Welcome to Our DAIRY FARM

Today there are more than 8,000 dairy farms in Wisconsin. Most of these farms are family owned and operated. Dairy farmers are proud to care for their animals, produce high-quality milk and take care of the environment.

Take a close look at this dairy farm.
See if you can find 18 cows, 8 waving farmers, 20 wheat stalks, 8 milk chugs and 14 apples.

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Wisconsin is home to more than 1.27 million dairy cows – that means there are more cows than school kids in Wisconsin! Dairy farmers give their cows plenty of good feed, clean water and a comfortable place to live. Cows are milked two or three times each day.

All About Cows

Choose a word from the word list to complete each sentence. Write the words in order from left to right along the cownga line, one letter in each cow. Then, write the numbered letters in order to solve the riddle.

Word List: drink milk eating weigh four pounds

Fill in the blank statements:

1. When full grown the average dairy cow will ______________ about 1,400 pounds.

2. Dairy cows eat about 100 ___________ of feed and ___________ a bathtub full of water each day.

3. Cows have a stomach with _____ compartments to help them digest their food.

4. Wisconsin cows produce an average of nearly eight gallons of ___________ each day. That’s enough to fill about 122 eight-ounce glasses or cartons.

5. Dairy cows spend an average of six hours each day ___________ and eight hours chewing their cud. (Cud is food that is regurgitated from the first stomach compartment to the mouth and chewed again.)

What kind of milk is used to make Swiss cheese?

“_________” milk

Start
The cownga line starts here!

Finish

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Milk comes from dairy cows. In Wisconsin, there are seven main breeds of dairy cows. Most dairy cows in Wisconsin are Holsteins. One way to tell the breed of a dairy cow is by its color. Which breeds have you seen before?
Milk from Cow to You!

1. Milk comes from healthy, well-fed cows that are raised on dairy farms.

2. To begin milking, a cow’s udder is washed before the milking machine is attached. This happens at least two times a day.

3. Fresh milk from the cow is pumped through a pipe and into an insulated tank, where it is cooled and kept fresh and safe.

4. Each day, a special insulated tanker truck comes to the farm to pick up the cold milk and deliver it to the dairy plant.

5. At the dairy plant, the milk is kept cold and tested many times for quality.

6. Next, the milk is quickly heated, or pasteurized. This is an important step to ensure the milk is safe and wholesome.

7. The milk is then cooled again, put into containers and stored in a refrigerated room until it can be picked up.

8. Within two days after milking, the milk is loaded onto refrigerated trucks and delivered to schools, restaurants and supermarkets.

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Calcium
for strong bones
and teeth

Vitamin A
for healthy
eyes and skin

Phosphorus
to strengthen bones

Protein
for strong muscles

Potassium
for fluid balance and to help muscles contract

Vitamin B12
so red blood cells can carry oxygen to working muscles

Niacin and Riboflavin
to help cells produce energy

Vitamin D
to deposit calcium in bones and teeth

Milk has calcium and eight other nutrients for good health. Cheese and yogurt are also part of the milk group.
MILK
is a power drink that
supplies your body with
nutrients to grow tall, play
hard and learn well. Calcium,
along with eight other essential
nutrients in milk, will keep you
healthy. Remember to drink
3 servings of milk each
day for the nutrients
you need.

Unscramble the answers to learn more
about the nutrients in milk and their
functions in your body.

Which mineral helps build strong bones and teeth? MULACC

This nutrient keeps your body hydrated and cool
and makes up 90% of milk’s content. TRAEW

This mineral strengthens strong bones.
ROHPSHOUPS

Which vitamin helps red blood cells carry oxygen to
your muscles? TANBMIV-12

Name an important mineral needed to keep fluid
balance in your body. ATUOPSSIM

Which two B vitamins found in milk help the body’s
cells produce energy? CNIANI and LVFAINROB

This vitamin is needed to keep your skin and eyes
healthy. TMINAAVI

Name the major nutrient that helps build muscles
for a strong body. RITENOP

Sometimes called the “Sunshine Vitamin,” it is
needed to help deposit calcium in your bones and
teeth. TMNIADV

Search for these foods that
taste great with milk:
PANCAKES, CEREAL, CHEESEBURGERS,
GRILLED CHEESE SANDWICH, LASAGNA,
MUFFINS, BAGELS, COOKIES, PASTA,
PEANUT BUTTER AND JELLY
SANDWICH, WHOLE WHEAT TOAST,
CHICKEN FINGERS, VEGETABLES,
PIZZA, FRUIT
How Milk Becomes Cheese

The Art of Cheesemaking in Wisconsin

1. **Milk** - Insulated tanker trucks pick up quality milk from Wisconsin dairy farms and deliver it to cheese factories.

