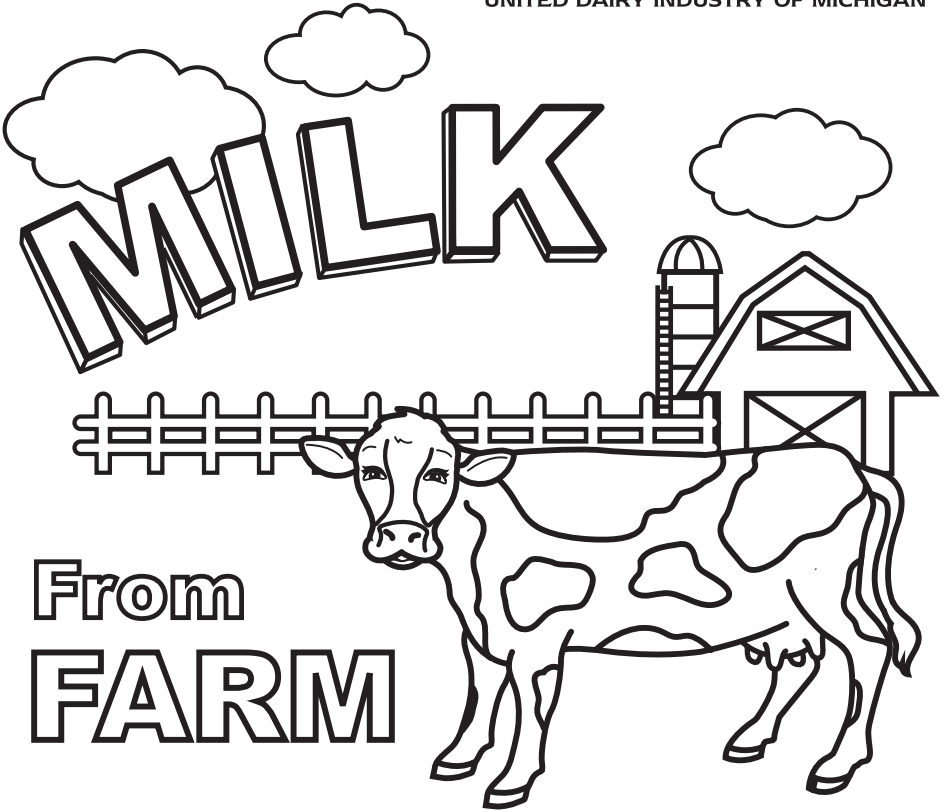


UDIM 

UNITED DAIRY INDUSTRY OF MICHIGAN



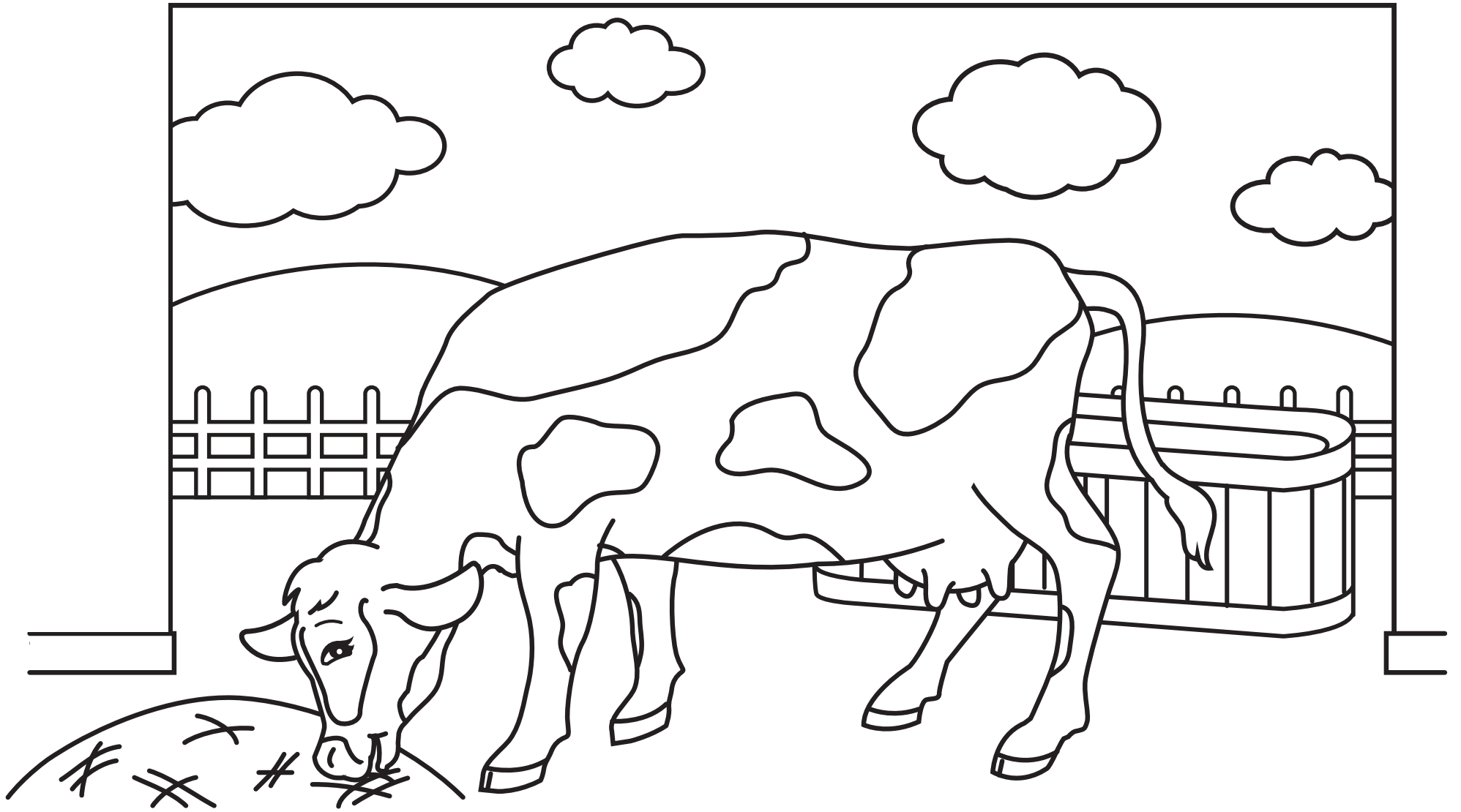
From
FARM

To
TABLE



