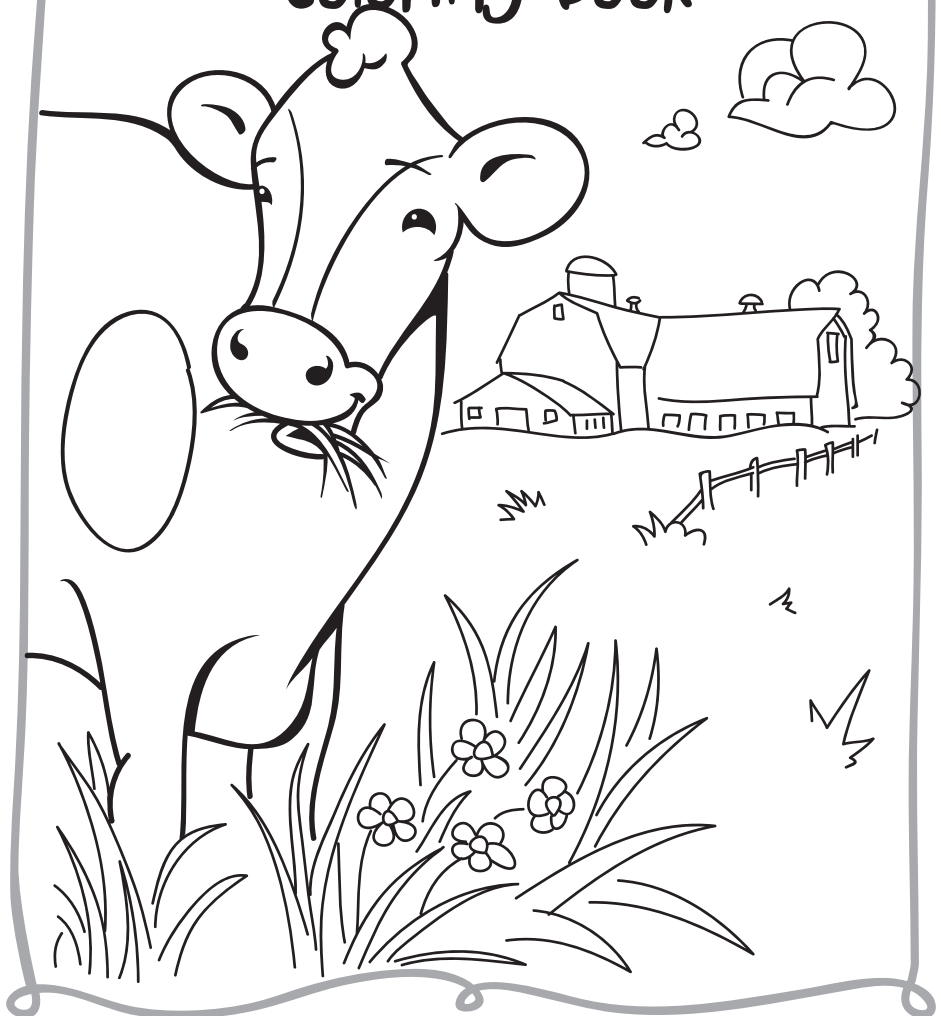
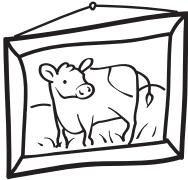


