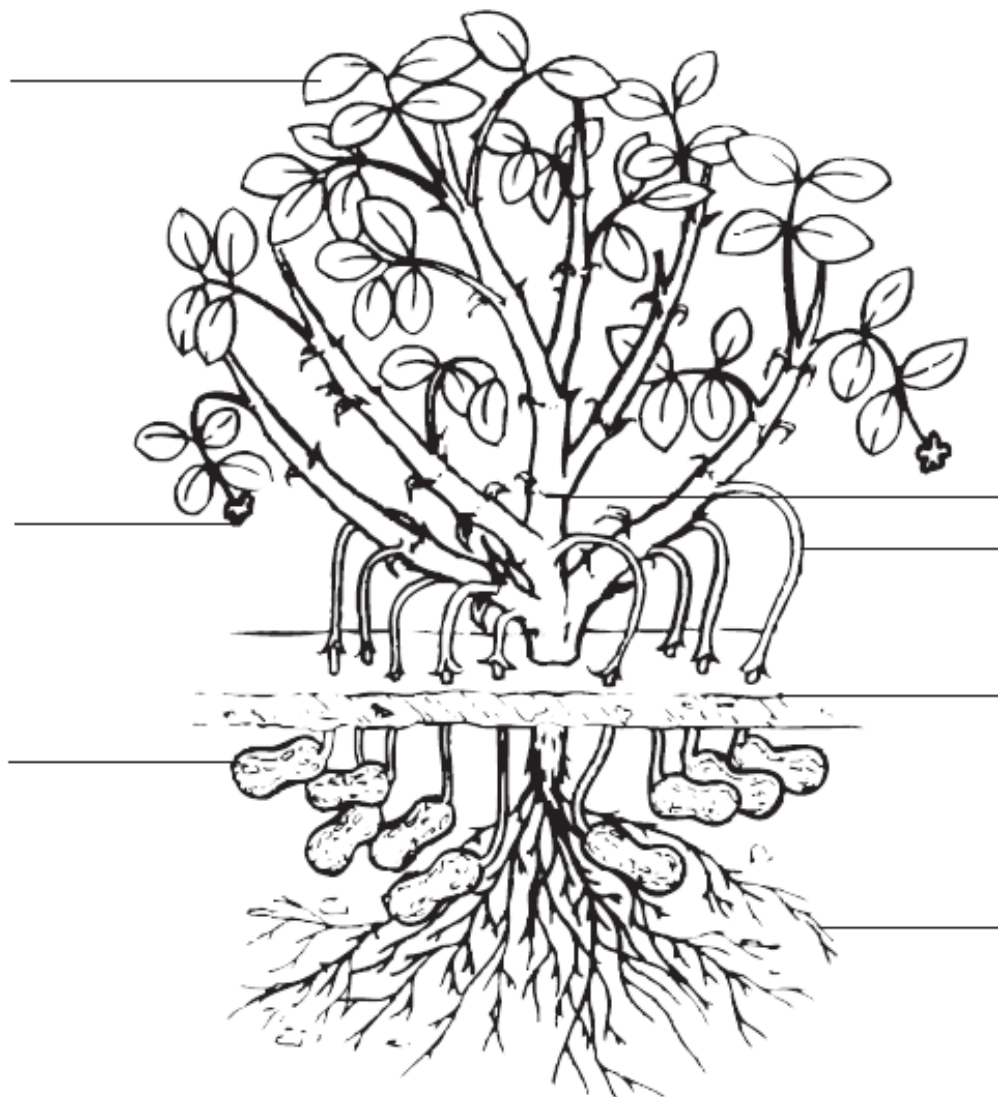
Peanut Plant

Can you label the parts of the peanut plant below?

Root
Peanut

Peg
Ground
Leaf

Bloom
Stem





Nutrition Connection

George Washington Carver: Ingenious Inventor

George Washington Carver found that many things can be made with peanuts.

PEANUTS

Hand lotion



Paint



Ink



Glue



Soap



Crayons



Shampoo



Coffee



George Washington Carver found that many things can be made with potatoes.

POTATOES

Paper



Dye



Rubber



Flour



Medicine



Ink



George Washington Carver found that soybeans are a good source of oil and protein.

SOYBEANS

Oil



Protein

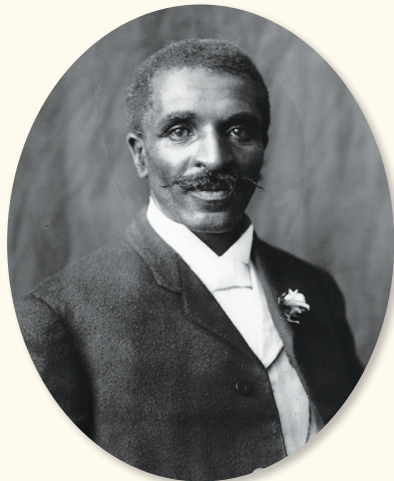


Protein helps you grow strong.

Peanuts, potatoes, and soybeans are all grown in Virginia!

SPOTLIGHT ON

George Washington Carver



George Washington Carver, 1906. From the Frances Benjamin Johnston Collection, Library of Congress. Reproduction no. LC-J601-302.

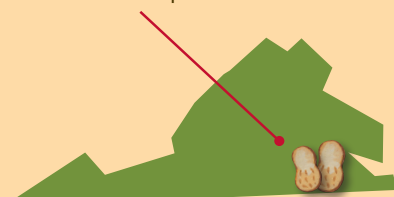
George Washington Carver was born the son of slaves around 1864 in Missouri. From a very young age he was intrigued by nature, and his peers called him the “Plant Doctor.” At age 12 he moved to a new town all by himself so he could attend a school for black children, because the school in his town would not admit him.

Carver held many jobs so that he could go to school and save for college; by 30 he had saved enough. In college he chose to study agriculture. After college he taught at the Tuskegee Institute in Alabama. There he taught his students and black farmers how to make their crops grow better.

Most of the farmers Carver worked with grew cotton, but each year their cotton crop kept getting worse. That was because the cotton was taking too much nitrogen out of the soil. Carver taught the farmers to grow other crops such as sweet potatoes and peanuts, which put good stuff back into the soil. He also showed people that peanuts could be used to make many different things, including lotion, shampoo, glue, paint and ink. In fact, he demonstrated more than 300 uses for the peanut!

DID YOU KNOW?

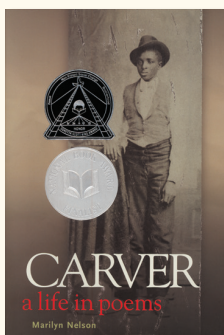
Virginia peanuts are grown in the southeastern part of the state.



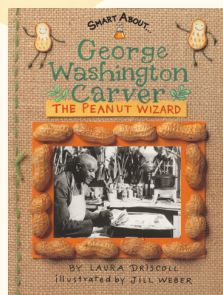
DID YOU KNOW?

Peanuts are part of a healthy diet! They are good sources of protein and fiber.