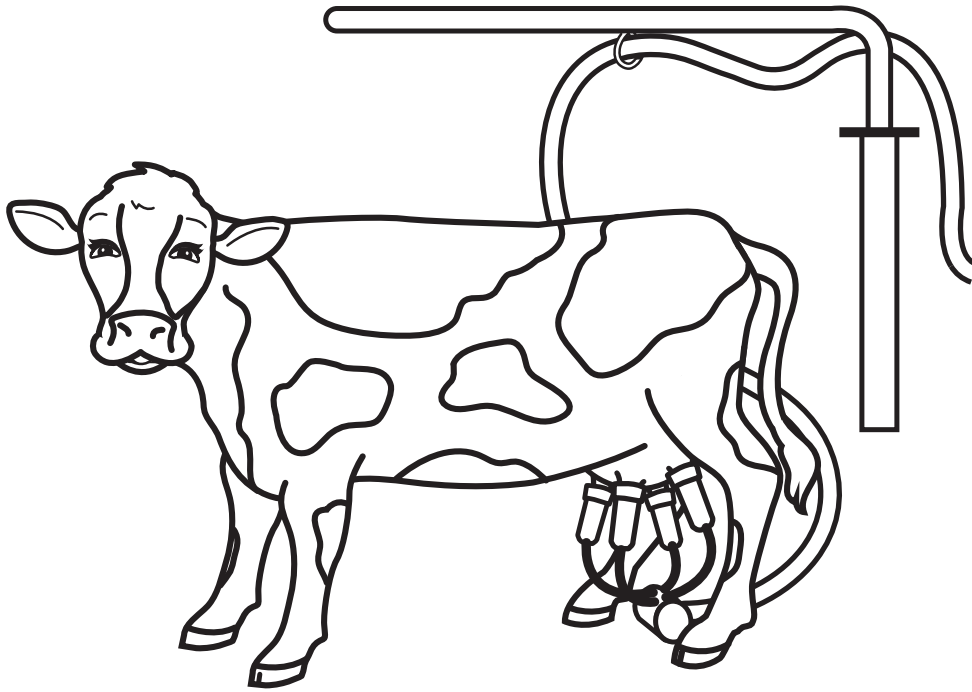
Visit our Web sites at

www.udim.org or www.MichiganDairyNewsBureau.org
for more information and fun activities.

