

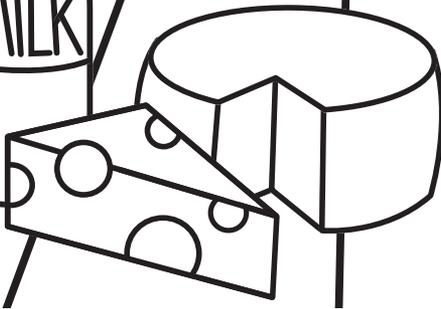
MILK

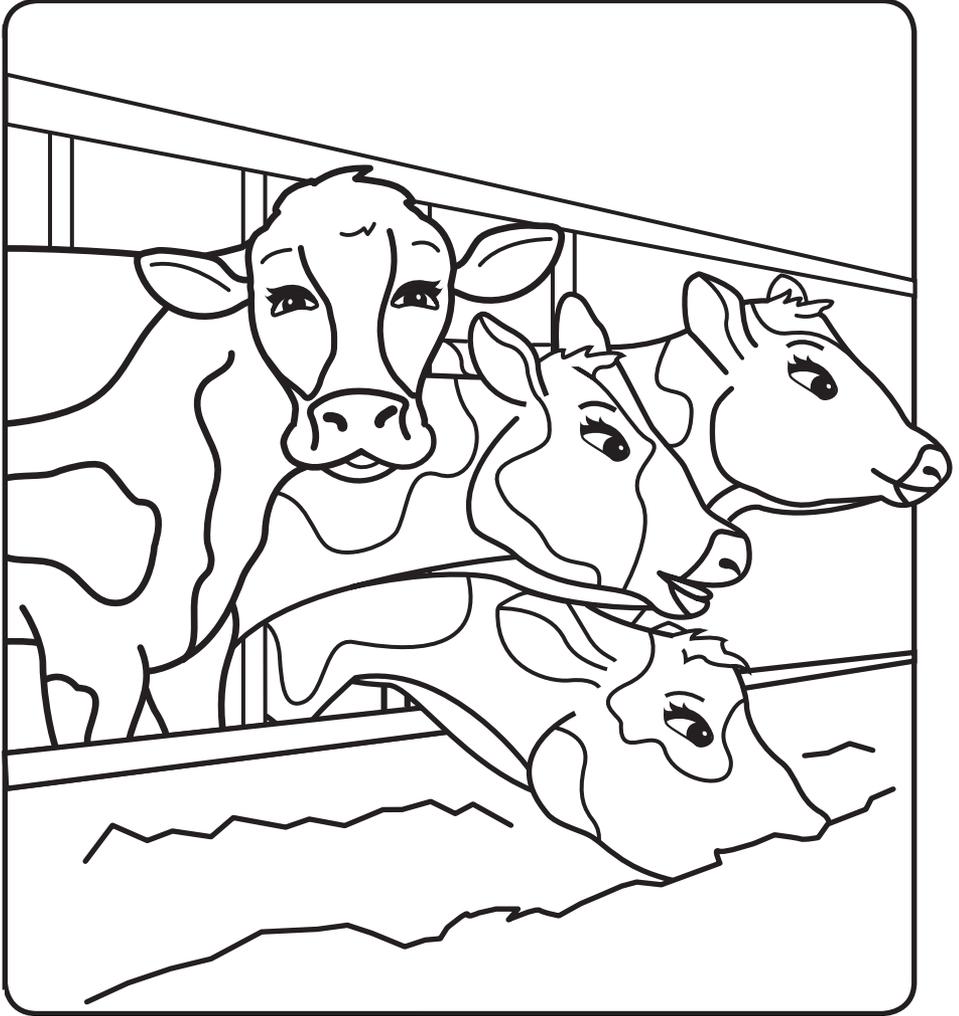


FROM

