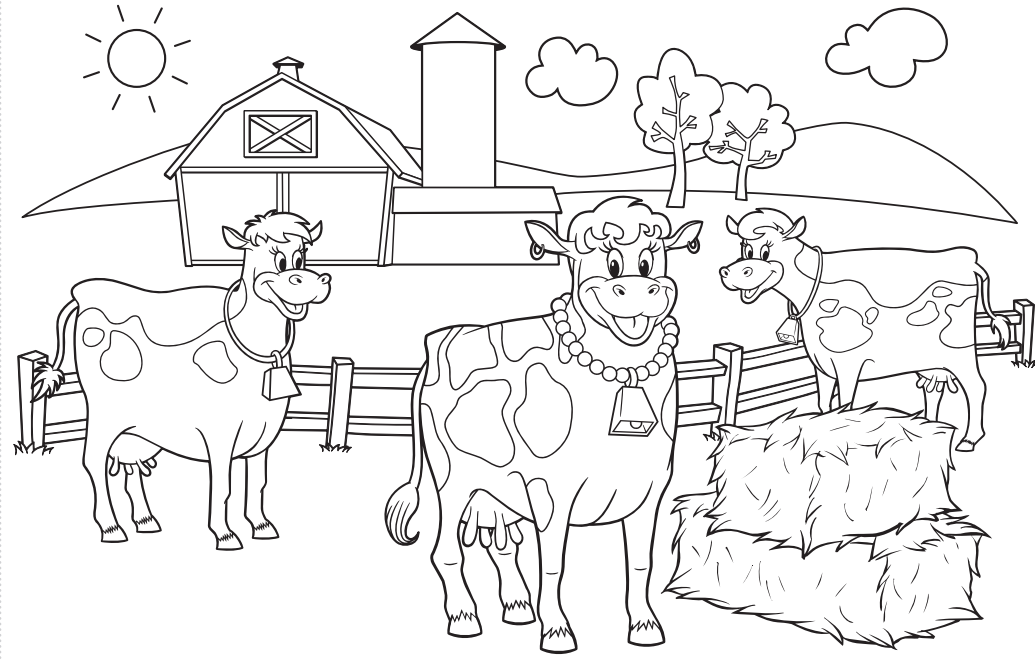


THANK GOODNESS FOR COWS

ACTIVITY 2

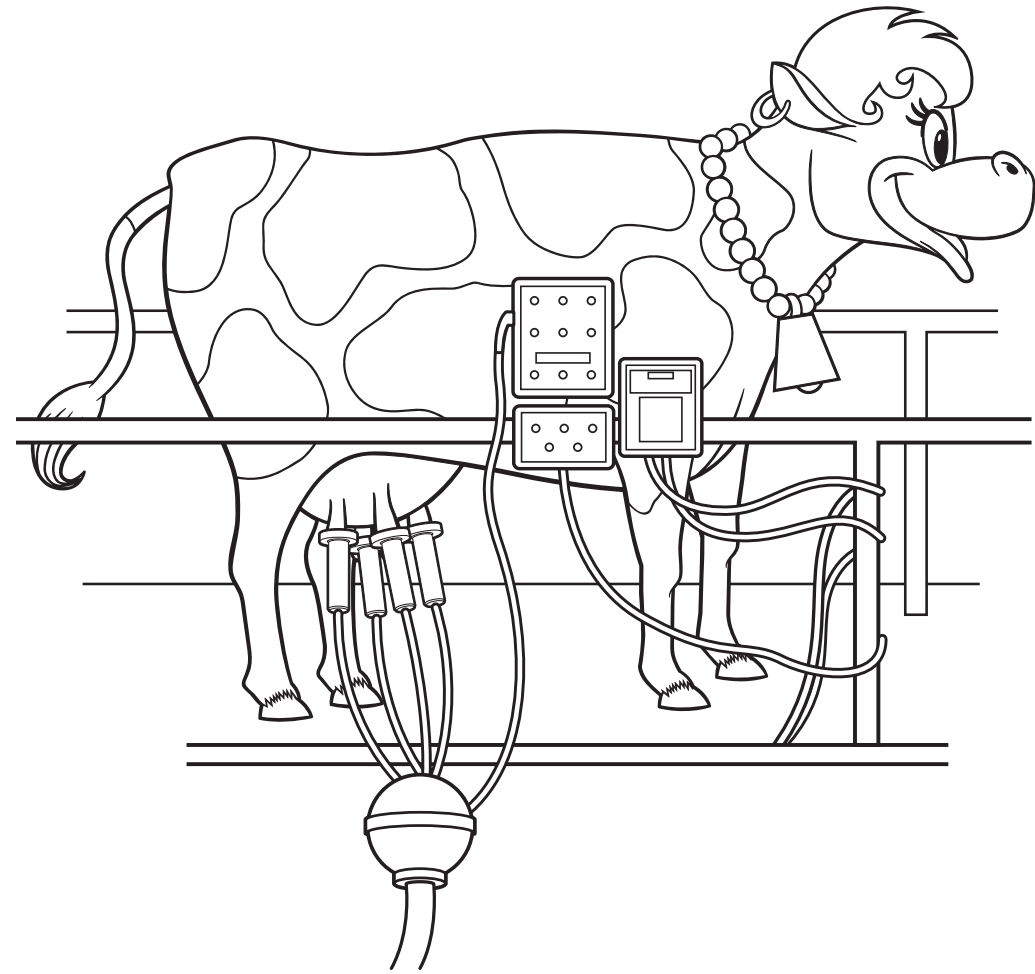
Name _____



