

# DID YOU KNOW?

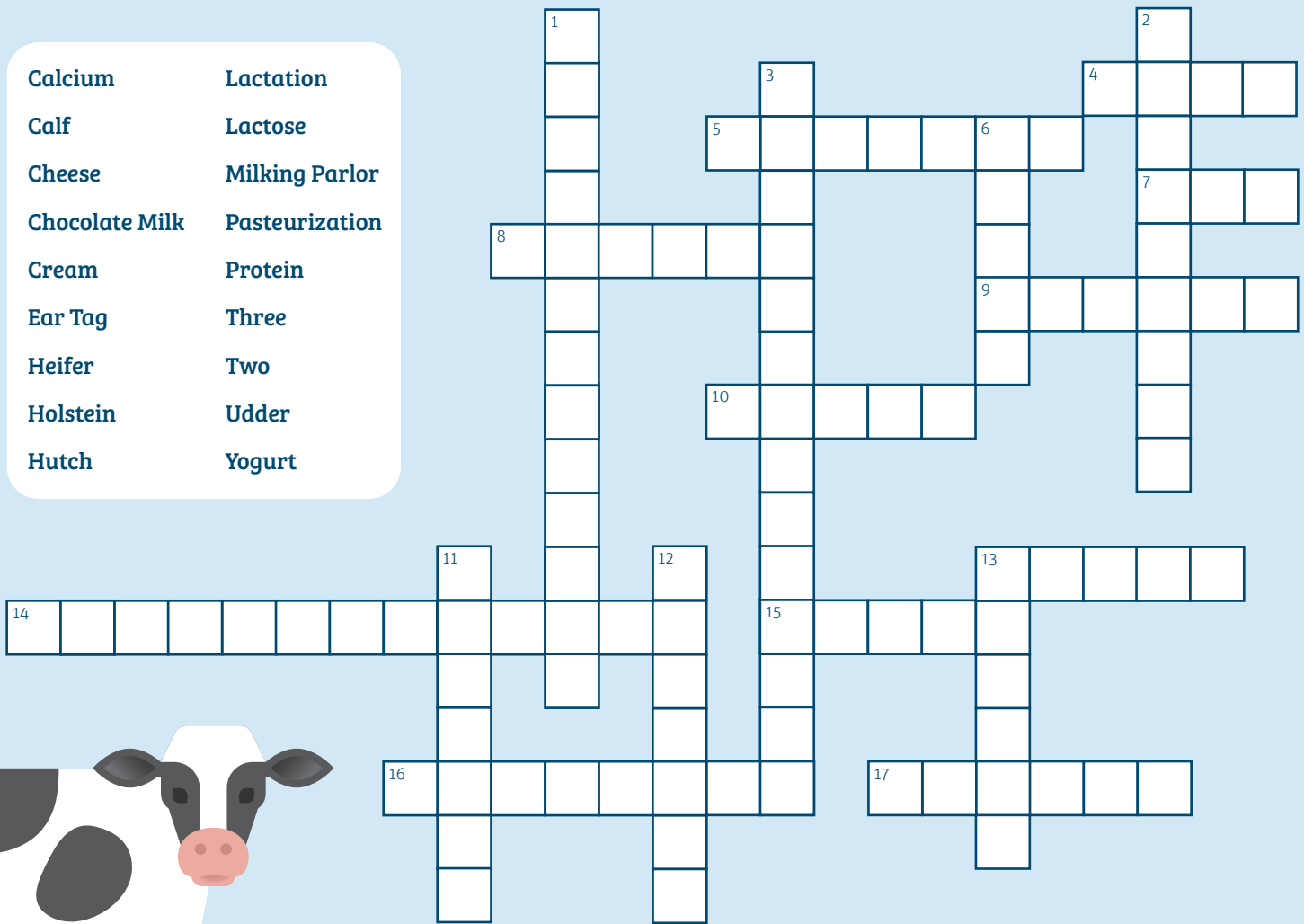


## Fun facts about dairy farming

- 1 It only takes 2 days for milk to get from the dairy farm to your grocery store.
- 2 Cows spend 30 minutes drinking, 3-5 hours eating, and 12-14 hours resting each day.
- 3 Cows are given a tag with a special number that they wear like an earring. It helps farmers keep accurate records of each individual cow.
- 4 Farmers' first milking of the day happens before most people are even awake.
- 5 Cows prefer temperatures between 40-65 degrees.
- 6 The average adult cow weighs 1,400 pounds.
- 7 Cows moo because they are curious, want to play, are hungry, or want to be milked. It's their way of communicating.
- 8 Cows have a great sense of smell and can smell something up to 6 miles away.
- 9 Most dairy farmers grow their own crops, such as corn and wheat, to use as feed for the cows on their farm.
- 10 Most cows chew their food at least 50 times per minute. It keeps them calm and happy.
- 11 It only takes 5-7 minutes for a cow to be milked, and most cows are milked 2-3 times per day.
- 12 Cows don't sweat. Instead, they lose heat through their breath.
- 13 Holstein cows' spots are like fingerprints – no two have the same pattern.
- 14 On average, a dairy cow produces 8 gallons of milk per day. That's more than 100 glasses of milk!
- 15 Dairy farmers work every day, even on weekends and holidays, from sunup to sundown!
- 16 Adult cows eat about 100 pounds of food each day, which would be like eating 300 peanut butter and jelly sandwiches.
- 17 Cows drink 30-50 gallons of water – about a bathtub full – every day.
- 18 Some people think that cows sleep standing up, but they actually lie down to sleep – just like you do!

Answer these dairy farming and nutrition questions using the answer key to complete the crossword puzzle.

- |                |                |
|----------------|----------------|
| Calcium        | Lactation      |
| Calf           | Lactose        |
| Cheese         | Milking Parlor |
| Chocolate Milk | Pasteurization |
| Cream          | Protein        |
| Ear Tag        | Three          |
| Heifer         | Two            |
| Holstein       | Udder          |
| Hutch          | Yogurt         |



## Across

4. A baby cow
5. A nutrient found in milk and dairy products important for strong bones and teeth
7. The number of days it takes to get milk from the farm to a milk carton
8. A dairy food used to make smoothies that helps boost your immune system
9. Something a cow wears to help farmers keep accurate records of her
10. The fat in milk, used for making butter and ice cream
13. A small house-like structure where baby cows stay
14. The building on a dairy farm where cows are milked
15. The number of dairy servings we need to eat every day
16. A popular breed of a dairy cow that is black and white
17. A dairy food that tastes great on hamburgers and can help fight cavities

## Down

1. A type of flavored milk that has the same vitamins, minerals, and protein as white milk
2. The process of making and giving milk
3. The process of heating up milk to kill harmful bacteria, making it safe to drink
6. The organ in a dairy cow that makes milk
11. The natural sugar found in milk
12. A nutrient found in milk and dairy products important for building strong muscles
13. A female dairy cow that has not yet given birth to a calf