

ALL ABOUT DAIRY

NEW MEXICO

FARM & RANCH

HERITAGE
MUSEUM





All About Dairy

Grades 1st and 2nd

Vocabulary:

Dairy

Nutrient

Grain

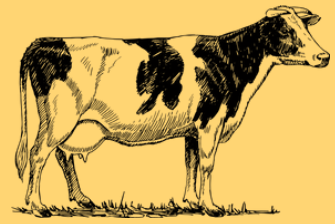
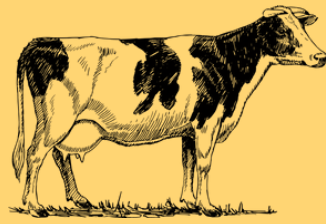
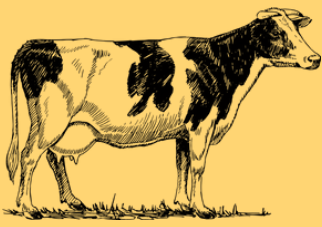
Calf

Ruminant

Holstein

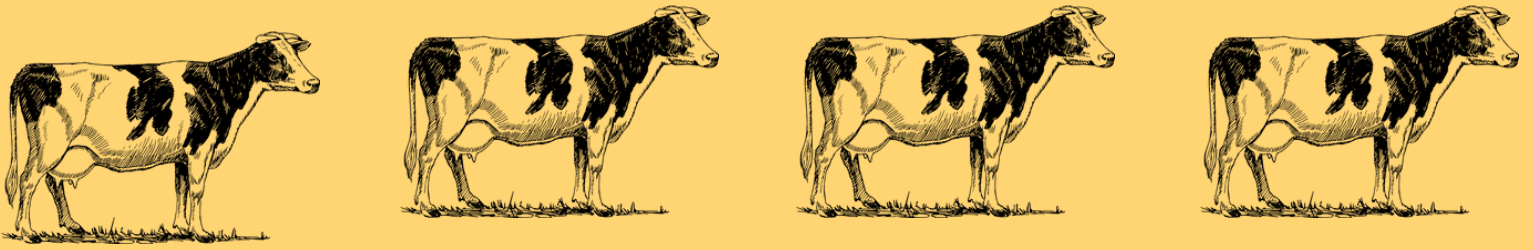
Do you like ice cream?
Or cheese? Students in
this lesson will learn
about dairy products,
facts about dairy cows,
and why dairy is
important to us,





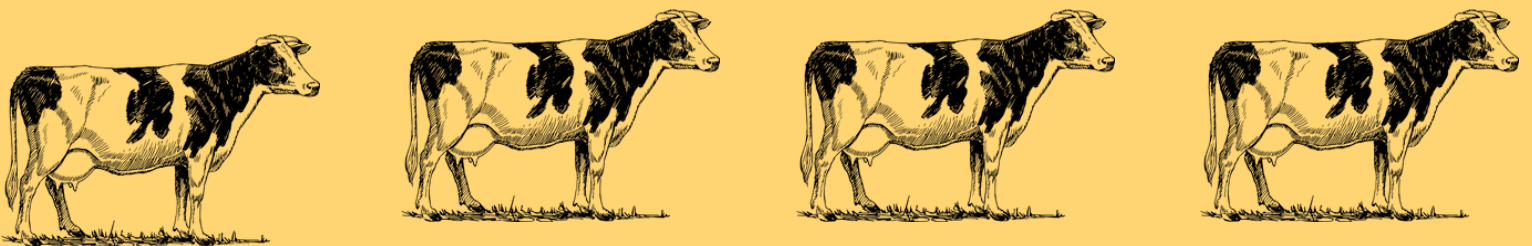
Dairy Facts:

- **All cows produce milk to feed their babies. Cows that are grown to produce milk for humans are called dairy cows.**
- **Dairy is a food group that includes milk, ice cream, yogurt, sour cream, cheese, and butter.**
- **Grain is a type of crop that is raised to feed people and animals like corn, oats, wheat, and rice. Cows eat grains like corn, wheat, and oats along with hay and grass.**
- **A baby cow is called a calf.**
- **Cows are called ruminants because their stomachs are divided into four sections so that they can digest hay and grass.**
- **Dairy products are important because they contain nutrients like Calcium, vitamins, proteins, and Niacin. Animals and humans need nutrients in their diets in order to stay healthy.**
- **The most common kind of milk cows are Holsteins. They are white with black spots. They produce more milk than other breeds of cattle.**
- **Cows can eat as much as 90 pounds of food a day and drink up to 50 gallons of water.**



Questions:

1. How many servings of dairy products should you eat each day?
2. What is a baby cow called and where do they get their food?
3. What types of grain do cows eat?
4. How many parts are in a ruminant's stomach?
5. Why do humans and animals need nutrients?
6. What is the most common breed of dairy cow?
7. Do humans or cows eat more?
8. What is your favorite dairy food?



TIN-CAN ICE CREAM

Ice cream without an ice-cream maker!!

1 cup milk

1 cup whipping cream

½ cup sugar

½ teaspoon vanilla extract

Nuts or fruit as desired



Put all ingredients in a 1-pound coffee can with a tight fitting plastic lid on can. Place can with ingredients inside a 3-pound can with a tight fitting plastic lid.

Pack larger can with crushed ice around smaller can. Pour at least $\frac{3}{4}$ cup of rock salt evenly over ice. Place lid on 3 pound can. Roll back and forth on a table or cement slab for 10 minutes. Open outer can.

Remove inner can with ingredients. Remove lid. Use a rubber spatula to stir up mixture, scrape sides of can. Replace lid. Drain ice water from larger can. Insert smaller can and pack with more ice and salt. Roll back and forth 5 more minutes. Makes about 3 cups.

WHICH FOODS MAY CONTAIN DAIRY?

Color in the foods that may contain milk, cheese, or butter.



(c) 2012 Jeanette Bradley

www.top8free.com

Answer: ice cream and ice cream cones, bread and other baked goods, cupcakes, chicken nuggets and other fried foods, chocolate, cheese, milk, canned tuna, and pizza. Hard candies like peppermints are usually dairy-free, but always check the label!