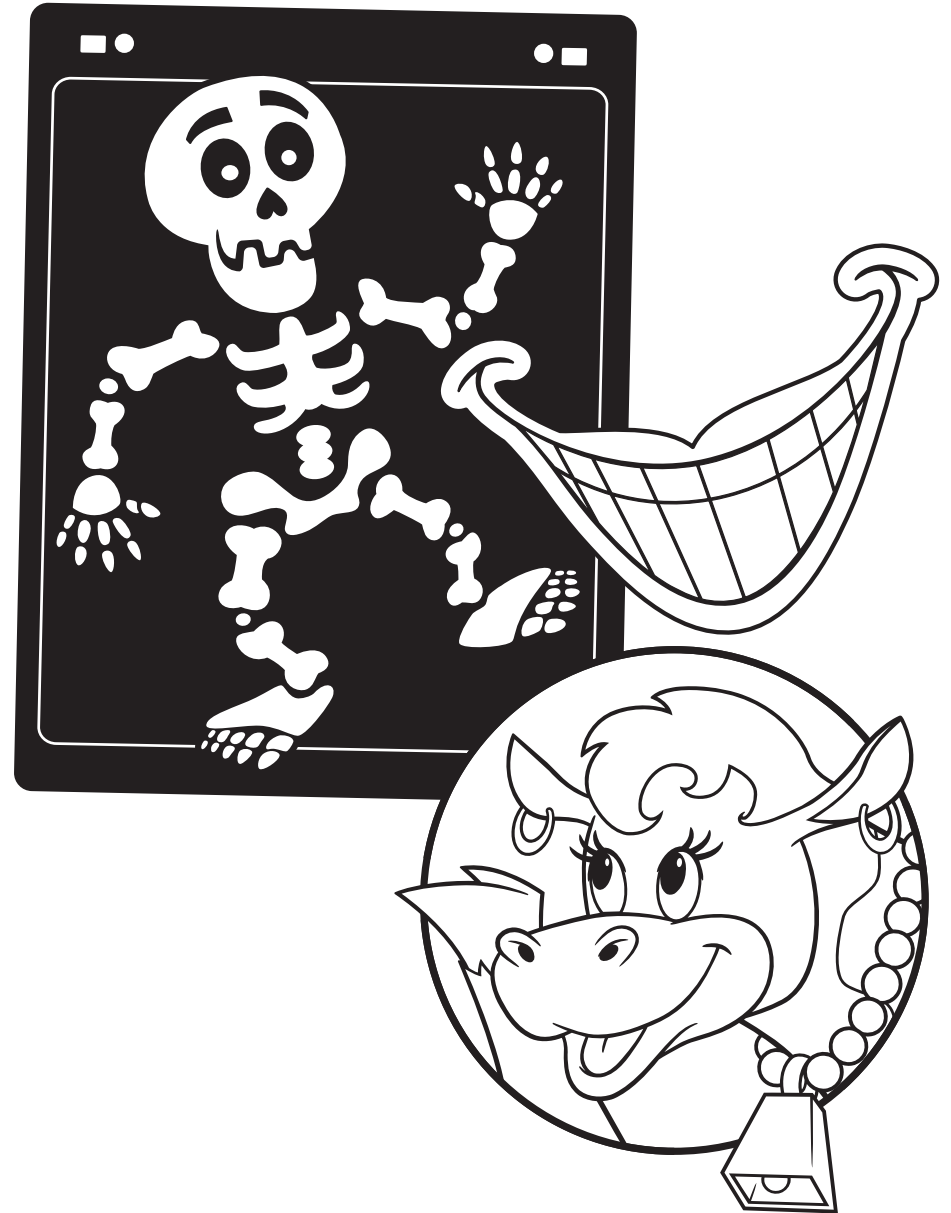
I'm Lady Holly the cow. I live on a farm.
Every day I eat lots of hay.
I also drink lots of water.