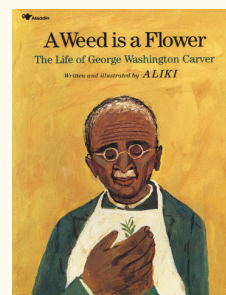
BOOK NOOK—RECOMMENDED READING



Carver: A Life in Poems
by Marilyn Nelson



George Washington Carver: The Peanut Wizard
by Laura Driscoll



A Weed is a Flower: The Life of George Washington Carver
by Alike



Parents and Teachers: Want more great book ideas? Visit AgInTheClass.org to find Agriculture in the Classroom's comprehensive book list.

Word search

The words in the **Word Bank** below are all things that George Washington Carver made using peanuts. Find those words in the puzzle (Puzzle key on Page 29).

M A Y O N N A I S E S O Q M R
N K G O M T L L I H V U A P U
N O N L N D P T A H P E A E O
I A I I U O K M F X R S X D L
Y L A T M E P J P C L X B Z F
I P D W O O D H G M P D W A I
L C B Q O L F N S R R M P W P
Q I T Y D V I X P N J P T V K
W U N F A V E Y L A W X C T K
H Z F O A X E H A I Q I S G R
K U Y H L V K O S M P O C T C
M R S P I E T H T P A P E R M
E E F F O C U Y I P Y F C Z I
Q W D F G G O M C Q E H G E L
K N I X N P J A H I L H I Z K

Word Bank:

Coffee
Flour
Glue
Ink
Linoleum
Lotion
Mayonnaise
Milk
Paint
Paper
Plastic
Shampoo
Shaving cream
Soap

WHAT'S COOKING



 **TRY THIS!**

Peanut butter treat

Make your own peanut butter for a tasty treat! Remember to ask an adult to help you use the blender.

Materials needed:

- measuring cup
- measuring spoon
- spoon
- blender
- 1 cup salted, roasted peanuts
- 1½ teaspoons peanut oil

Directions:

1. Measure 1 cup peanuts, and put them in the blender.
2. Measure 1½ teaspoons peanut oil, and put that in the blender with the peanuts.
3. Blend for about 3 minutes.
4. Scrape the mixture down off the sides of the blender with your spoon, and blend for another 3 minutes.
5. Enjoy your peanut butter with toast, carrots, celery, an English muffin, apple slices or crackers!



Peanut facts

- The peanut plant probably originated in Brazil and Peru.
- Peanuts are not nuts. In fact, the peanut is a legume and is an underground pea—a member of the bean family. The technical English name for the peanut is groundnut, because it grows underground.
- Runner, Spanish, Valencia and Virginia are the four basic varieties of peanuts grown in the United States. Virginia peanuts are grown in Virginia, North Carolina and South Carolina and are the largest U.S. variety.
- It takes about 540 peanuts to make one 12-ounce jar of peanut butter. One acre of peanuts will make 30,000 peanut butter sandwiches (An acre is about the size of a football field).
- Creamy or chunky? In general, women and children prefer creamy peanut butter while men say they like chunky.

A PEANUT SAT ON A RAILROAD TRACK

(Sung to the tune of "Pop Goes the Weasel")

A peanut sat on a railroad track.
Its heart was all a-flutter.
A train came chugging down the track—Whoops! Peanut Butter!



Nutrition Connection

Farmers Feed Our Families



Agriculture is Virginia's and the nation's largest industry. America's food supply is one of the safest and most plentiful in the world. Virginia farmers care about you!



Nutrition Connection

Harvest of the Week: Farm Animals



AGRICULTURE ANIMAL WORD SEARCH



S F D N Y O J T O X H D Y U F V V Q Q M Z O H W F
 F K J X J P C S X V P Z A N H F G S R T N X G W T
 L J N Q G C O W K K Z L F D L N P N A T N I D O O
 B X O U X A J S O O T Y K O O V G X I X X V T D F
 G C A T T L E Y R E O T C E F I Y W X R B P O A N
 T W X H D F T T H M V V H Y P Y M C X S L S O I Q
 J T D H A B I S O N N I I P J T Y K R T Z M N R V
 O M R Q P E K W D V T T C X F K V E J S O Q W Y V
 B V A S T J W N E C Q H K T M N O D N Y W V T W W
 K A K F N W K H H O R S E D S Q S C W M U I D L T
 R F N T K F A X D E W H N H D Z W Q A W L G O A T
 F L R R E N Z G Z E T Q A V K R J G D I I K X G L
 T X U G P Z G O R Q J B G V W K R A B H D K P C T
 A E D E P B T K Z I G N C I S E T A G K F I V Z Y
 B R U N D G L U X G C X Q A P K N X E A V X V G G
 B D T F G C R I R M O U Z O U I W O P B Y K J J K
 W I R M X G W F S K K Z L S A B U A U R C C D B W
 L T D S F G O G O W E W V T Y X S A J O B O L M C
 H M S I I J N O W D A Y S N U V S U T N J E E T X
 B F O U V I L J S N H U C L U R H S D N E M E N V
 N W D V L J X F Y E S O O E I B E G I I T N K B C
 Q X U K L M X E W I R V J A X V E J N L Y C T J O
 V L C C J C Q V I G X H A H I S P E S A K I J H K
 Y U A A H E N I E C L I Z L B C H Z R I X W C K D
 D P Q M K R O T R O A Q Z C U G W D O N K E Y Q H
 D Y D Y B L Y E Q M Y W D S Y B X K G W E P G T O
 H O T T S S A Q M L I V R S H N Z E I J W F E T P
 K A I F L T C Q I O N K L H I P O M K I G M S X B
 D O Y W O K P O I J Q A U O F D W Y O A B L N T Q
 Y H Q L W D R I C H E K B S M E O L K M G X N C M
 Y H Q L W D R I C H E K B S M E O L K M G X N C M

LIVESTOCK
 TURKEY
 HORSE
 LAYING
 HEN
 DAIRY
 COW
 SHEEP
 BISON
 PIG
 CATTLE
 BEE
 CHICKEN
 LAMBS
 DONKEY
 GOAT
 CALF
 GOOSE
 DUCKLING
 AGRICULTURE
 SUSTAINABILITY
 SUSTAINABILITY