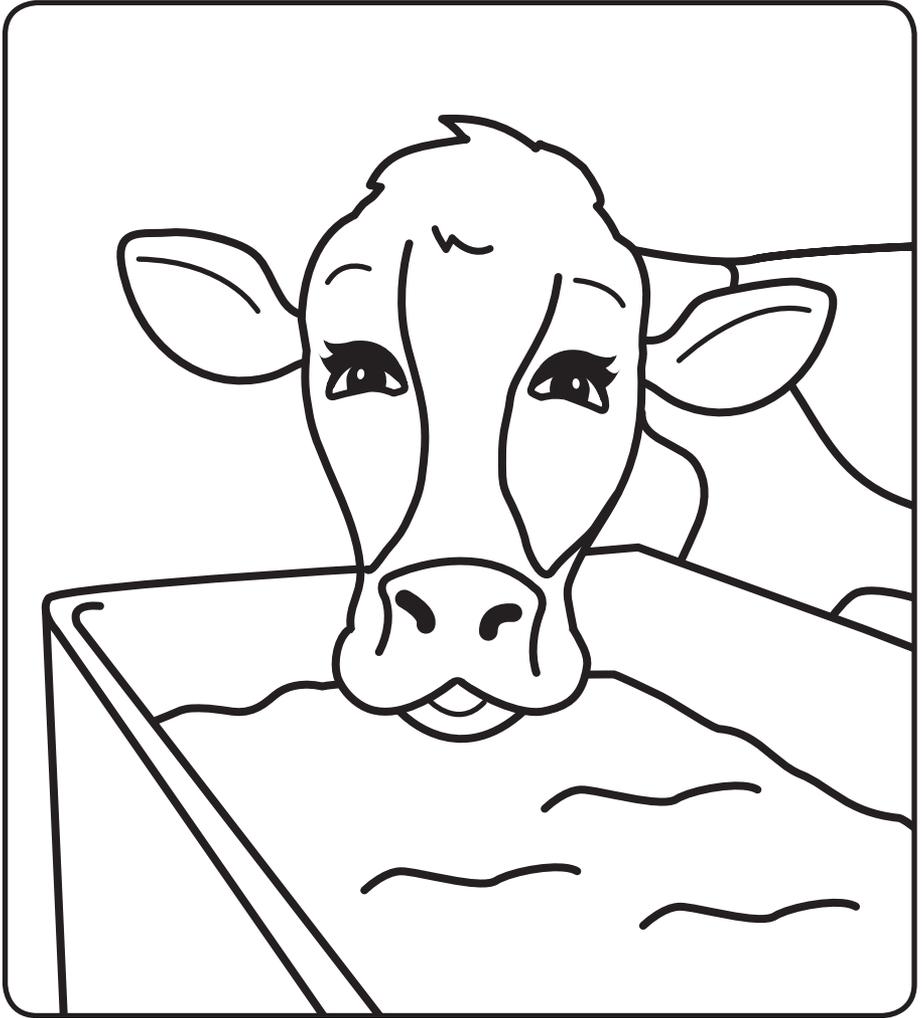


FARM^{TO}TABLE

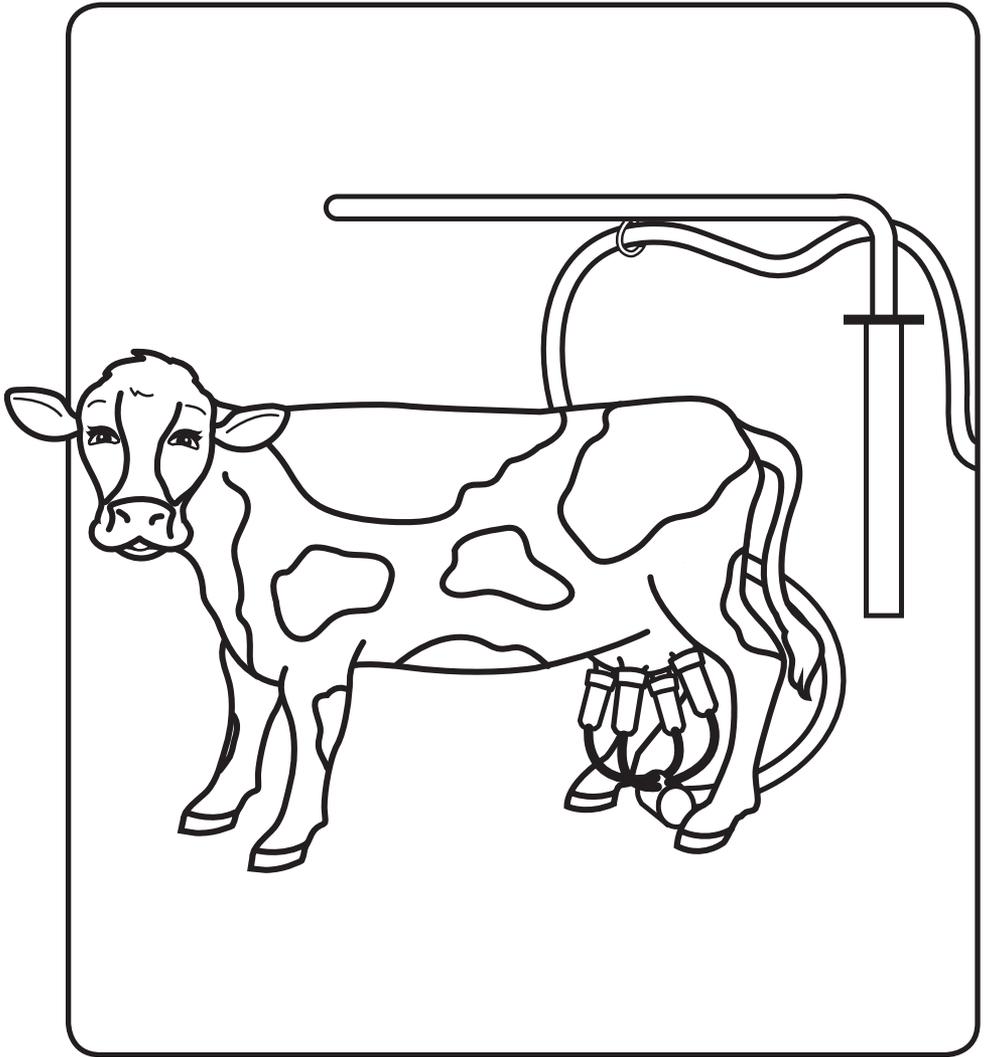