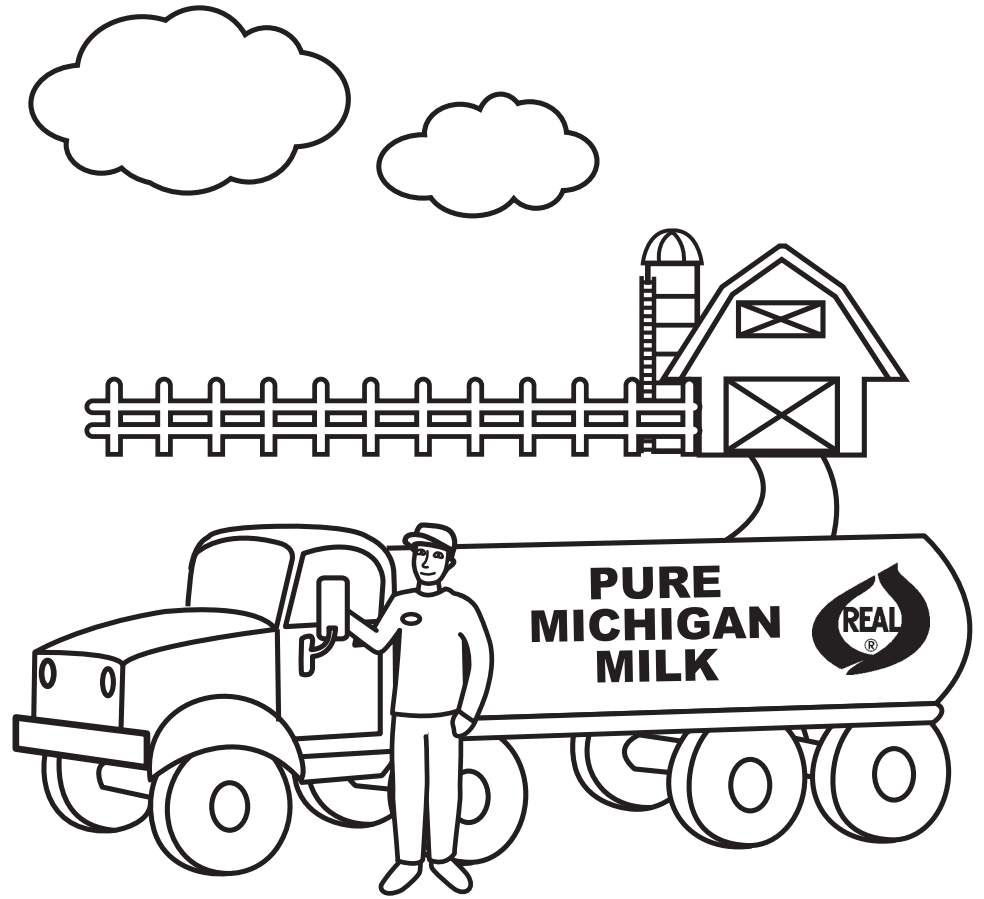


Hi! I'm Maggie the Cow.
I live on a dairy farm.
On dairy farms, cows make milk.

I eat lots of hay and grain every day.
I also drink lots of water.
My body turns the food and
water into milk.