My body turns the food and water into milk.

Milk Group foods help build _____
_____.



At least two times every day, I go to the milking barn.
There I am milked. My milk goes into a big tank
that keeps it cold.



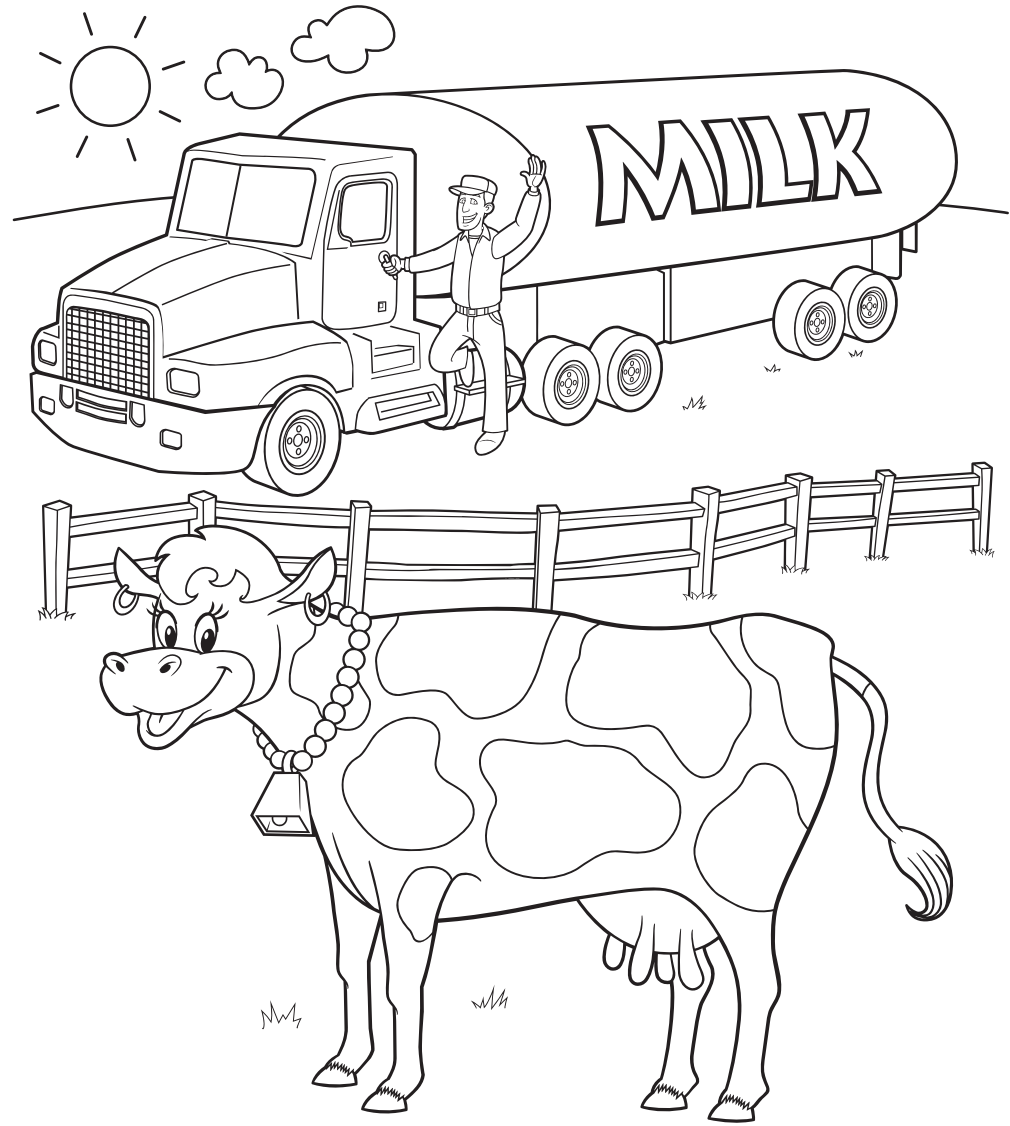
Foods in the Milk Group help you stay healthy.
Milk Group foods are a good source of calcium.
Calcium helps build strong bones and teeth.



Milk is also used to make other foods.