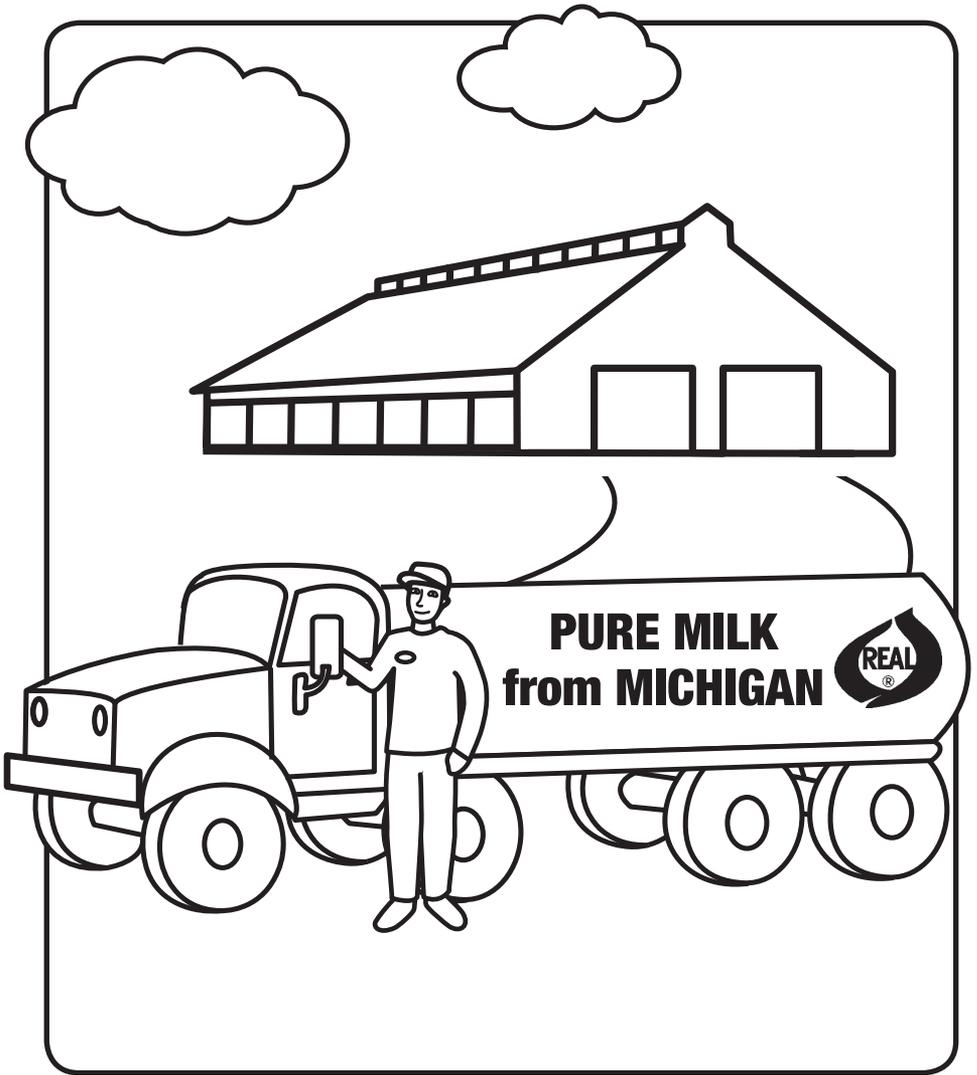
**Hi! I'm Maggie the dairy cow.
I live on a dairy farm.
Dairy cows make milk.**