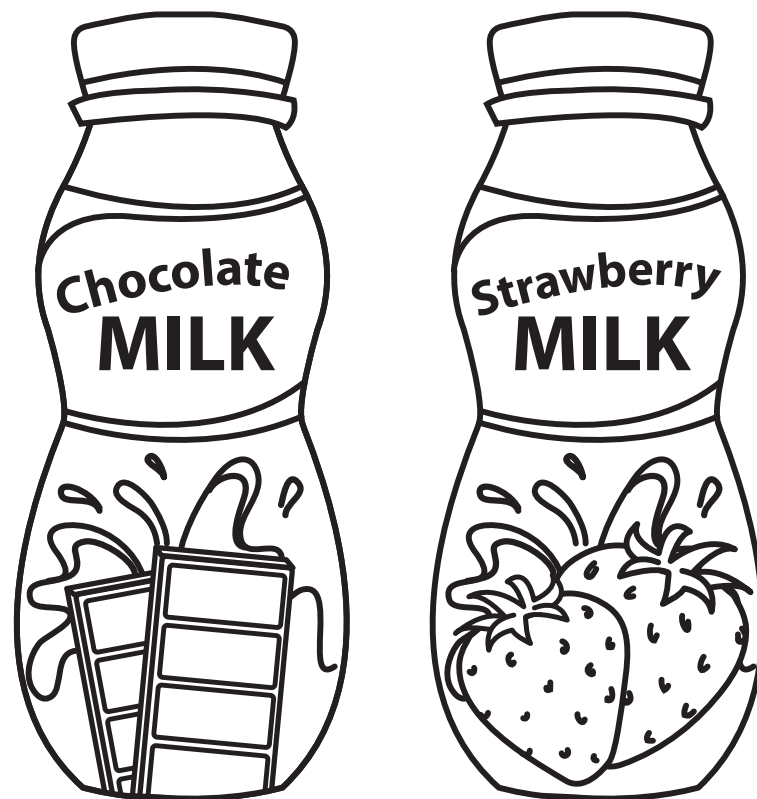
I go to the milking barn at least two times a day. That's where I am milked. Farmers use a machine to milk me. My milk goes into a big tank that keeps it cold.



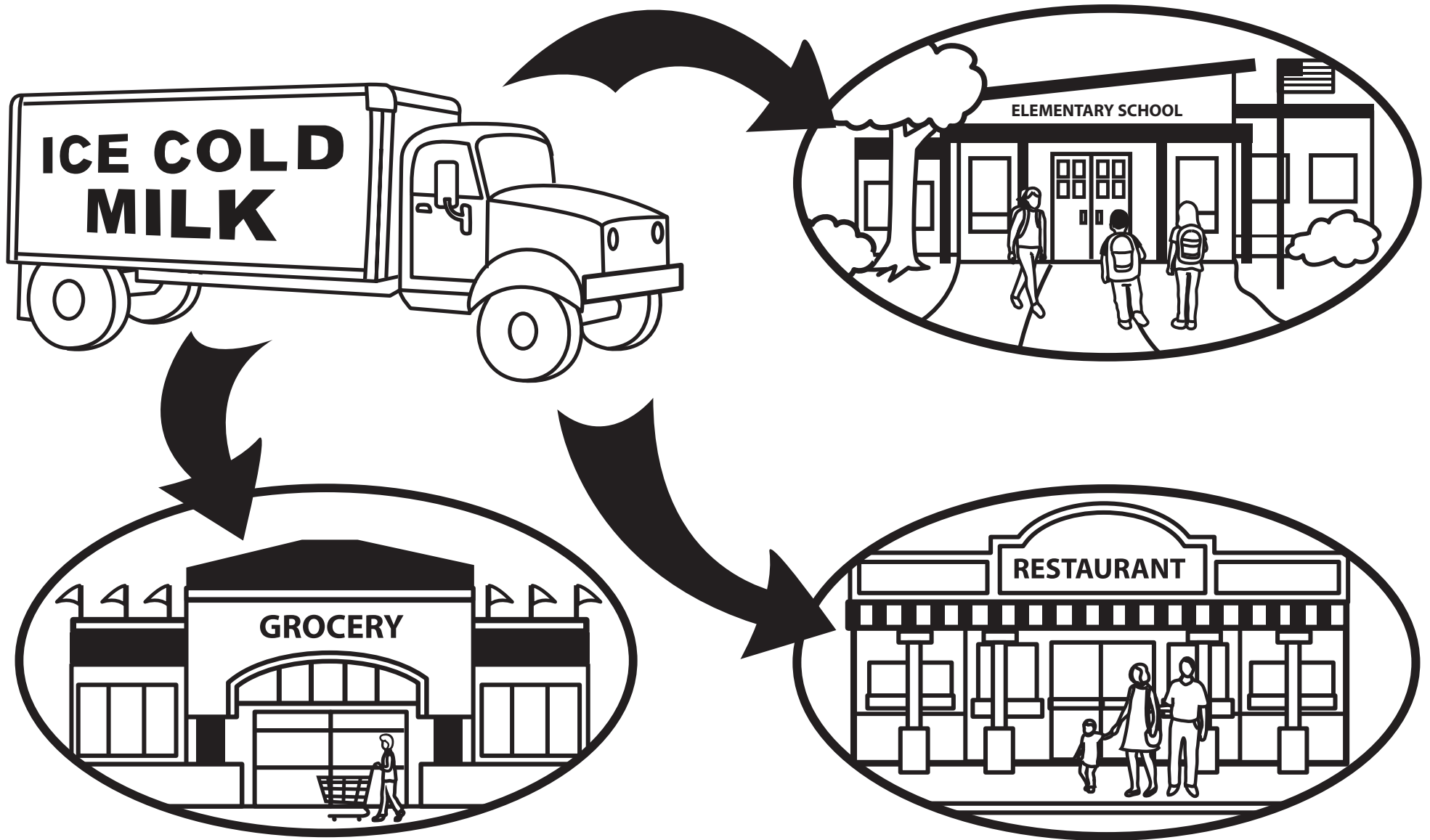
A big truck comes to the farm to pick up my delicious milk. The milk is piped from the tank into the truck. A tanker truck driver drives my milk to the dairy plant.



