



## AN ALL-NATURAL FOOD MADE BY DAIRY COWS

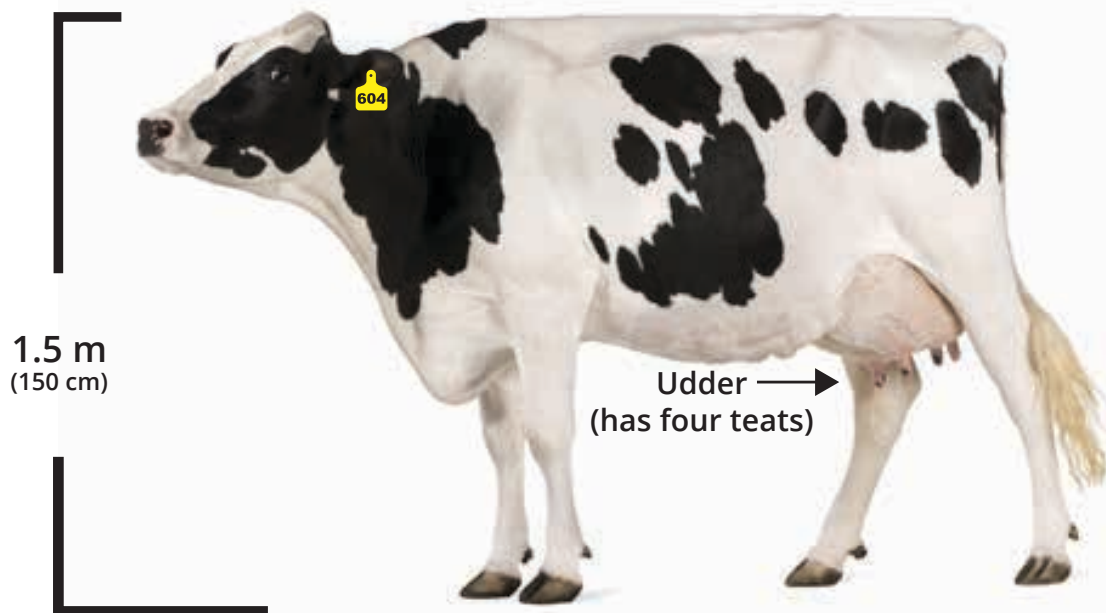
Milk has many of the nutrients that your body needs. It helps your body build strong bones, healthy teeth and strong muscles, and it gives you energy to play and learn.

Enjoy your milk – it's working to help your body grow strong and stay healthy!



## HOW DO YOU LIKE TO DRINK OR EAT YOUR MILK?

There are lots of ways you can enjoy milk. Do you need a non-dairy choice? Try fortified soy beverage. It has a lot of the same nutrients as milk, but it's made from soybeans.



## HOW A COW MAKES MILK

Like all mammals, a cow's body makes milk to feed her calf. The milk comes out of her udder through her four teats. A cow makes enough milk to feed her calf and share with us too.

## A DAY IN THE LIFE OF A DAIRY COW

Dairy cows need a lot of care and attention. Every day, a dairy farmer makes sure each cow ...



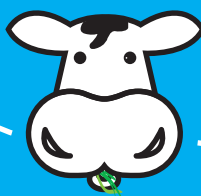
### EATS WELL

A cow eats a whole wheelbarrow full of hay and grain every day!



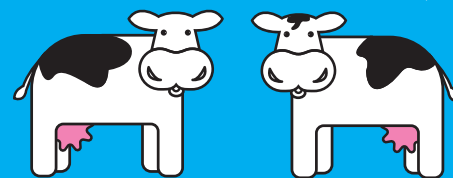
### RESTS ENOUGH

A cow spends 10 to 14 hours lying down. She sleeps through most of the night, just like you!



### CHEWS HER CUD

A cow spits up and rechews her half-digested food, called cud, then swallows it again. Even while resting, a cow is eating!



### SOCIALIZES

A cow is a herd animal, which means she needs to spend time with other cows.

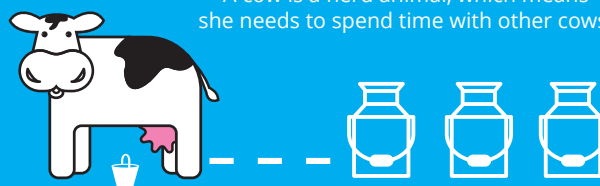


### STAYS HEALTHY

A cow gets a visit from a veterinarian (animal doctor) to make sure she stays healthy.