**I eat lots of food every day.
I drink lots of water every day too.
My body turns the food and water into
milk.**



I go to the milking barn at least two times a day to be 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 milk truck driver takes my milk to the dairy plant.



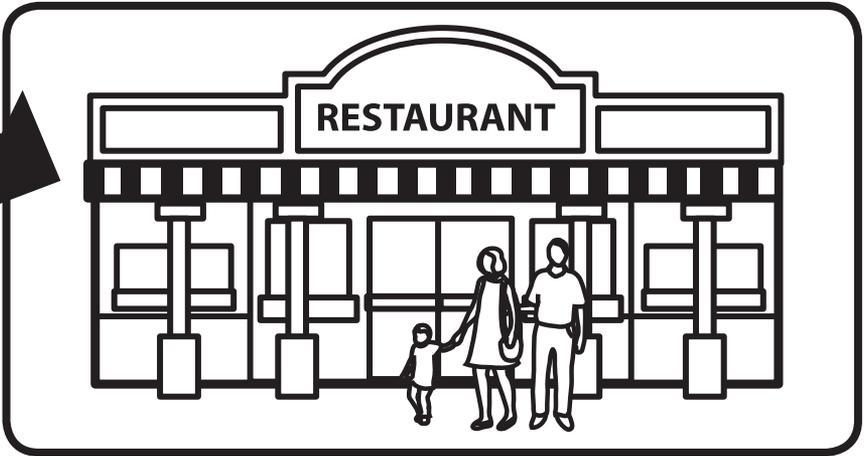
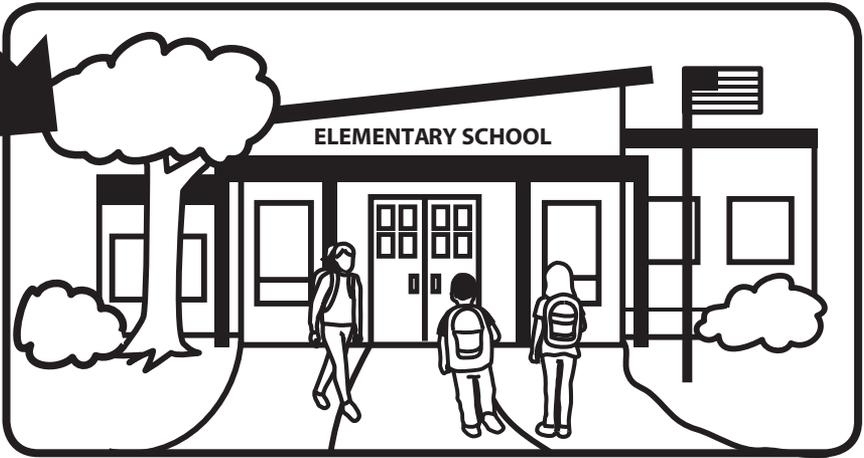
At the dairy plant my milk is put into bottles, cartons, and jugs.