- Yogurt is made from milk.
- Frozen yogurt is made from milk.
- Pudding is made from milk.

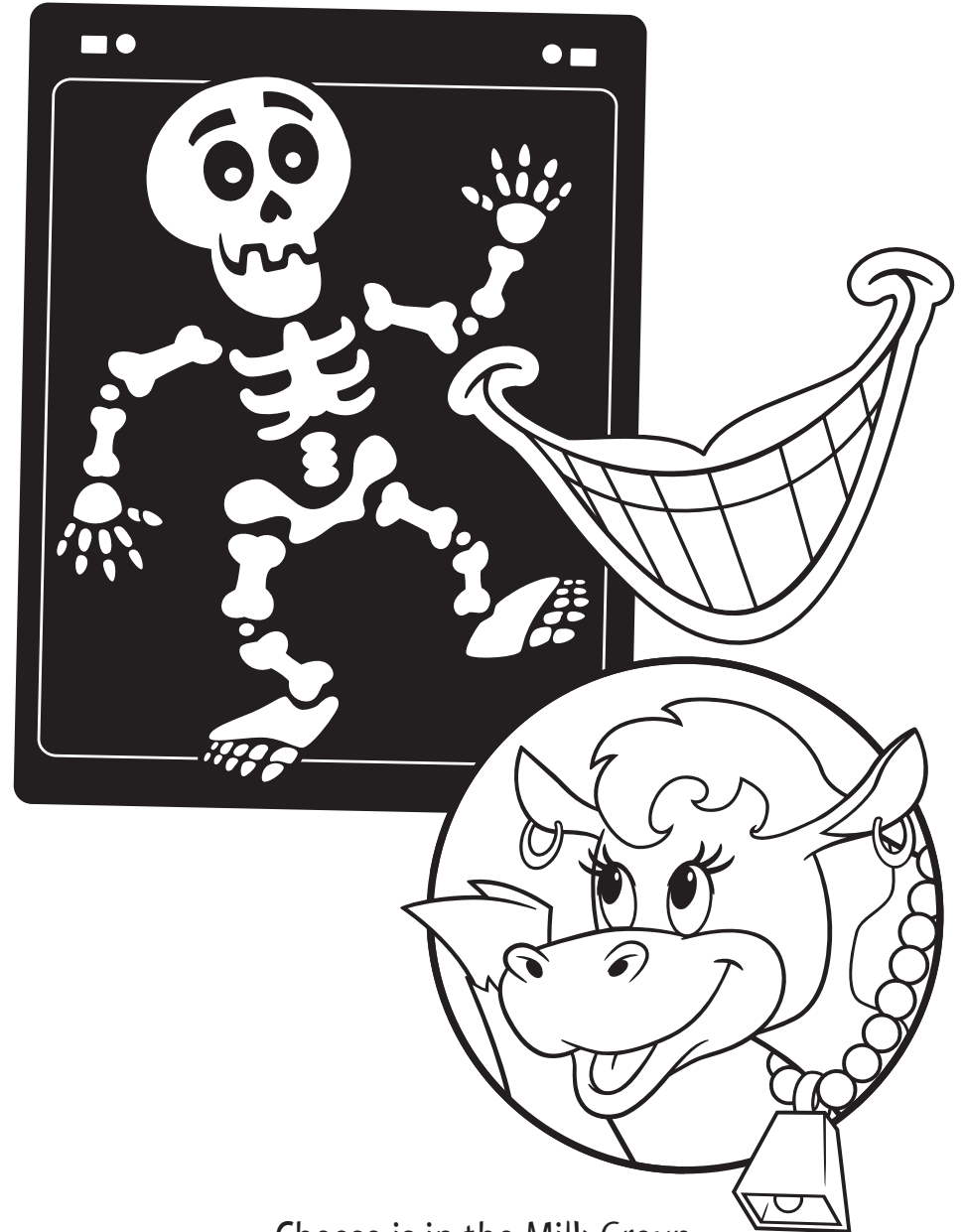
All these foods are in the Milk Group.



A special truck comes to the farm.
The milk from the tank is piped into the truck.
The truck drives my milk to the dairy plant.



At the factory, my milk is put into bottles and jugs. Cows only make white milk. But at the factory, chocolate or strawberry flavoring is added to some of my milk.

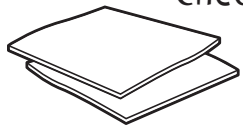


Cheese is in the Milk Group. Cheese has calcium, which helps build strong bones and teeth.



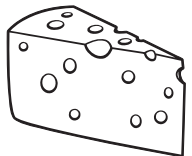
There are many kinds of cheeses.

