How We Get Our Milk

Coloring Book
Have you ever wondered how milk is made?
Meet the dairy cow - "a milk maker."
Cows turn hay, grain, and water into milk.

Nutritionists help farmers provide just the right nutrients to ensure their ongoing good health.
Cows are milked by machines.
The milk then goes through pipes to a cold storage tank.
After testing the milk for purity at the farm, a big tank truck collects the milk from the farm and rushes it to a dairy plant in the city, where it is tested again, before it enters the plant.
At the dairy plant, milk is pasteurized and packaged.
Milk is also used to make all these other good dairy foods
Can you find milk and all these other good dairy foods in your grocery store?
Mmmmmmm Milk!
It tastes good and is good for you!
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Draw a line to connect the people with their jobs.
Dear Parent:

We are happy your child is learning about how milk is produced and processed.

Milk is one of the most nutritious foods you can serve your family. It contains nine (9) essential nutrients, including CALCIUM for proper growth and maintenance of bones and teeth as well as PROTEIN for building and repairing body tissue.

Switch to fat free or low fat (1%) milk for all the same nutrients but less fat and calories.

How Much Milk Do You Need Daily?

Children (ages 2-3) - 2 cups
Children (ages 4-12) - 2½ - 3 cups
Teenagers - 3 cups
Adults - 3 cups