At the dairy plant my milk is put into bottles, cartons, and jugs.

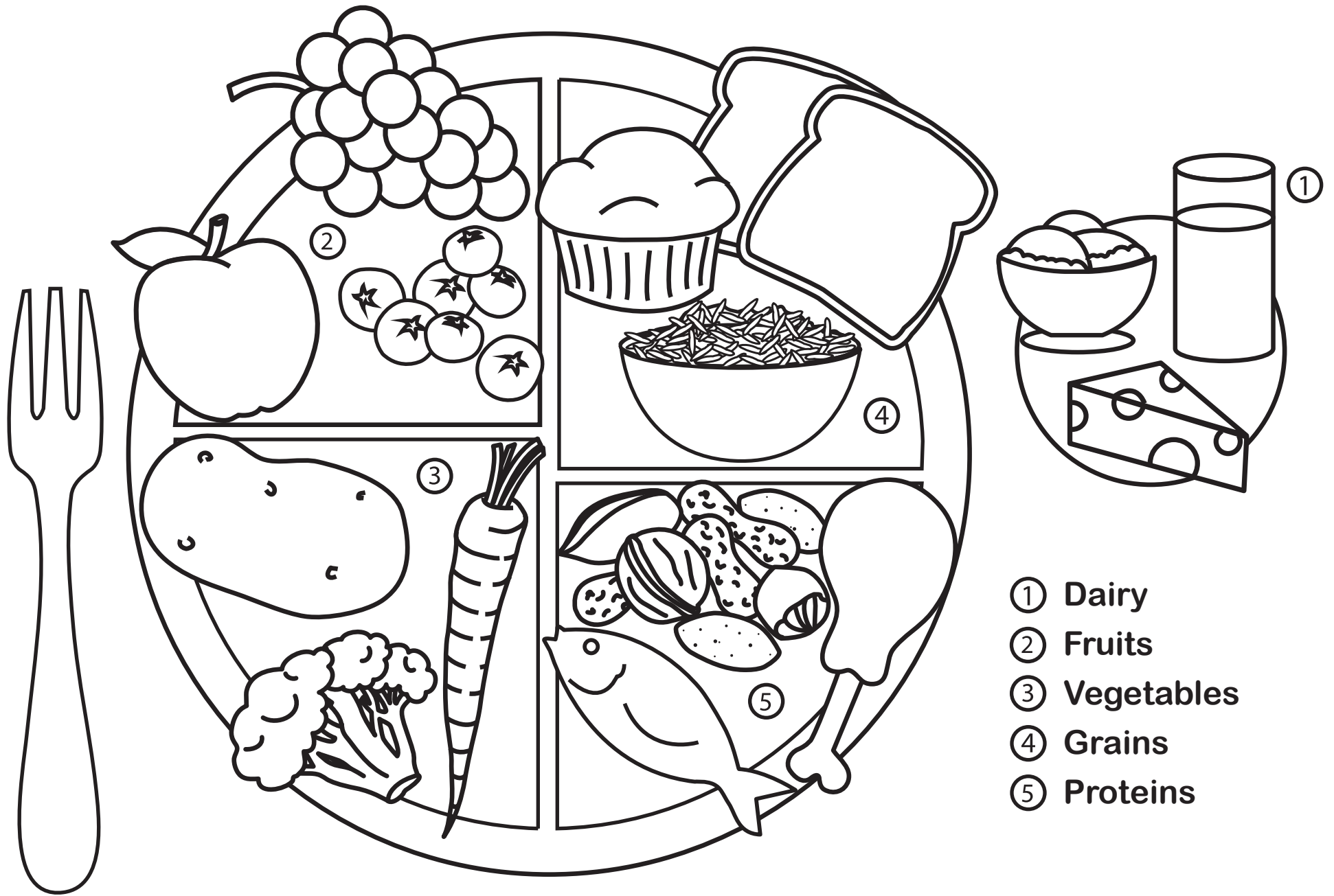


Cows only make white milk. At the dairy plant they sometimes add chocolate or strawberry flavoring to some of my milk.



My milk leaves the dairy plant in ice-cold trucks.