Nutrition Connection

Harvest of the Week: Kale



I like kale because



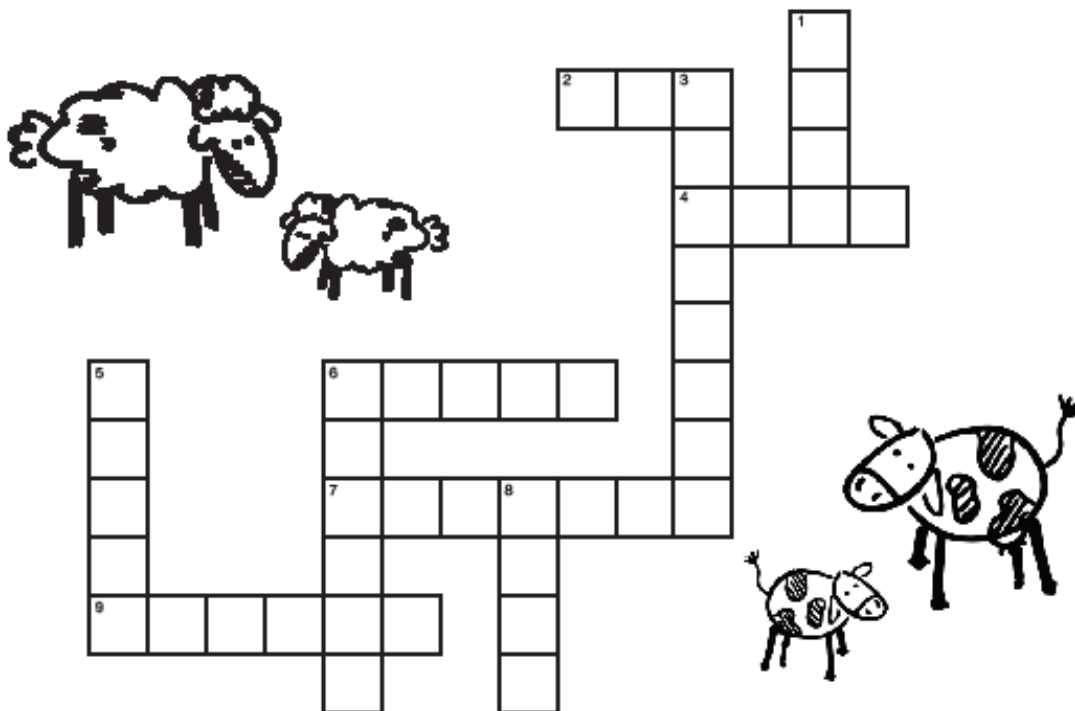


Nutrition Connection

Baby Farm Animals

BABY ANIMALS crossword

ON THE FARM



ACROSS

- 2. Baby Goat
- 4. Baby Cow
- 6. Baby Dog
- 7. Baby Goose
- 9. Baby Cat

DOWN

- 1. Baby Horse
- 3. Baby Duck
- 5. Baby Hen
- 6. Baby Pig
- 8. Baby Sheep

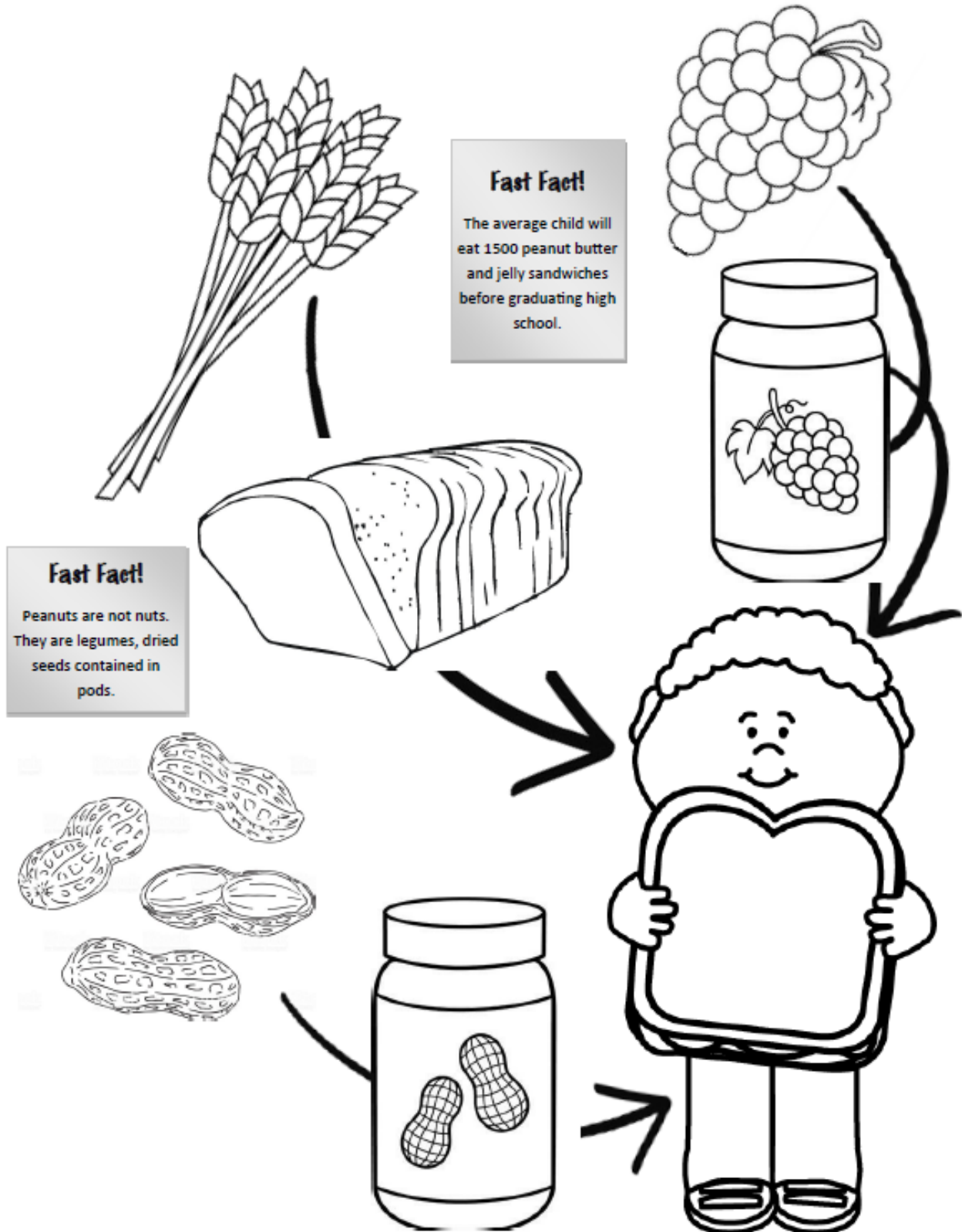
ANSWERS

PUPPY	LAMB	FOAL	CALF	GOSLING