2. **Standardize** - The milk is carefully tested, then quickly heated or pasteurized, for freshness and safety.

3. **Coagulate** - Starter cultures and enzymes are added for flavor. One enzyme, rennet, helps the milk coagulate turning it into a yogurt-like substance.

4. **Cut** - Now it's time to start cutting! This begins the process of separating the liquid, called whey, from the milk solids, called curds.

5. **Heat, Stir, Drain** - The curds and whey are stirred and cooked until the curds are the right amount of firmness. The whey is drained and saved for other uses.

6. **Transform** - The cheesemaker blends, mixes and forms heaps of curds, which are then chopped and salted for extra flavor.

7. **Press** - The curds are then pressed into different forms and shapes by mechanical pressing machines.

8. **Cure** - Finally, the cheese is moved to a curing room to age. Then it is wrapped and shipped, ready to be enjoyed by cheese lovers everywhere!

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Many types of cheese contain little or no lactose.

Vitamin A
to assist with normal vision and help you see in the dark.

Phosphorus
to strengthen bones and help cells make energy.

Calcium
phosphorus and other components in cheese may help prevent cavities.

Protein
to grow and build muscles.

Sphingolipids
a healthy type of fat needed to protect the body from some types of cancer.

Calcium
for strong bones and teeth.

Zinc
to grow and repair tissues and muscles.

Vitamin B-12
to help produce red blood cells.

Choose Wisconsin cheese for good health.
Wisconsin cheese supplies calcium and other healthy nutrients and can be part of your three daily servings of dairy foods. Eat cheese for a healthy and hard-working body.
Wisconsin cheese and other dairy products are especially important for preteens and teenagers when the body is forming nearly half of all bone mass and about 15% of adult height is added.

Get a tape measure out and see how much you’ve grown lately.

How tall are you?


Now that you have learned about the nutrients found in Wisconsin cheese, UNSCRAMBLE the answers to these questions about the nutrient functions in your body.

Cheese has small amounts of which carbohydrate?

SOETCLA

Which fat found in cheese and other dairy products helps protect the body against some types of cancer?

SSPHGOLIIPNID

Which vitamin helps your body make red blood cells and is also needed to make DNA?

TANBMIIV-12

Name a vitamin that helps you see in the dark.

MAVTINIA

What mineral helps grow and repair tissues and muscles?

NICZ

Which mineral helps build strong bones and teeth?

IUMCCLA

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Wisconsin dairy farmers use many words which you may not know. Find the terms listed below in the Word Search box. If you don’t know what some of these words mean, look them up to help you understand more about Wisconsin’s dairy industry.

Bovine  Calcium  Conservation  Cream  Cud  Fertilizer  Harvest  Heifer  Homogenize  Lactation  Nutrients  Pasteurize  Silage  Tillage  Udder  Whey
Dairyland Code

Use the code below to answer these brain teasers!

Who brought the first dairy cow to America?
3 8 18 9 19 20 15 16 8 18 3 15 12 21 13 2 21 19

What product uses approximately 90% of Wisconsin's milk?
3 8 5 5 19 5

What is milk mostly made of?
23 1 20 5 18

Which state is #1 in cheese production?
23 9 19 3 15 14 19 9 14

Cows spend an average of six hours each day doing what?
5 1 20 9 14 7

What is the most popular ice cream flavor?
3 8 15 3 15 12 1 20 5

90% of all dairy cattle in Wisconsin are what breed?
8 15 12 19 20 5 9 14

The average cow produces nearly
2,700 ________ of milk each year.
7 1 12 12 15 14 19

What breed of cow am I?

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Are you making good choices when it comes to eating? One way to find out is to go to www.ChooseMyPlate.gov

This food icon helps us build a healthy plate at meal times and reminds us to include low-fat dairy, fruit, vegetables, protein, and grains. All of these foods help our bodies grow and be healthy.