Milk goes to stores. Milk goes to schools. Milk goes to restaurants.



Milk is in the dairy group. The dairy group is one of the food groups.

Eat from all five of the food groups every day.

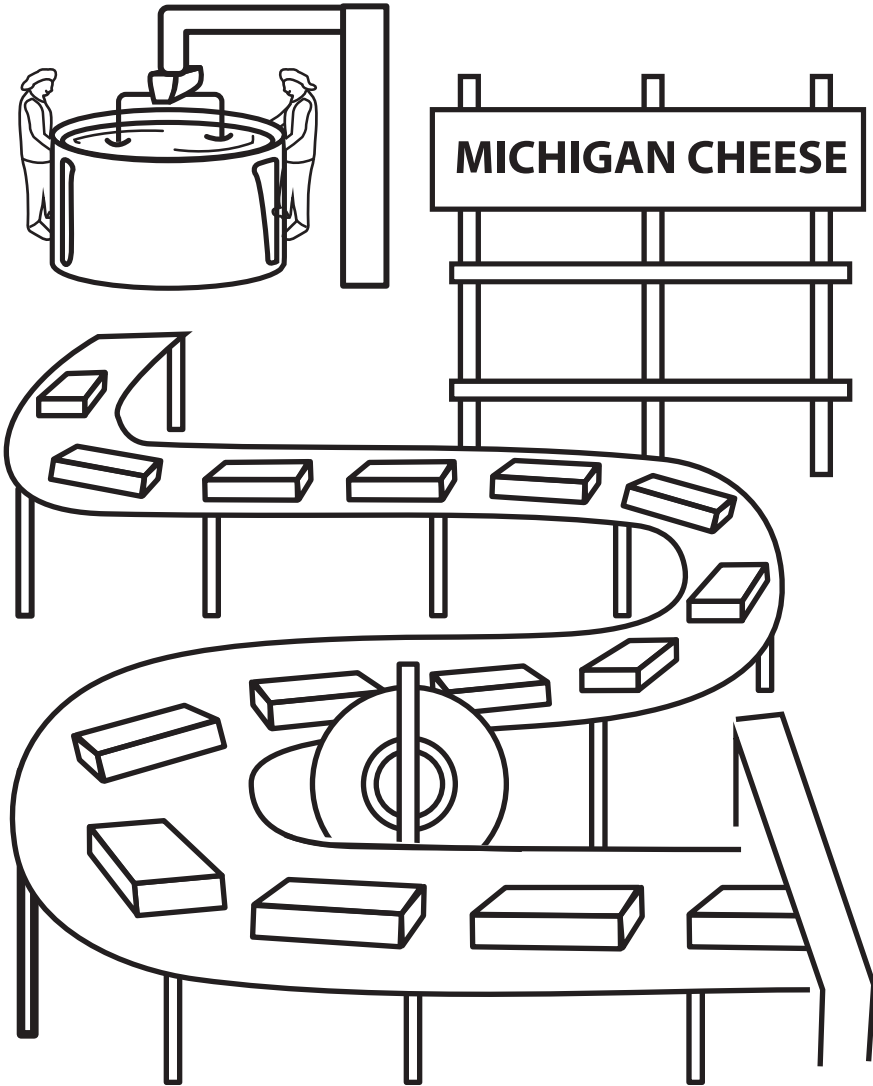


Milk has calcium to build strong bones and teeth. You need strong bones to run, jump and play.