DUCKLING	KITTEN	CHICK	PIGLET	KID



Nutrition Connection

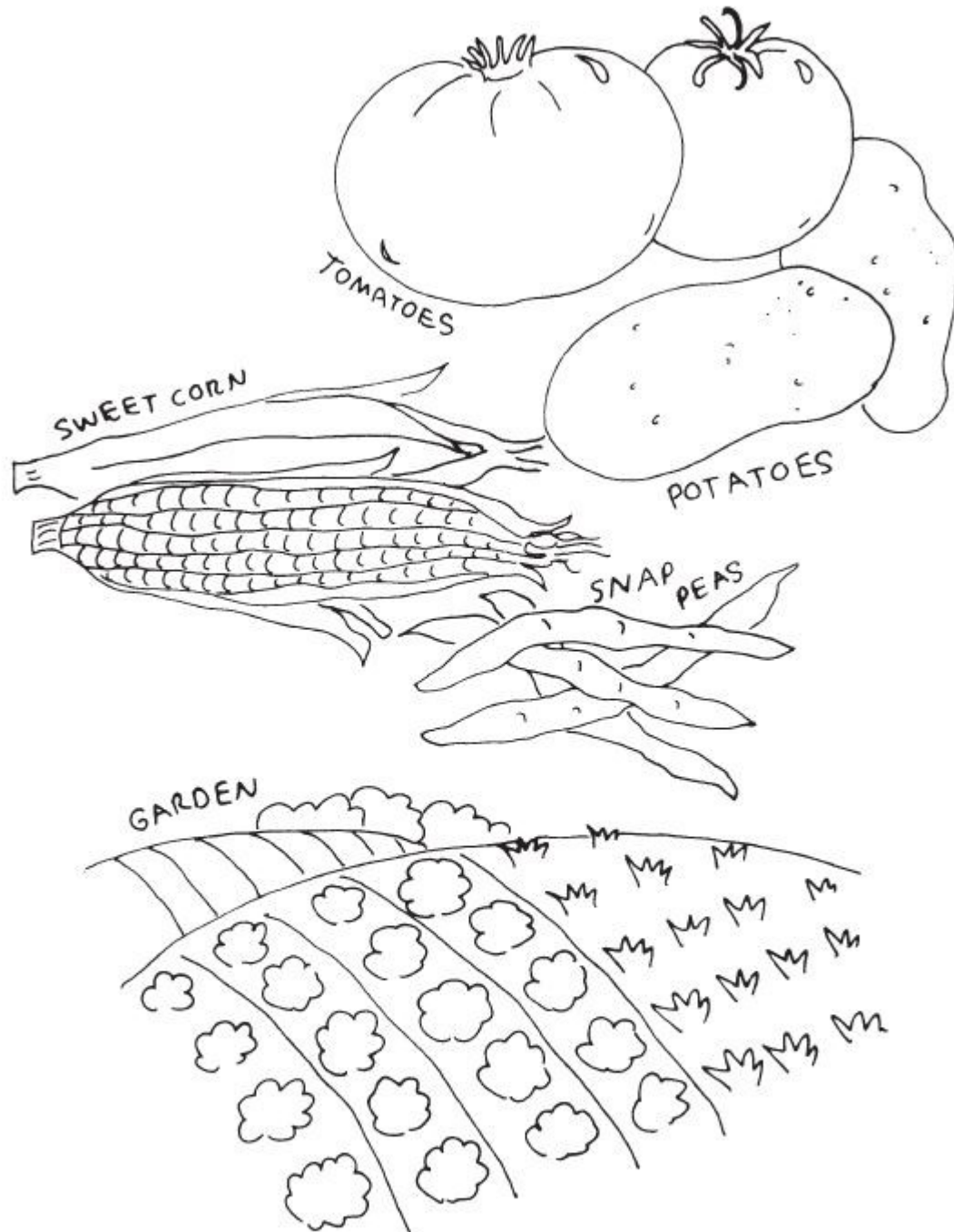
Harvest of the Week: Peanut, Butter, and Jelly





Nutrition Connection

Harvest of the Week: Garden Veggies

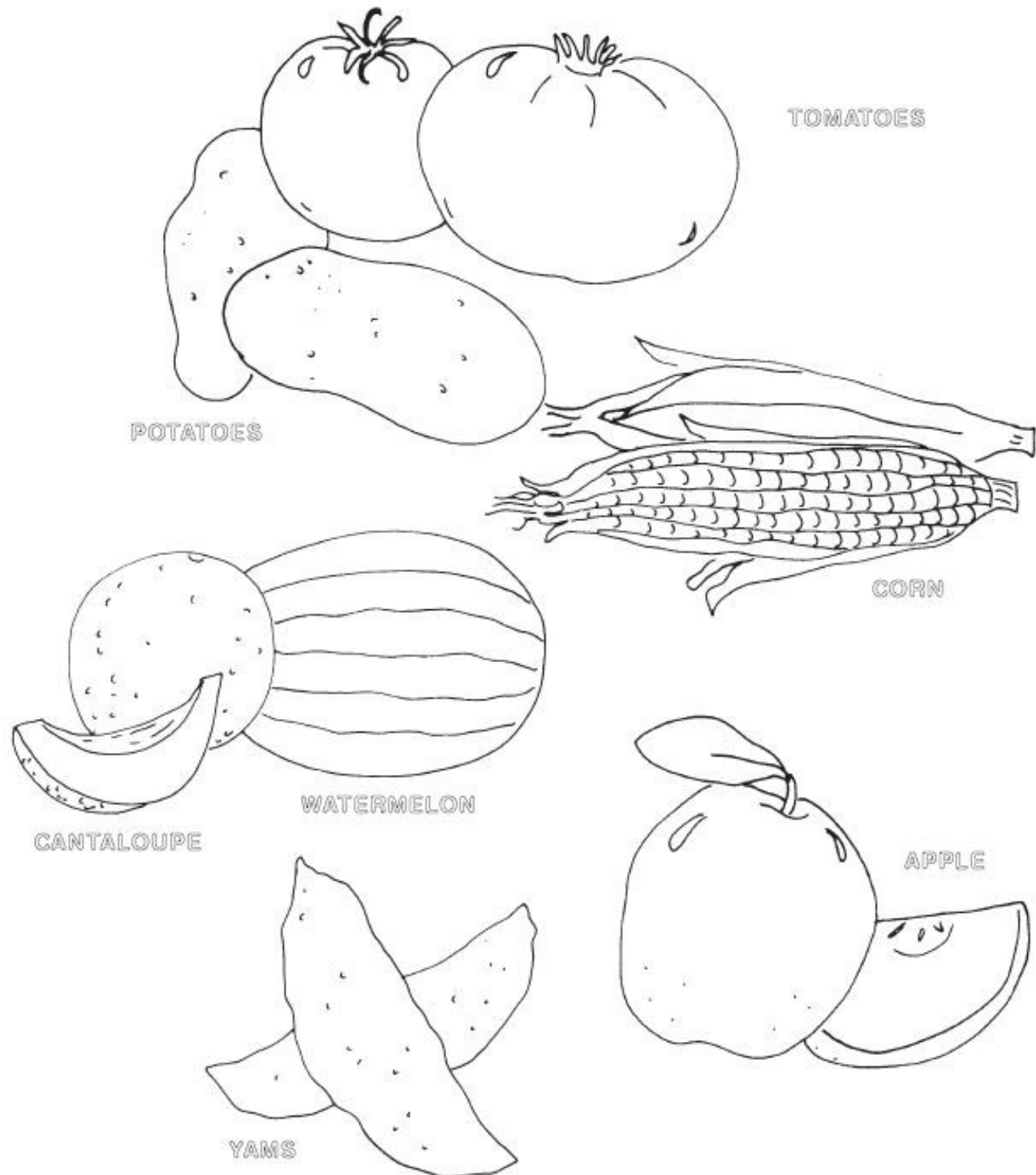


Do you have a **Garden** at home? Many farmers have gardens on their farms to produce a variety of fresh, healthy vegetables for their families. We should eat 3 to 5 servings of vegetables each day.



