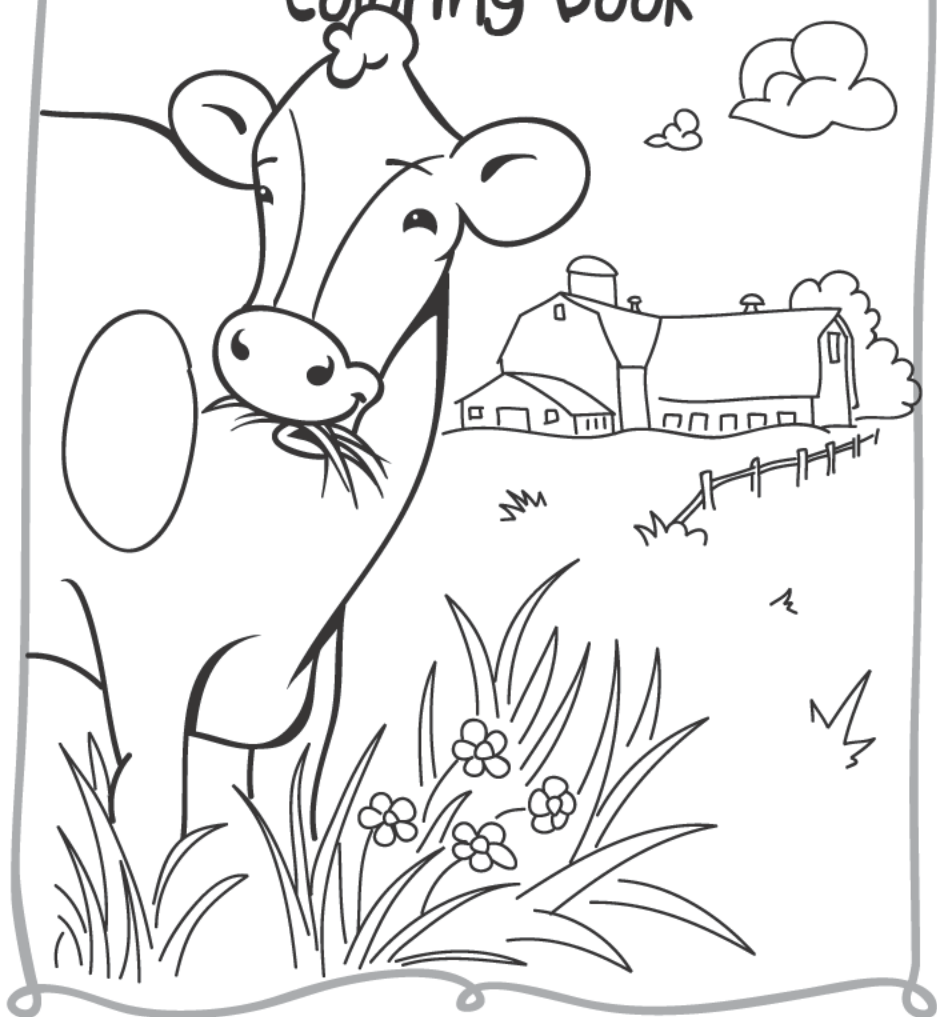


HOW WE GET OUR MILK

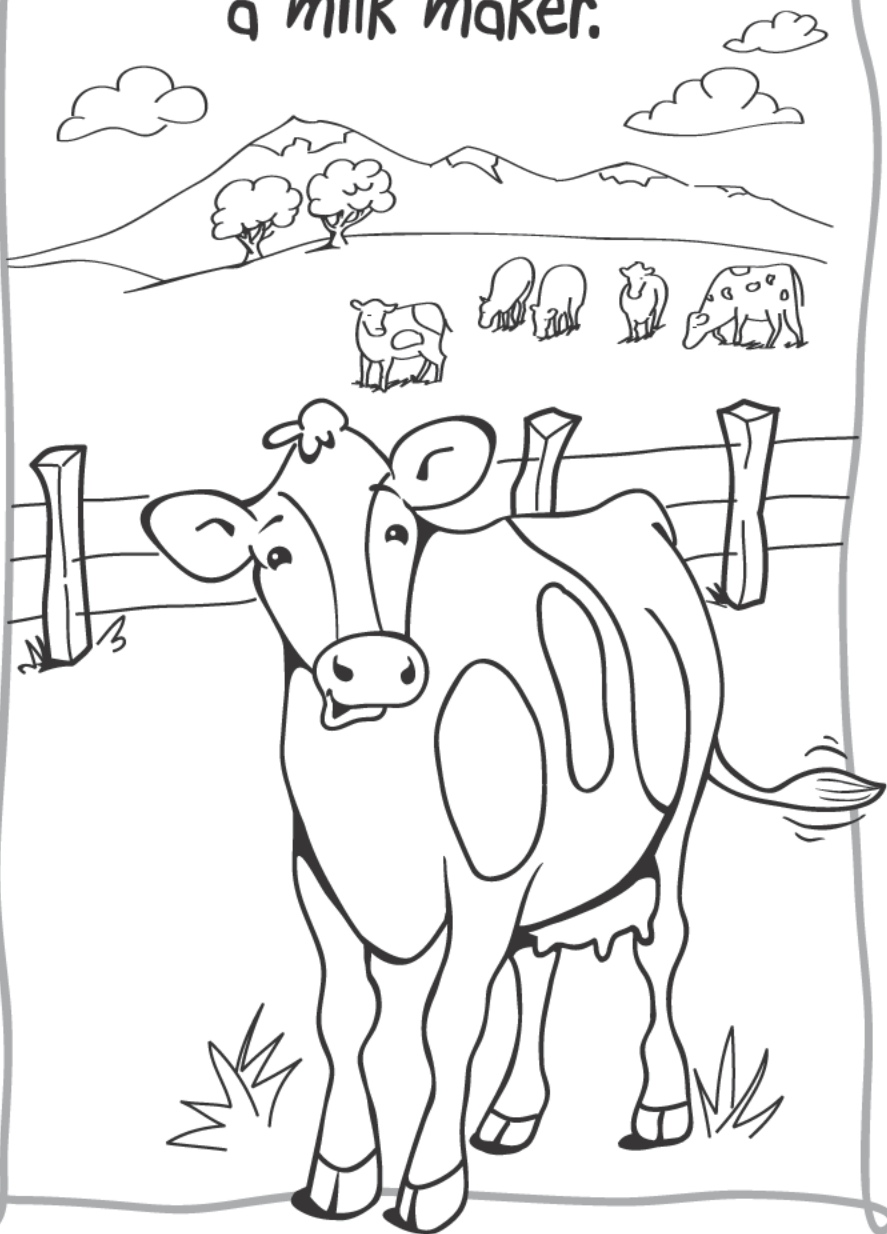
Coloring Book



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.

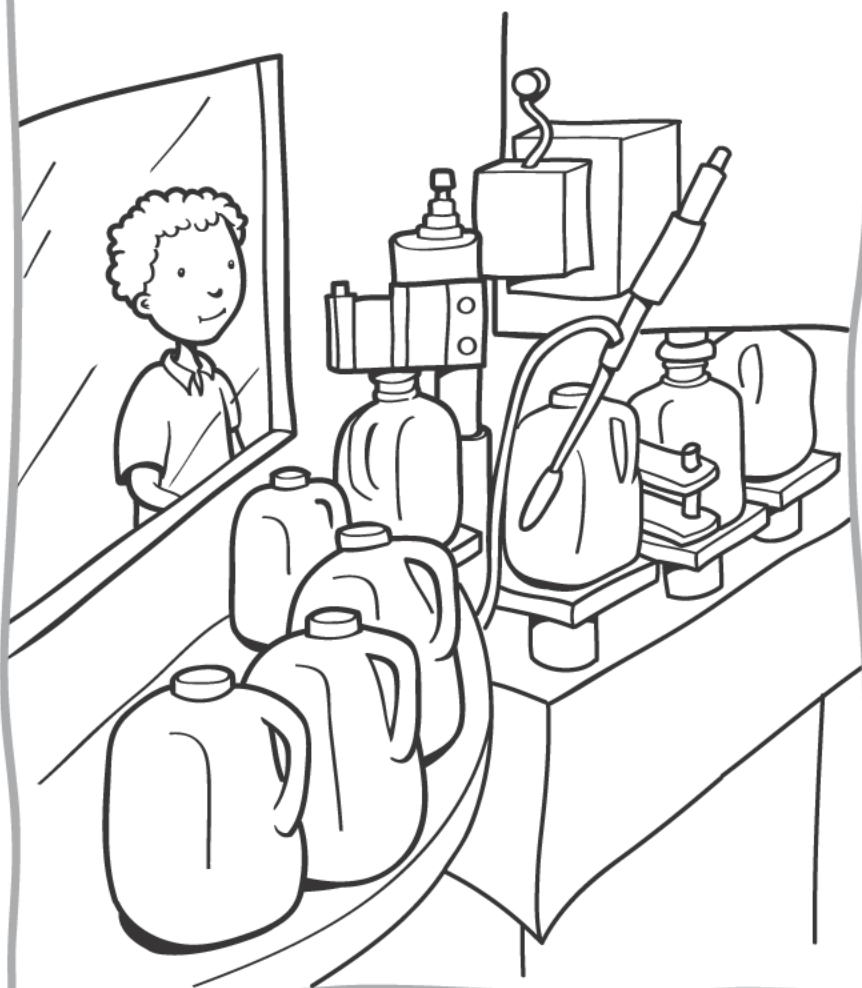
The milk then goes through pipes
to a cold storage tank.



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?

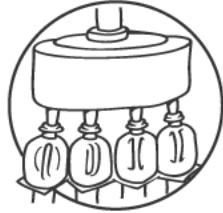


Mmmmmmm Milk!
It tastes good and
is good for you!



How We Get Our Milk

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



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