### GETS MILKED

It's the dairy farmer's job to make sure she is milked two or three times a day, and that her udder is clean and healthy.



Eating vegetables, fruits, whole grains, and protein foods every day gives our bodies the energy and nutrients they need to move, play, feel good, and stay healthy. Plain milk is a nutritious protein food included within Canada's food guide that we can have regularly. It contains nutrients that help build strong bones and teeth.

## ACTIVITY: HOW DO YOU SPEND YOUR 24 HOURS?

Curriculum Connection: Physical and Health Education - grades 1 to 3: Identify and describe opportunities to be physically active at school, at home, and in the community.

Refer to "A Day in the Life of a Dairy Cow" on the student side of this sheet, and discuss what the cows are doing every day to stay healthy. List the cows' activities on a chart, then brainstorm with students about what they do in 24 hours to stay healthy. Do they notice any similarities/differences? Like dairy cows, we need food, sleep, exercise, somewhere to live, and a chance to socialize to stay healthy.

## ACTIVITY: THE MILK CONNECTION

Curriculum Connection: Physical and Health Education - grades 1 to 3: Explore and describe strategies for making healthy eating choices.

BC dairy farmers look after their herds and milk their cows every day so that we can have fresh milk to drink. While the students are enjoying their milk, ask them the following questions:

### What foods are made from milk?

- Cheese
- Yogurt
- Butter
- Cream
- Ice cream

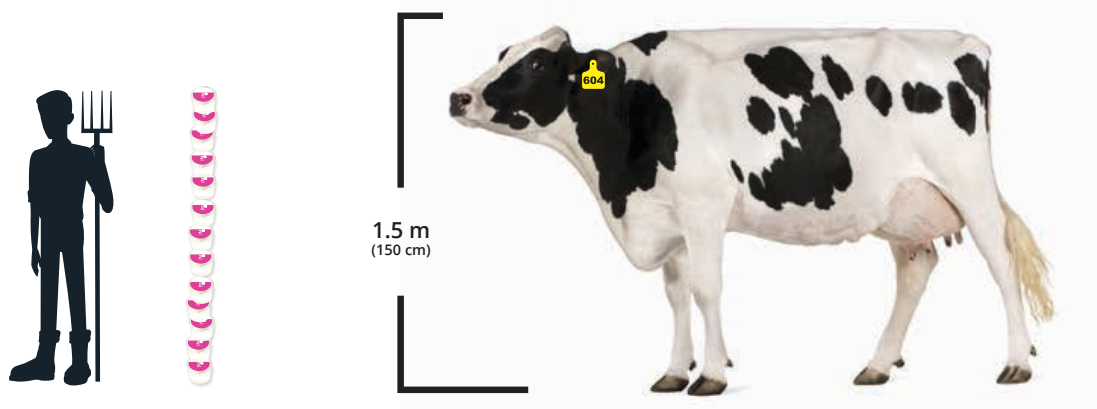
### What are ways we can have milk?

- We can drink it hot or cold.
- We can use it with other foods, such as poured over cereal for breakfast.
- We can use it as an ingredient for cooking, such as in macaroni and cheese, or when we bake a cake.

## MATH QUESTION

Curriculum Connection: Mathematics - grades 1 to 3: Use reasoning to explore and make connections. Develop mental math strategies and abilities to make sense of quantities. Model mathematics in contextualized experiences.

An average cow is 1.5 metres, or 150 centimetres, tall. Ask the students to work with a partner to measure themselves and then compare their height with that of a cow. Next, have them estimate how many +Milk cups it would take to measure the height of a cow by lining them up, end to end, on the floor. Working with their partners, have the students use the +Milk cups to measure themselves in the same way. Finally, ask them the question: How many cups tall are you, and how much taller/shorter are you than a cow?



## MARVELOUS MILK VOCABULARY

**Bovine:** another name for a cow.

**Nutrients:** something that people, animals, and plants need to stay strong and healthy. Proteins, minerals (like calcium), and vitamins are all nutrients.

**Nutritious:** a food or drink that has a lot of nutrients to help us grow and stay healthy.



## FAMILY CONNECTION

Take a fun class picture of everyone's milk moustaches to share with family and friends.