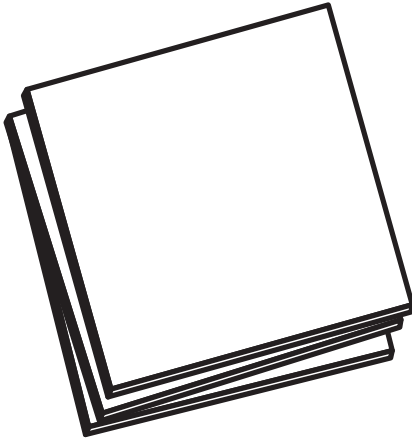


You need strong teeth to eat healthy foods like fruits and vegetables.

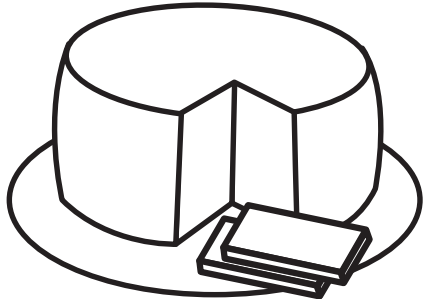
What kinds of cheese do you like?



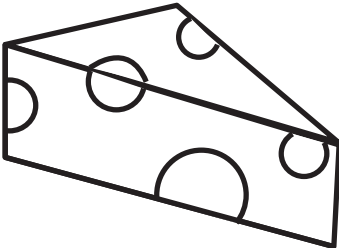
Not all my milk ends up in a cup. Do you like cheese? At the cheese factory my milk is mixed with other ingredients. The mixture is then poured into a cheese mold and chilled for many weeks.



