



Moo Mask

Recognize that holstein cows provide the milk we drink and use for dairy products.

Directions

1. Read *What's for Lunch? Milk*. Explain to the children they will follow your lead step by step for the Moo Mask activity.
2. The first plate will be the cow's mouth/body. Draw a mouth and spots on the plate.
3. Cut a large circle out of the second plate.
4. Color spots and cut out two eye holes on the second plate.
5. Use the third plate for the ears by cutting the plate first in half; then in quarters; and finally in eighths.
6. Using two pieces from the third plate, color and staple to the top of the second plate.
7. Create an ear tag from a piece of construction paper and use the child's birth date for the numbers. For example, 742 means July 24th.
8. Finally, staple a string to the sides of the mask so the child can wear his or her mask.

Supplies

- *What's For Lunch? Milk* by Claire Llewellyn
- 3 large paper plates
- Crayons, colored pencils and/or markers
- Any color construction paper
- Stapler
- String

Suggested Books



Fun Facts about dairy cows to share:

The most widely recognized dairy cow is the Holstein, which has black and white spots. The spots are similar to people's fingerprints in that no two cows have the same pattern of spots. Dairy farmers milk their cows at least twice a day. One cow produces 90 glasses of milk a day, and 200,000 in her lifetime. In fact, a cow's udder can hold 25-50 pounds of milk! Dairy is Virginia's third largest agricultural commodity