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



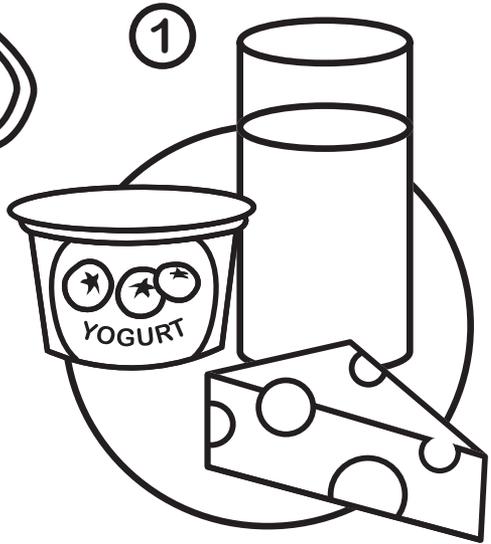
My milk leaves the dairy plant in ice-cold trucks.



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

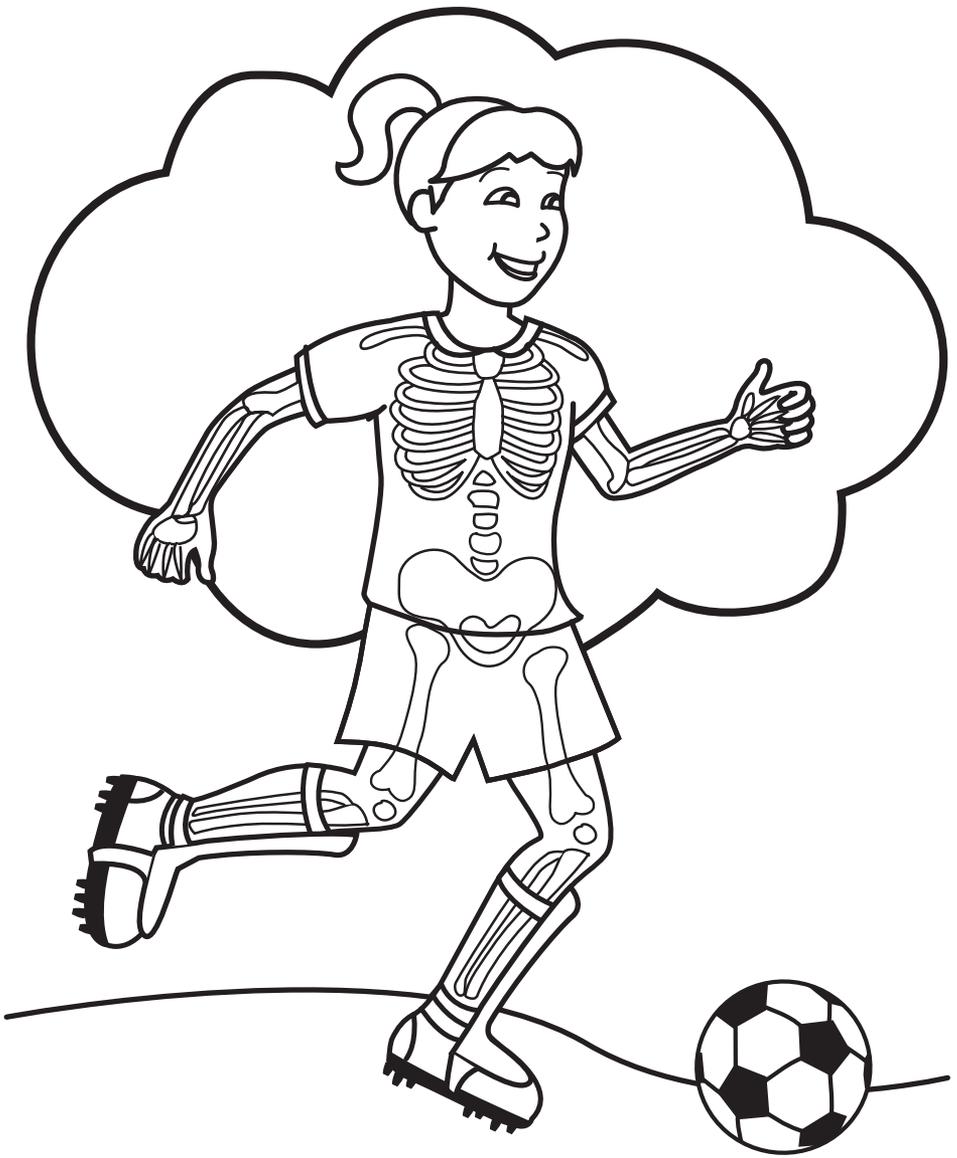


Milk is in the dairy group. The dairy group is one of the food groups.