Check all the cheeses you like:



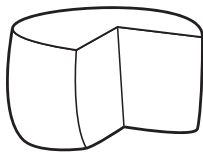
American cheese

Cheddar cheese



Swiss cheese

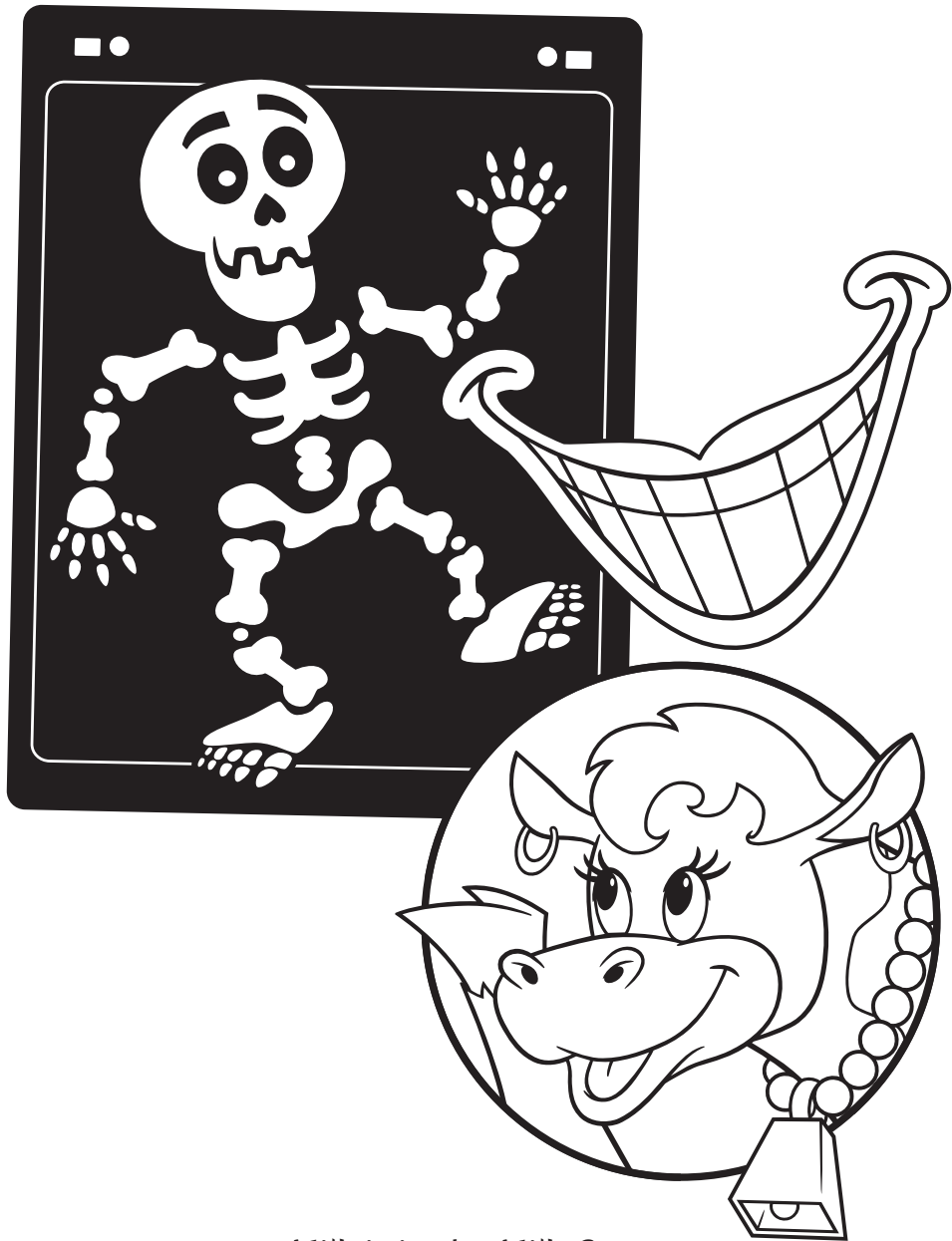
String cheese



My milk leaves the factory in ice-cold trucks.

Milk goes to stores. Milk goes to schools.

Milk goes to restaurants.



Milk is in the Milk Group.
Milk has calcium, which helps build
strong bones and teeth.



Not all my milk is for drinking.
Some milk is used to make cheese.
At the cheese factory, milk is stirred with other ingredients
in a tank. The cheese mixture is poured into a mold.
Then it is chilled for many weeks.