Nutrition Connection

Harvest of the Week: Fruits and Vegetables





Nutrition Connection

Harvest of the Week: Pollinated Products

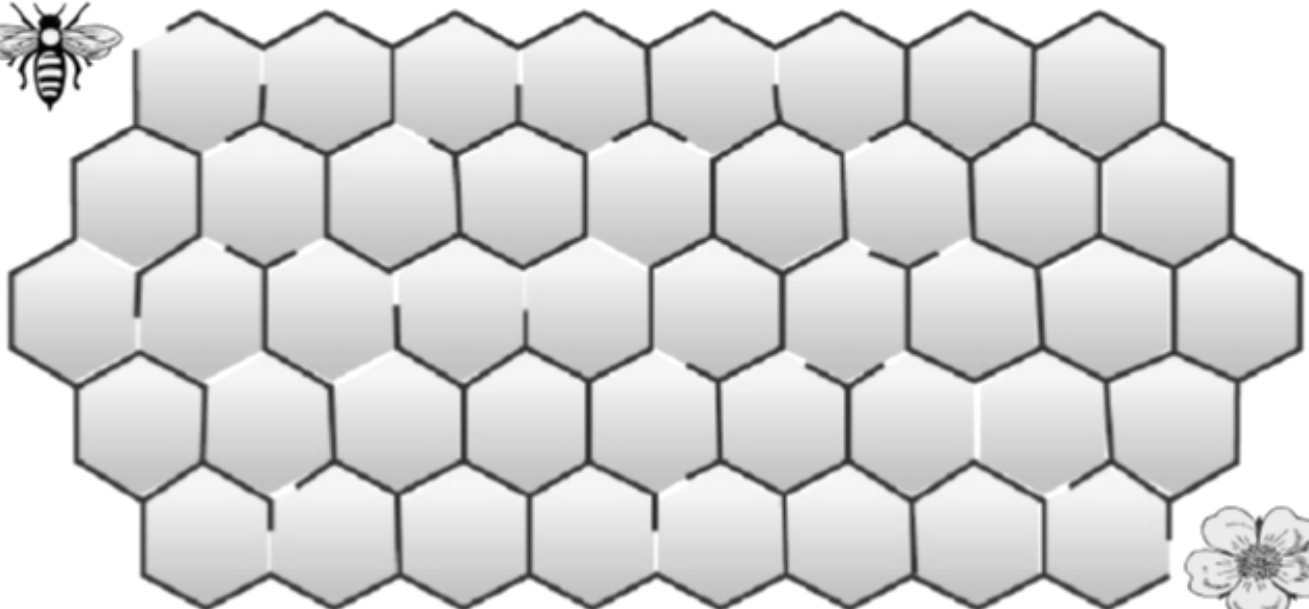
Oh no! The buzzy bees were so busy pollinating that they've jumbled the letters on some of the most popular insect-pollinated crops. Use the pictures as your word bank to help put the letters in the correct order.



1. ttcono _____
2. rbeyawrrts _____
3. kmipnup _____
4. temnorlwea _____
5. paelp _____



Help the bee find the blossom by getting through the honeycomb maze below.


























Nutrition Connection

Harvest of the Week: Product Patterns

Farmers grow food to keep our bodies strong and healthy. Circle the food that completes the pattern on each line. Then color the items.

Unscramble the letters below to reveal the message.

ARFRSEM

EDEF

URO

SAMFILEI!

_____ !

Growing a Healthy Meal

You can plant your own garden in pots of soil or in the ground with parent help. Vegetables and flowers are some things you could add to your garden. Use your garden to create so many exciting things!



SPROUTING SALAD

With the vegetables you grow in your garden, you can make a salad for your family and friends!

What you need:

vegetables, bowl, water, knife, fork, dressing

WHAT TO DO:

1. Pick the vegetables from your garden.
2. Wash and cut the vegetables with parent help.
3. Mix the vegetables in a bowl.
4. Add dressing if you would like and enjoy!

FANCY FLOWER VASE

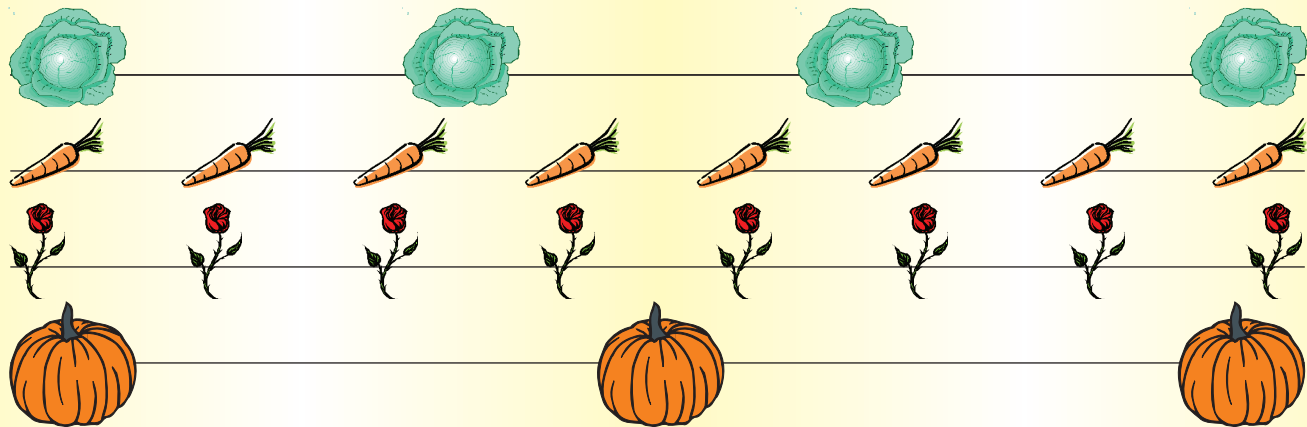
With the flowers you grow in your garden, you can make a vase to sit on the dinner table!

What you need:

glass or plastic bottle, paint, water, glue, tissue paper, scissors

WHAT TO DO:

1. Take the glass bottle and wash it.
2. Decorate the bottle with paint and let it dry.
3. Cut and glue on paper for more decoration.
4. Pick flowers from the garden.
5. Add water and flowers to the vase.



It's time to plant your garden! There has to be space between each of your vegetables and flowers.

On each line, use a ruler to measure how many inches are between each planted vegetable or flower. Round to the nearest inch. Fill in the blanks below with the correct inches between each.

Lettuce _____ Carrot _____ Rose _____ Pumpkin _____

Information in Jr. Sprout can be linked to the following Virginia Standard's of Learning:

Science: K.1, K.7, K.9, 1.1, 1.4, 2.1, 2.4

Math: K.1, K.2, K.6, K.8, K.10, 1.2, 1.5, 1.9, 2.4, 2.5, 2.11

English: K.8, K.12, 1.8, 1.13, 2.7, 2.12

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Jr. SPROUT

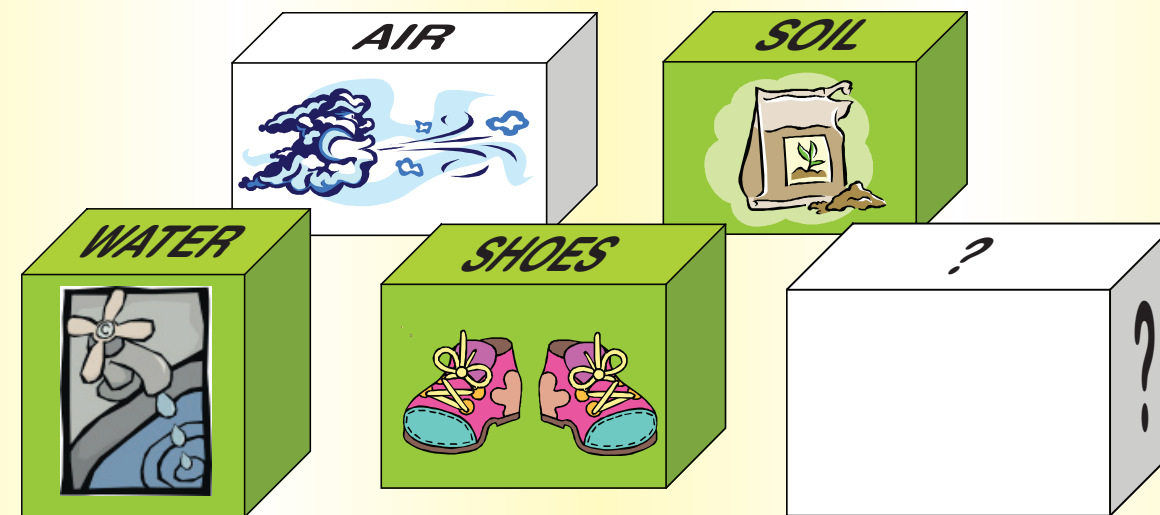
Dig into Gardening!

There are some things you need to grow, just like there are some things plants need. Can you think of some things both you and plants need to grow big and strong? Remember, a need is something you must have. Water and air are two things you and plants need, but soil and sunlight are important for plants to grow too.

Word Bank

soil
water
sunlight
air

Create a picture of your favorite plant with all of its needs. Label the needs using the word bank.



These boxes hold the things that plants need, but there is one that does not belong. Cross out the picture that does not belong. Draw and write the need that belongs in the mystery box.

Let's Talk Life Cycles!

Like people and animals, plants change as they grow. These changes are called a life cycle.

NAME 4 THINGS A SEED NEEDS FOR GERMINATION.

1. _____
2. _____
3. _____
4. _____



What is germination?

Germination is the process where seeds begin to sprout or grow.



Is this plant in the right order?

Write the numbers 1-5 in the boxes to put the plant life cycle in order.

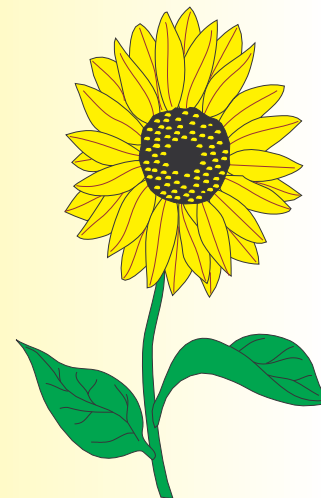


There are all different kinds of plants! Can you tell the difference between these? Circle the plants that we eat.



Growing Plant Parts

When plants grow, they have a lot of parts. Each part has an important job. On the bottom of a plant are the roots. In the middle of a plant are the stem and leaves. On the top of a plant are flowers and fruits. Each part has a job to do!



Word Bank

leaf
stem
flower
root
seed

Label the parts of the plant. Some parts are missing! Draw and write the parts of the plant that are missing too.



Jobs of a Plant Part

- ▶ Flowers help make seeds so more plants can grow.
- ▶ Fruits carry and protect seeds after the flower dies.
- ▶ Leaves help make food for the plant.
- ▶ Stems carry water and food up through the plant.
- ▶ Seeds allow more plants to grow if they are planted.
- ▶ Roots send up water and food from the soil.



Count how many carrots and berries Farmer Jack has in his garden.

Carrots _____ Berries _____

Which has more? _____



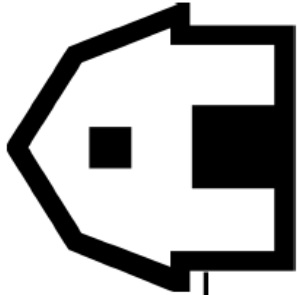
Farmer Jack wants to plant 10 flowers in his garden. Count by twos to find out how many flowers he has. _____
Does he have too many or does he need more? If he has too many, how many does he need to get rid of? _____

Nutrition Connection

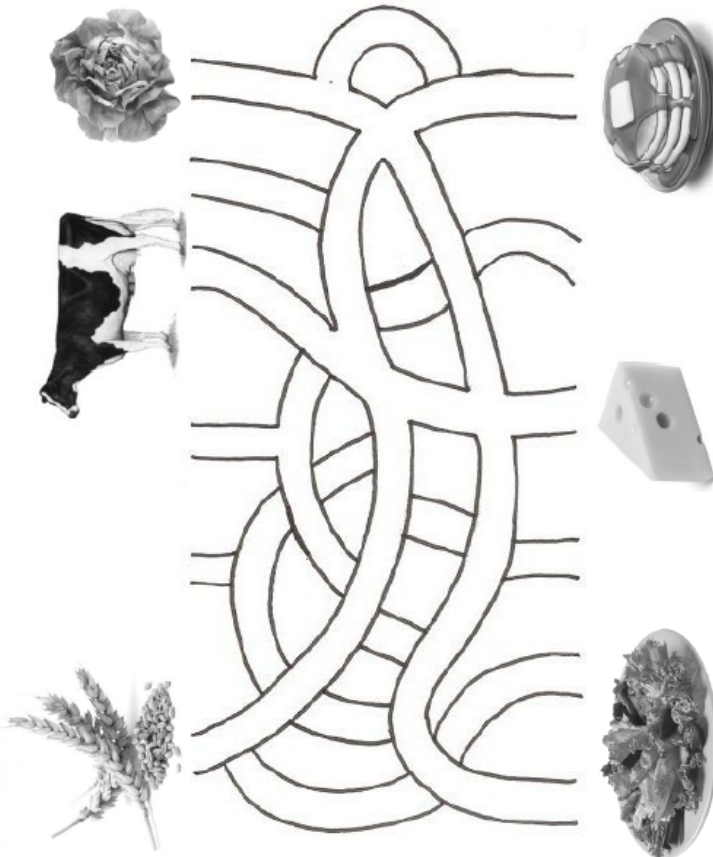


Harvest of the Week: From Farm to You

Create your own farm. Add your favorite crops and/or farm animals to the farm scene.



Help get your food from farm to plate. Take the correct path from farm product to meal item.