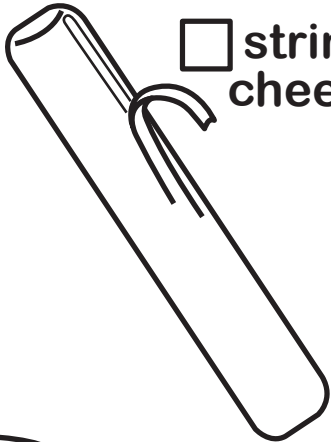
American cheese



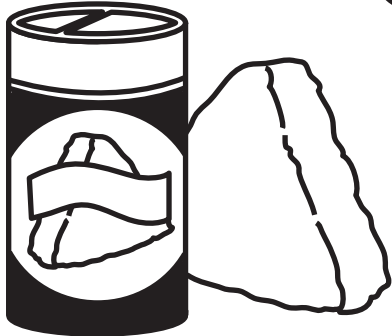
cheddar cheese



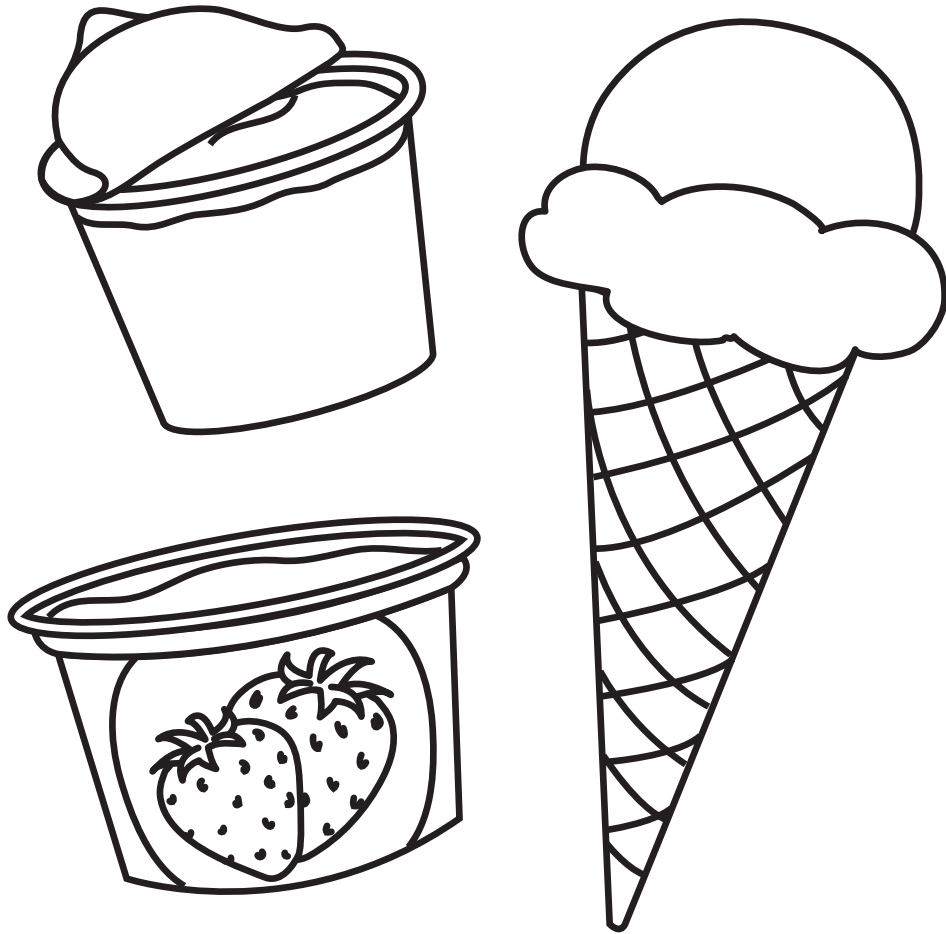
Swiss cheese



string cheese



Parmesan cheese



There are other foods that are made with milk.

Yogurt is made from milk.

Pudding is made from milk.

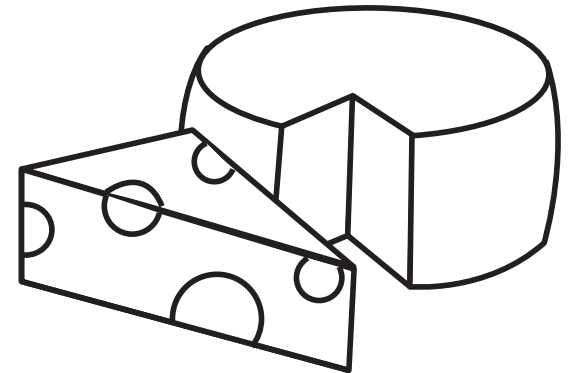
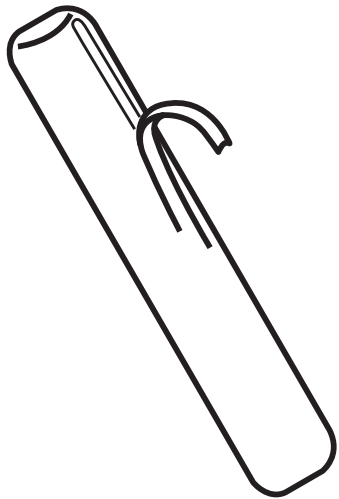
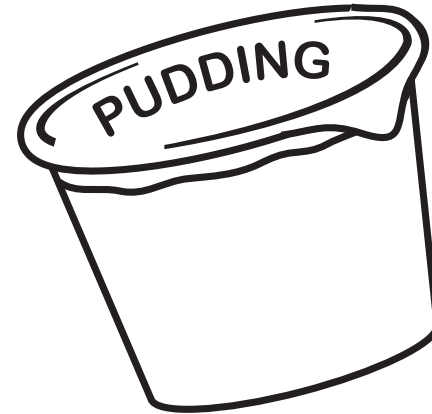
Ice cream is made from milk.



Yum! All of these dairy foods have calcium and protein. They are good for your body and your bones.



Circle your favorites.



Take good care of your body and your bones.

Have 3 cups of my delicious milk or other dairy foods every day.

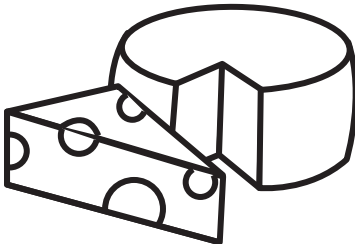


MILK

From

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