- ① Dairy
- ② Fruits
- ③ Vegetables
- ④ Grains
- ⑤ Proteins

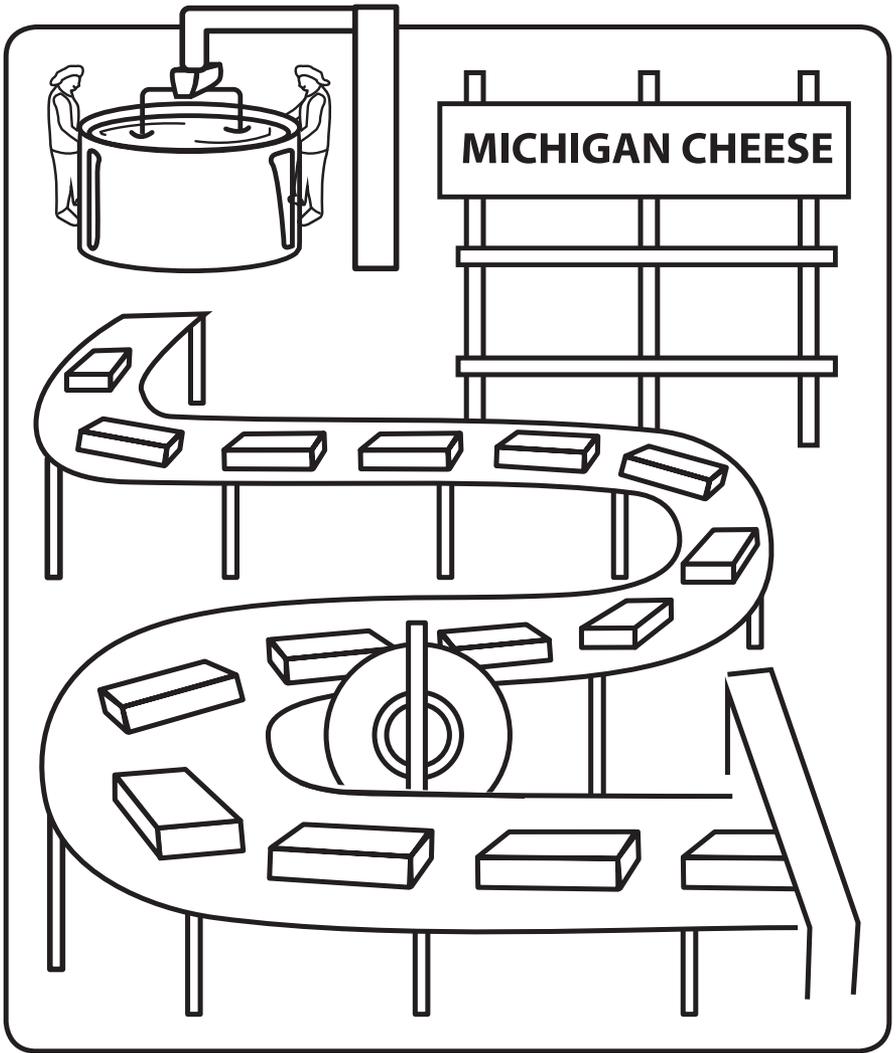
Eat from all five of the food groups every day.



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



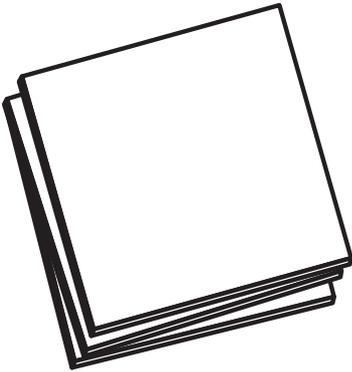
You need strong teeth to eat healthy foods like fruits and vegetables.