HOW WE GET OUR MILK

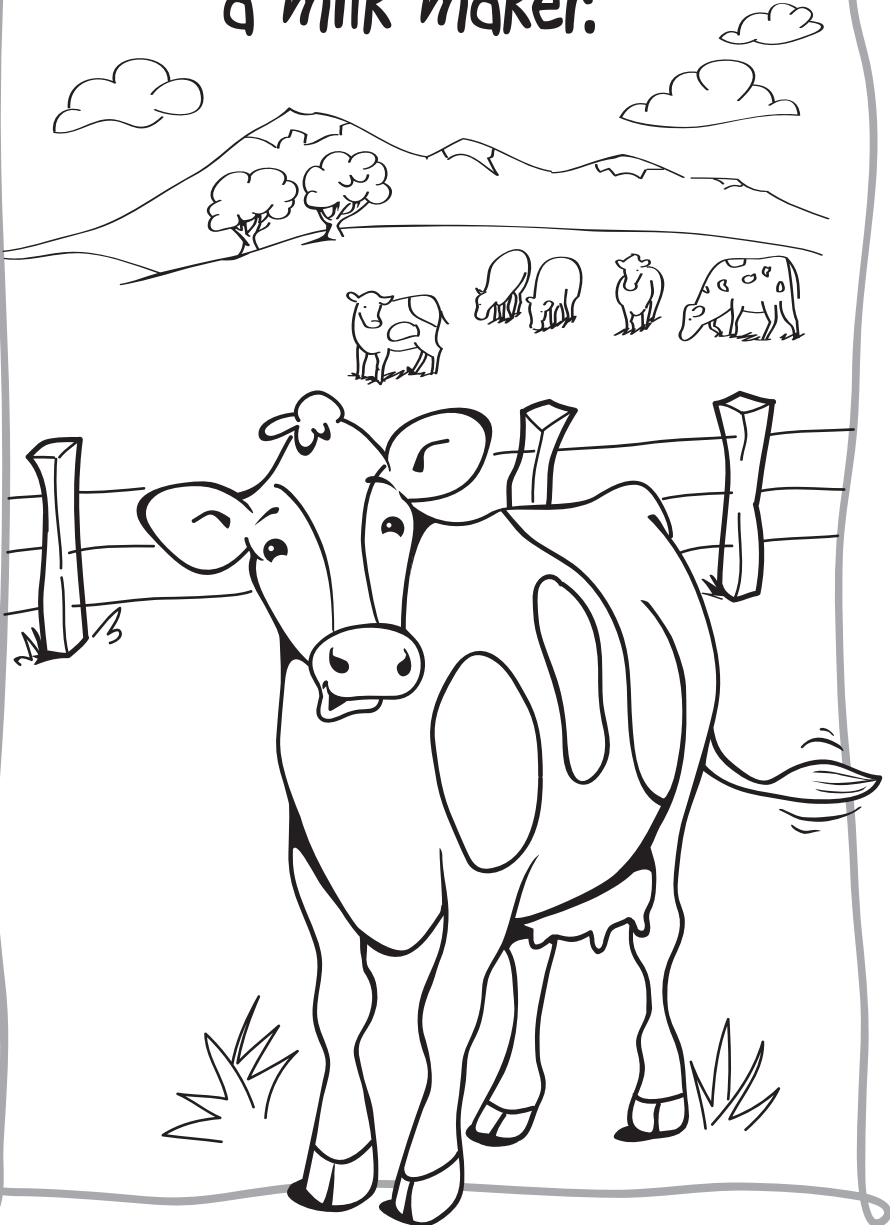
Coloring Book



Have you ever
wondered
how milk
is made?



Meet the dairy cow -
"a milk maker."



Cows eat a mix of grass,
grains, and other things
and turn them into milk.

Nutritionists help farmers feed cows
the right diet they need to stay healthy.



Cows are milked by machines
and sometimes even robots.

Then the milk goes through pipes
to a cold storage tank.

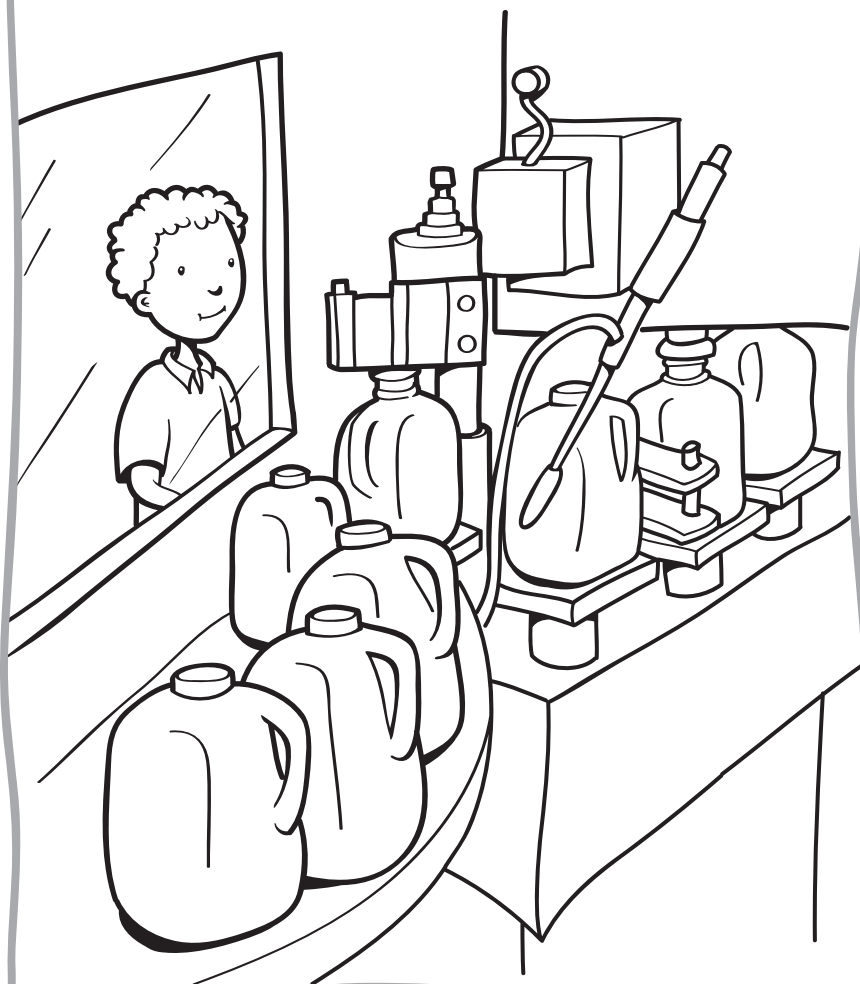


A big truck collects the milk from the farm and takes it to a dairy plant. They check the milk at each stop to make sure it's ready to drink.



At the dairy plant, milk is
pasteurized and packaged.

Milk makes it from the farm to your
grocery store in just two days.



Milk is also used to
make all these other
yummy dairy
foods



Can you find milk and
all these other dairy
foods in your grocery
store?

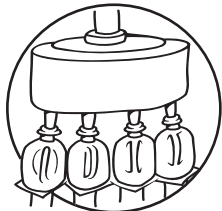
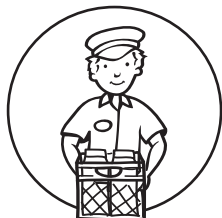


Mmmmmmm Milk!
It tastes good and
is good for you!



How We Get Our Milk

Draw a line to connect the people with their jobs



Milk is packed with 13 important nutrients.

Nutrients like **CALCIUM** help make your bones and teeth strong, and **PROTEIN** helps your body grow and build muscles.

There are different types of milk, like fat-free, low-fat, 2%, and whole milk, and they all have the same healthy nutrients!



How much milk do you need daily?

Children.....Ages 2-3	-	2-2½ cups
.....Ages 4-8	-	2½ cups
.....Ages 9-18	-	3 cups
Adults.....Ages 19+	-	3 cups



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