Fuel Up to Play 60 with Roary

Nine Reasons to Cheer For Milk!

Drinking milk gives your body NINE different nutrients to help you stay healthy. Make sure you have three glasses of milk or other dairy foods every day to keep your body working its best!

Protein helps build strong muscles and other cells in your body

Calcium builds strong bones and teeth

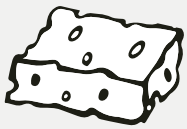
Phosphorus helps your body cells make energy and makes bones stronger

Niacin and Riboflavin help your body cells make energy

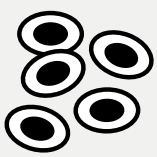
Roary, Detroit Lions Mascot

Vitamin A helps your eyes see, especially at night

Potassium helps your muscles move



Vitamin D soaks up and deposits calcium and phosphorus in your bones and teeth



Vitamin B12 helps make red blood cells that move oxygen through your body

From Farm to Table

Roary visits a Michigan dairy farm.

Roary always wondered where milk came from, so he decided to visit a Michigan dairy farm to find out. Roary wanted to pass along what he learned.

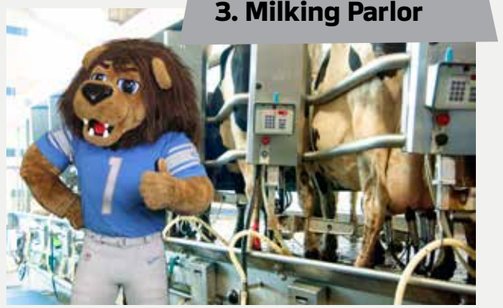
1. Farm Families

It all starts with farmers. Michigan is home to nearly 1,400 dairy farm families. Roary learned that dairy farming is a family affair. Most farms are passed along from one generation to another. Kids learn from their parents and grandparents about caring for the animals, planting and harvesting crops, and producing wholesome milk.

2. Free Stalls

Next, Roary met the cows in a building called the free-stall barn. That means the cows get to freely walk around, relax, eat, and drink between milkings. Roary learned that cows like to lie and rest for up to 14 hours a day. Like the cows, Roary found the barn very comfortable.

3. Milking Parlor



This is the place where the cows are milked. It's called the milking parlor. Cows are milked two or three times a day. A milking machine, attached to a cow's udder, gently removes the milk in about 5 minutes. The udder can hold 25-50 pounds of milk. No wonder a cow is so eager to be milked!

4. Inspection

Farmers pay close attention to everything that happens on the farm and keep records on every cow, like how much they eat and how much milk they produce. Roary learned that dairy farmers are very dedicated to producing wholesome, nutritious milk. In addition, Roary learned that every dairy farm is inspected, and milk samples are taken and tested. That is necessary before the milk can leave the farm.

5. Tanker Truck

Roary followed the milk flow from the cow to a very large refrigerated storage tank, to a big, shiny truck. The truck is insulated to keep the milk cold. It was surprising for Roary to learn that milk is about 100°F when it comes out of the cow's udder and it is cooled quickly to about 38°F. When the truck is full of milk, it will head to a processing plant.

7. Driving the Truck

The milk containers did not sit around for long. They were loaded into another large truck to be delivered to a grocery store. Roary was impressed. He was told most milk travels 100 miles or fewer from farm to store.

6. Bottling Machine

Roary jumped in for a ride to visit the plant where the milk was tested again, and then pasteurized, to ensure the milk is safe to drink. He was curious about that word. Pasteurization is a heat process that eliminates unwanted bacteria, but retains the nutrients. The milk was then ready to be placed into containers and labeled.

8. Grocery Store

And here we are! Roary found out that it took about two days for the milk to travel from farm to table, and never touched human hands! This would be a good time to grab a jug and head home to enjoy a cold glass of milk!

Feed Your Bones

Now or Never
Because you're in your prime bone-building years during your tweens and teens, you need more calcium than ever. If you don't deposit enough calcium during these rapid-growth years, it's hard to make up for it later.

This is what your skeleton looks like. Use this diagram to answer the following questions:

1. What is the largest bone in your body?

_____

2. Which bones protect your heart and lungs?

_____

3. What are the bones in your spinal column?

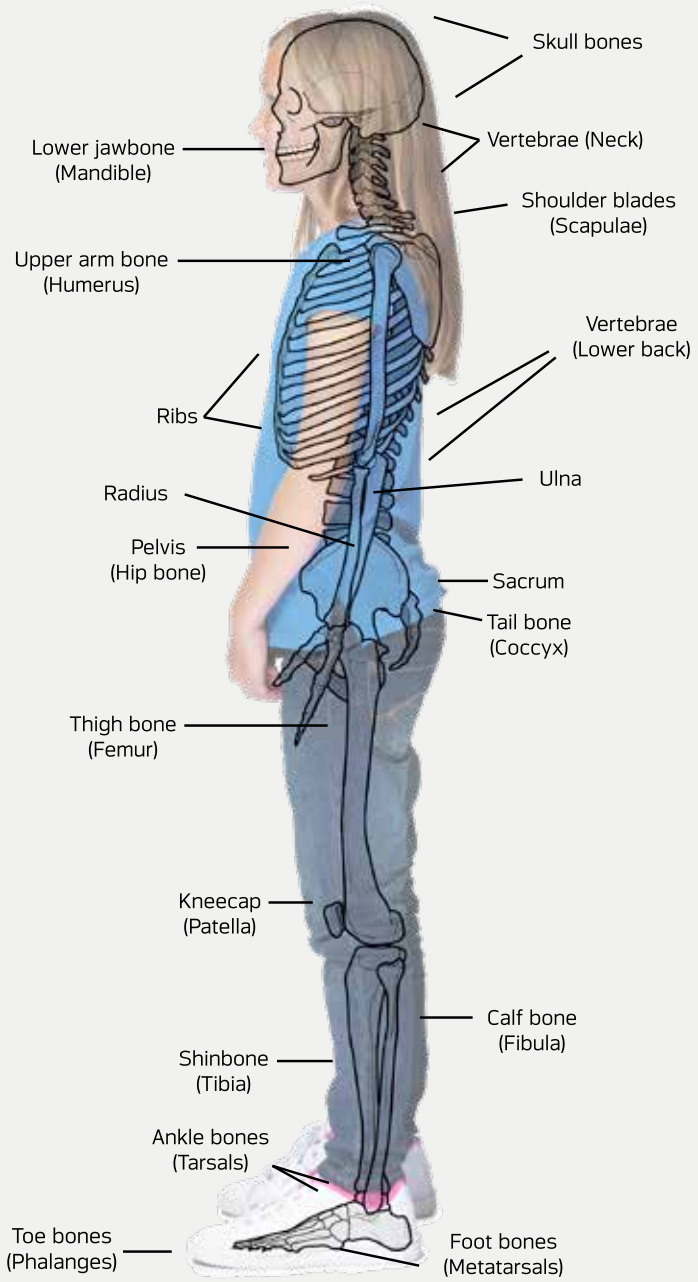
_____

4. What bones protect your brain and eyes?

_____

5. What bone helps you chew food?

_____



Answers:
1. Femur 2. Ribs
3. Vertebrae 4. Skull
5. Mandible

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