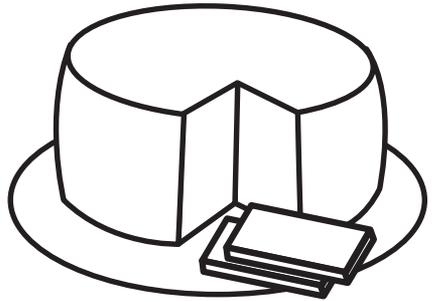
Not all my milk ends up in a cup.
Do you like cheese? At the cheese
factory my milk is mixed with other
ingredients. The mixture is then
poured into a cheese mold and chilled
for many weeks.



Circle the kinds of cheese you like?

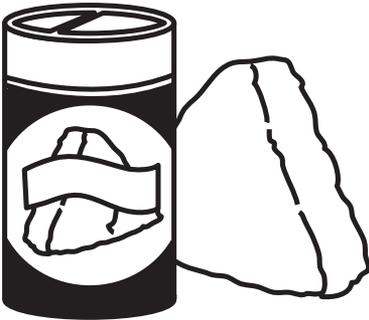
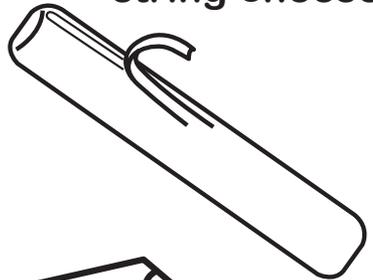