Word Search

S W R G A B A H R T V T M O A P C M F C
K T D E T H X W O D A E W I I V S D W N
E N R W M M Q M G E G O H Y E K R U T Y
Q K L A G R A J H G E F Z N G C Y I C R
Y W T P W T A W I F N B Z M I H D I R I
D V C B O B B F F C C X A N Z I H D F A
G R A P E R E E Z U O N K F L C V T M D
X A A O E X J R R E Q R A I G T K P A H P
G Y I I R Z O X R F N J R R D M E H J W A
Q M H M B D A U B Y V B I O V N S W Y E

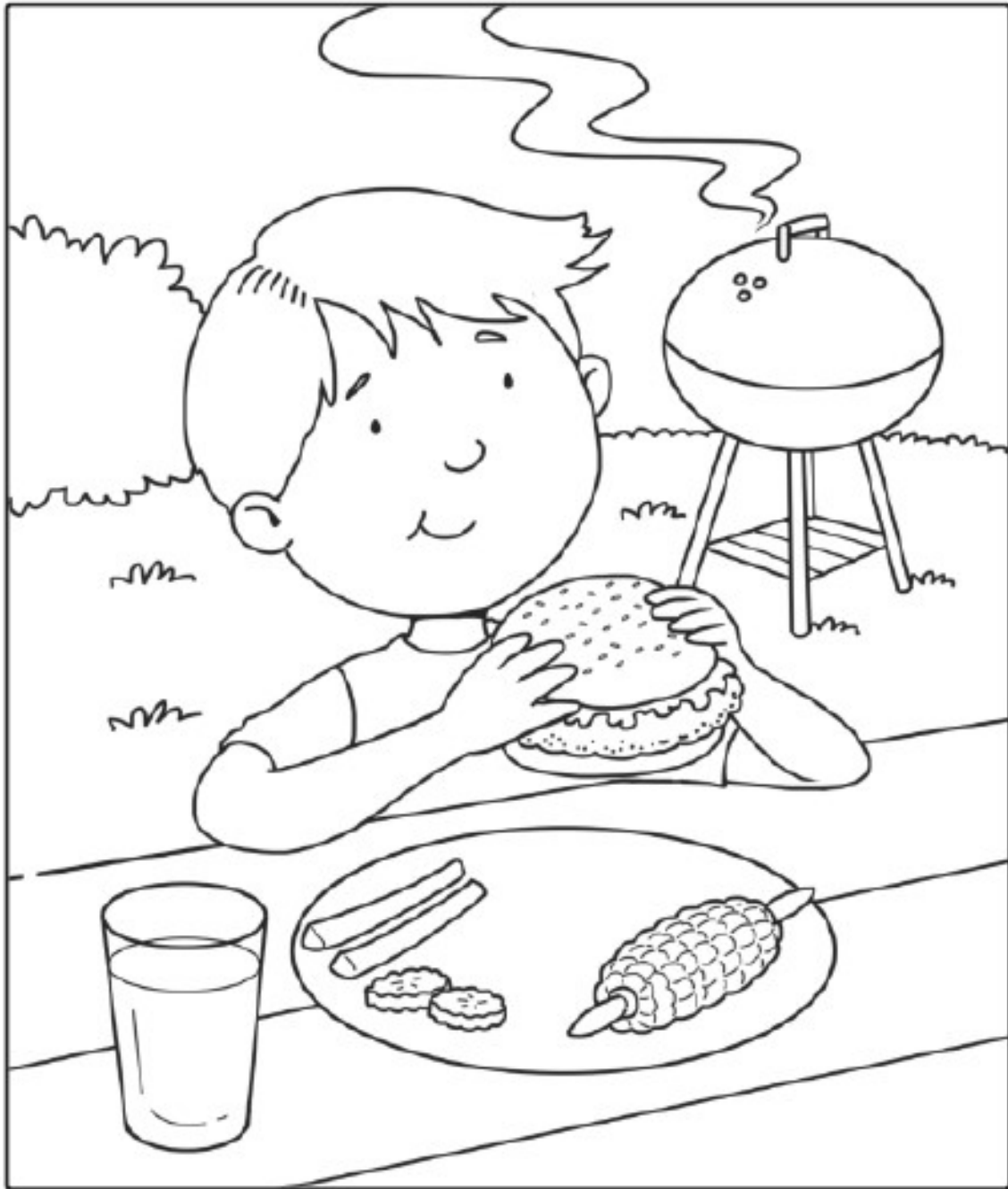
Word Bank

BEEF
CORN
EGG
GRAPE
STRAWBERRY
TURKEY
CHICKEN
DAIRY
FARMER
HOG
TOMATO
WHEAT



Nutrition Connection

Harvest of the Week: Beef



I like beef because _____.





Nutrition Connection

Harvest of the Week: Strawberries



I like strawberries because

_____.





Nutrition Connection

Harvest of the Week: Wheat



Wheat is a grain crop. Wheat is ground into flour to make bread, cereal, muffins, pasta and many other tasty foods.



Nutrition Connection

Harvest of the Week: Milk



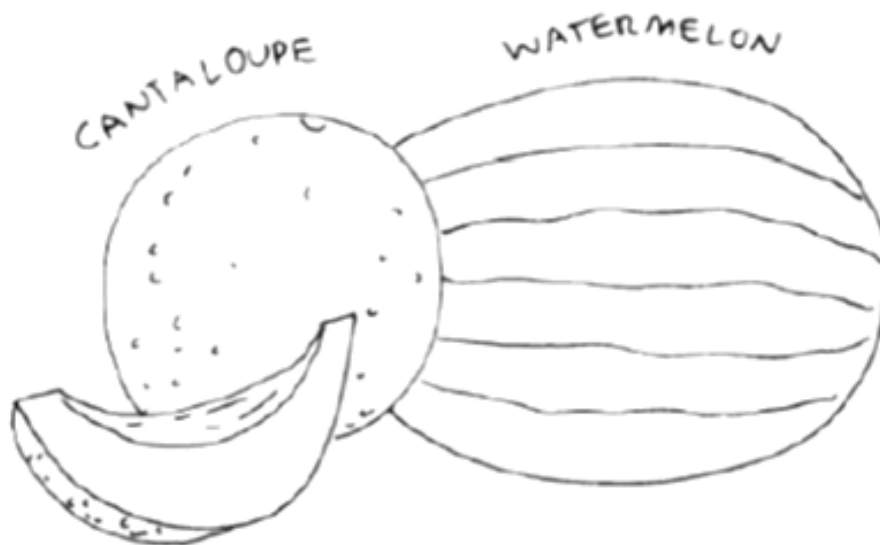
I like milk because





Nutrition Connection

Harvest of the Week: Melons



Melons like cantaloupe and watermelon are fruits grown in Virginia. Eating healthy includes 2 to 4 servings of fruit per day.