Use the Food List below to fill your plate with healthy choices at mealtime!

**Food List:**
- Apples
- Steak
- Carrots
- Muffin
- Grapes
- Yogurt
- Cherries
- Pasta
- Fish
- Milk
- Bread
- Corn
- Bagel
- Cereal
- Cheese
- Broccoli
- Beans
- Chicken
- Bananas
- Strawberries

Build a Healthy Plate at Meal Times!
Dairy Word Power Puzzle

Answer questions 1-20 “across” to reveal the highlighted “down” answer to the following question:

Who works in America’s Dairyland, raising crops and cows, to produce milk?

1. The average Wisconsin dairy____ gives 122 glasses of milk each day.
2. Drink milk _____cold.
3. Milk, cheese and yogurt are one of the Five Food ______.
4. Top off a bowl of fruit with whipped ________.
5. Guess_____ says “moo”?
6. Calcium is one of the_________ found in milk.
7. Calcium helps keep your_____ and teeth strong.
8. The opposite of “REAL” is _____________.
9. It takes_____ pounds of milk to make one pound of cheese.
10. Most children should_______ 3 glasses of milk each day.
11. ______________ cheese is used to make pizzas.
12. Chocolate is America’s favorite____ _________.
13. _________ is a special ingredient in cookies.
14. Creamy_______ is often flavored with fruit.
15. Some people use______ &_______ in their coffee.
16. The_________ breed of cow is white with light to deep cherry red patches.
17. _________ cheese is yellow and good in sandwiches.
18. All dairy foods are made from_________.
19. More than 600 varieties, types and styles of_________ are made in Wisconsin.
20. The “_____” Seal means a food was made from cow’s milk.

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HELP WANTED!

You don't have to come from a farm to choose a career in the dairy industry. There are dairy-related jobs everywhere for anyone. With more than 300 different careers associated with Wisconsin's progressive dairy industry, the possibilities are numerous.

2 Across
I am a scientist who studies microorganisms.

7 Down
I design and construct machines.

1 Down
I help you choose healthy foods to eat.

6 Down
I raise cows on a farm.

10 Across
I make your food in a restaurant.

3 Across
I know how to grow plants and take care of the soil.

5 Down
I take care of animals.

12 Across
I make cheese from milk.

8 Across
I'm good with numbers.

9 Across
I know the law.

11 Across
I design pages on the internet.

Accountant
Agronomist
Attorney
Cheesemaker
Chef
Dairy Farmer
Dietitian
Engineer
Microbiologist
Teacher
Veterinarian
Web Designer

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11. Take her to a scary movie!
10. Because it is “pasture” bed time!
  
6. Hol-stains!
5. A Holstein wearing too much lipstick
4. Moo-sic class!
3. Swiss Cheese – it’s full of holes!
2. Calves!
1. Moosical chairs!

GALLONS
CHOCOLATE
WATER
CHEESE
“HOLE” milk

Take a close look at this dairy farm. See if you can find 18 cows, 3 young farmers, 17 wheat stalks, 4 milk bottles and 16 apples.

PAGE 22
1. COW
2. ICE
3. GROUPS
4. CREAM
5. WHO
6. NUTRIENTS
7. BONES
8. LIMITATION
9. TEN
10. DRINK
11. MOZZARELLA
12. ICE CREAM
13. BUTTER
14. YOGURT
15. HALF & HALF
16. AYSRINE
17. CHEDDAR
18. MILK
19. CHEESE
20. REAL

PAGE 17
LACTOSE
SPHINGOLIPIDS
VITAMIN B-12
RIBOFLAVIN
ZINC
CALCIUM

PAGE 23
MICROBIOLOGIST
AGRONOMIST
ACCOUNTANT
ATTORNEY
CHEF
DESIGNER
CHEESEMAKER
ARTIST

PAGE 20
1. JEANS
2. FLY
3. BOULDER
4. TARP
5. COW
6. SERVING
7. LUPINE
8. LEATHER

PAGE 19
CHRISTOPHER COLUMBUS
CHEESE
WATER
WISCONSIN
EATING
CHOCOLATE
HOLSTEIN
GALLONS
JERSEY IS MY BREED

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