American cheese

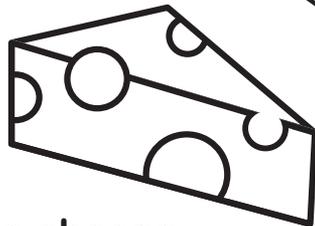


cheddar cheese

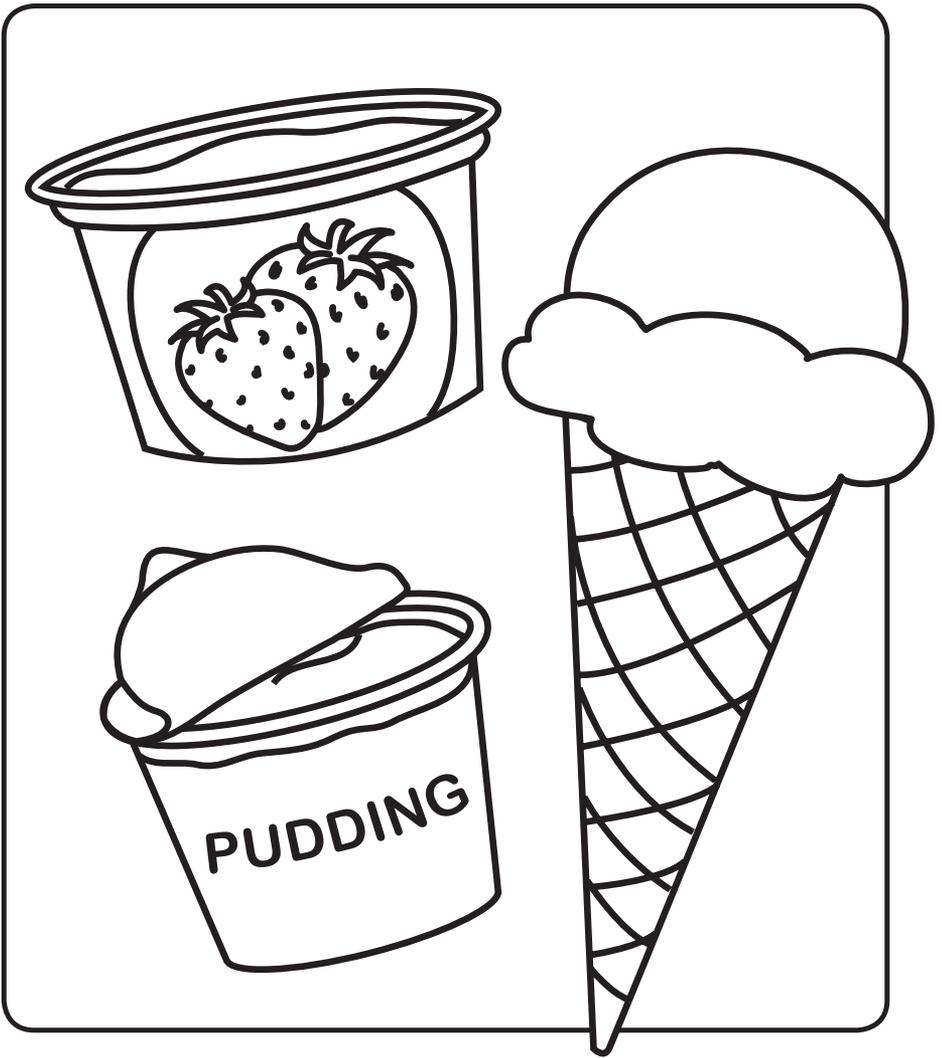
string cheese



**Parmesan
cheese**



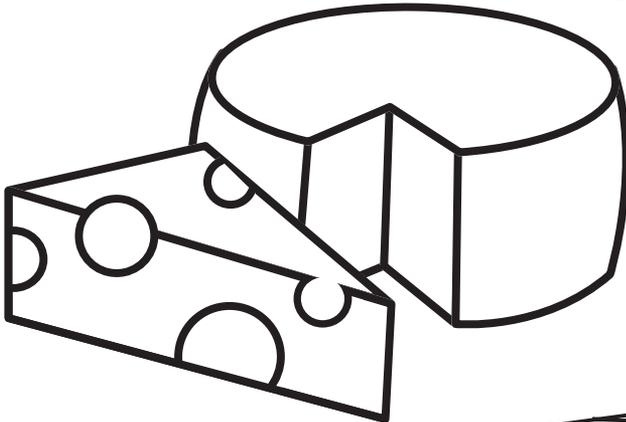
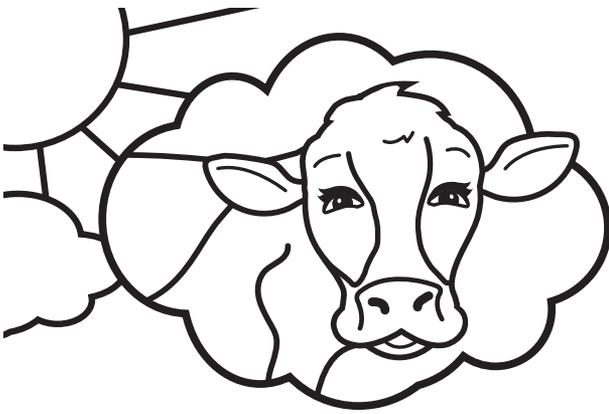
Swiss cheese



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.

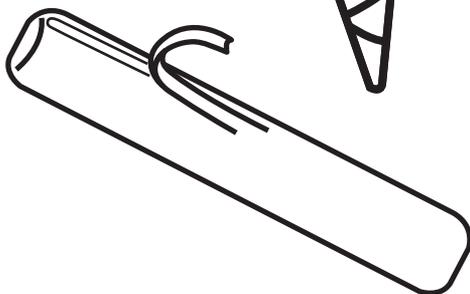
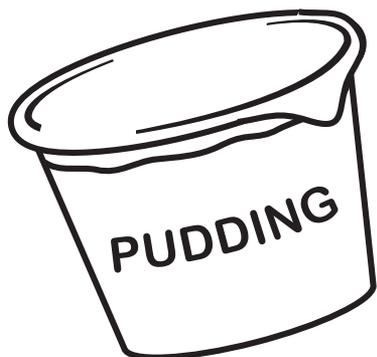


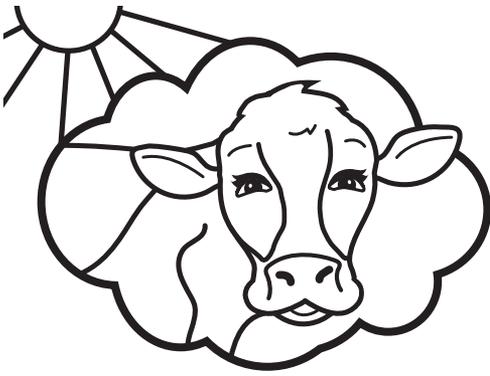
Yum! Dairy foods have calcium and protein. They are good for your body and your bones.



Take good care of your body and your bones. Have 2.5 cups of my delicious milk or other dairy foods every day.

Circle your favorites.





Draw your favorite
dairy food.

MILK
MEANS MORE

www.MilkMeansMore.org