Nutrition Connection

Harvest of the Week: Cheese



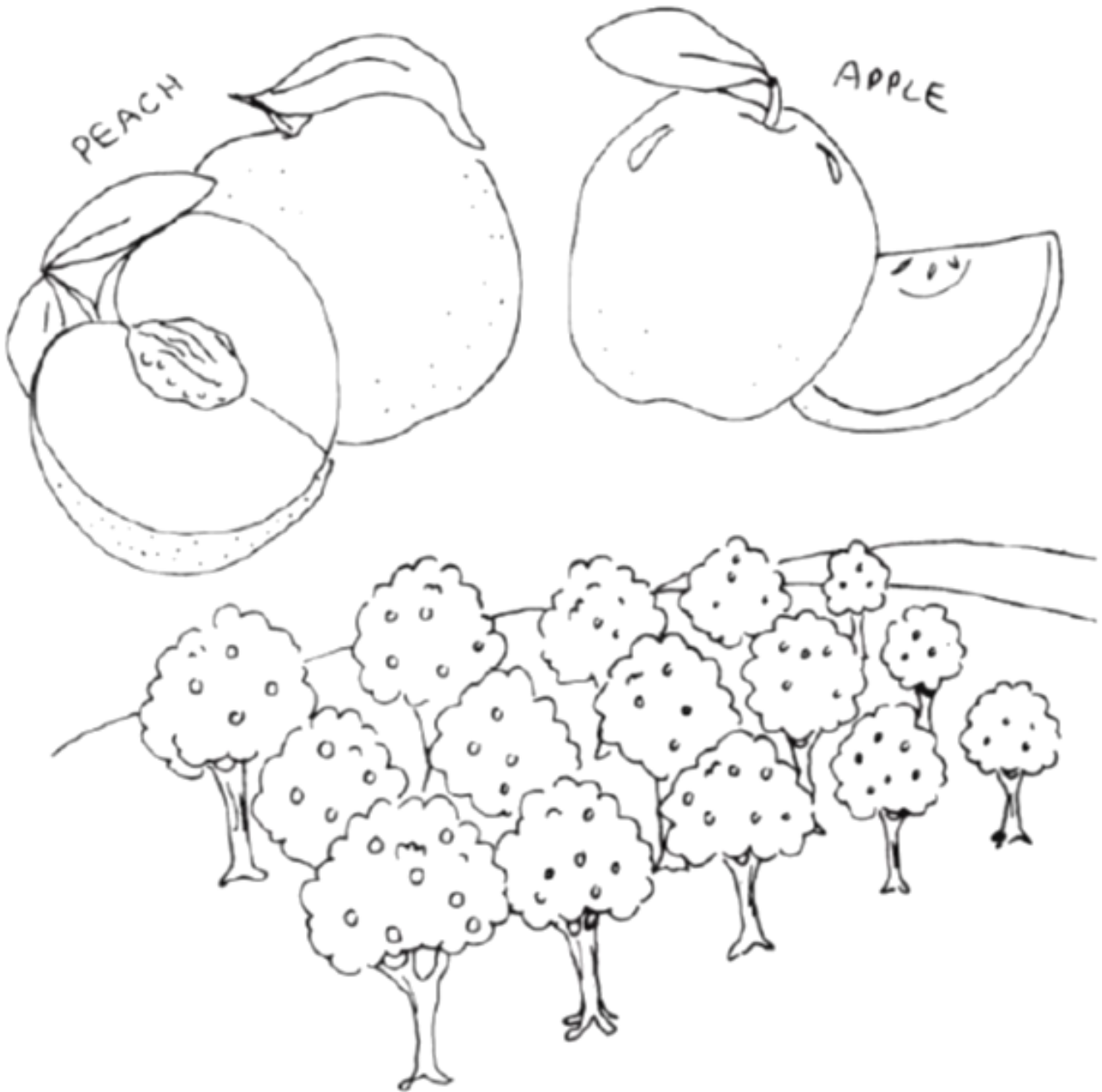
I like cheese because





Nutrition Connection

Harvest of the Week: Fruit



Orchards are made up of rows of trees. Fruits like apples, peaches and cherries are grown in orchards.



Nutrition Connection

Harvest of the Week: Tomatoes



I like tomatoes because





Dig into Dairy!



Ice cream is the perfect treat on a hot summer day. As a matter of fact, July is National Ice Cream Month.

But have you ever considered where ice cream comes from? The main ingredient is milk, which comes from dairy cows. The most commonly recognized dairy cow is the Holstein, which has large black spots. Other dairy cow breeds include Guernsey, Ayrshire and Jersey.

Cows have four stomachs, and it's a good thing, because they spend almost seven hours a day eating. Cows eat about

100 pounds of grass or feed and drink about 50 gallons of water a day—about enough water to fill a bathtub.

Dairy farmers milk their cows at least twice a day. One cow produces about 100 glasses of milk a day, and a cow's udder can hold between 25 and 50 pounds of milk!

Milk is a very important source of calcium, which helps build strong bones and teeth. You should have at least three servings of milk products a day. In addition to ice cream, milk is used to make cheese and yogurt.

UDDERLY AMAZING!

A cow gives more than 2,000 gallons of milk a year.

DID YOU KNOW?

- Immigrants arriving at Ellis Island were served vanilla ice cream as part of their "Welcome to America" meal.



- The first ice cream parlor in America opened in New York City in 1777, and the ice cream cone made its debut at the 1904 World's Fair in St. Louis.

COW CRAFT

MATERIALS

- large white paper plate
- small white paper plate
- black construction paper
- pink construction paper
- black marker
- glue
- hole punch
- white or black pipe cleaner or yarn



Directions

1. Flip both plates upside-down. Glue the small plate near the bottom of the large plate.
2. Cut black spots from construction paper, and glue them onto the cow.
3. Cut a large oval from the pink construction paper, and glue it onto the small plate (See photo). Use the black marker to draw eyes, a nose and a mouth.
4. Cut small ovals (You also can trace your thumb) from the black and pink construction paper. Glue behind the small plate for ears.
5. Punch a hole at the top of the large plate. Thread the pipe cleaner or yarn through the hole to make a tail. You also can use the tail to hang and display your cow.

Source: busybeekidscrafts.com

TRY THIS!

You do the math!

It takes about 16 pounds of milk to make one half-gallon of ice cream. If Bessie's udder holds 48 pounds of milk, how many gallons of ice cream will that make?



Make your own ice cream in a bag!

MATERIALS

- 1 tablespoon sugar
- ½ cup milk or half-and-half
- ¼ teaspoon vanilla
- 6 tablespoons rock salt
- 1 pint -size plastic food storage bag
- 1 gallon-size plastic food storage bag
- ice cubes



Directions

1. Fill the large bag half full of ice.
2. Add rock salt.
3. Combine milk, vanilla and sugar in the small bag and seal the bag.
4. Place the small bag inside the large bag, and seal the large bag.
5. Shake both bags until the mixture in the small bag becomes ice cream. It will take about 5 minutes.
6. Open, scoop and enjoy!

Word search

C	H	O	C	O	L	A	T	E	S	T	H	E	F	A	Calcium
R	I	O	M	V	D	V	K	E	G	O	I	A	U	F	Chocolate
U	N	C	B	U	R	A	L	T	L	P	Y	D	X	Y	Cone
E	R	B	E	E	I	K	I	S	I	P	R	N	T	D	Cow
K	L	I	M	C	N	C	T	R	I	I	G	U	T	H	Dairy
P	G	R	I	I	R	E	L	V	Y	N	K	S	V	V	Farmer
B	A	W	R	L	I	E	E	A	L	G	M	L	D	E	Holstein
F	Z	P	H	N	R	M	A	M	C	S	O	T	W	T	Ice cream
V	S	G	A	T	W	D	F	M	N	C	L	A	E	G	Milk
T	S	A	L	L	I	N	A	V	Y	O	G	U	R	T	Scoop
Q	Q	P	G	S	J	E	A	E	W	O	W	K	D	D	Sprinkles
G	Q	O	Z	W	S	Y	L	Y	E	P	Q	O	H	Y	Sundae
A	U	W	F	N	R	I	X	K	D	T	I	G	C	Q	Toppings
T	G	A	C	E	P	D	L	F	N	N	A	N	O	X	Vanilla
P	V	A	R	E	S	T	O	O	P	B	W	X	Z	A	Yogurt