



Dairy Fun and Facts!

Adopt A Cow Virtual Activity
St. Louis District Dairy Council

How many days does it take for your milk to get from the farm to the grocery store?

A. 6

B. 2-3 

C. 10

D. 5

Chocolate milk comes from brown cows?


A. True

B. False 

How many gallons of milk does a cow make each day?

A. 1

B. 2

C. $6 \frac{1}{2}$ 

D. 12

One of the healthiest snacks for your teeth is cheese?

A. True 

B. False

What mineral (found in dairy foods) is important for healthy teeth and bones?

A. Water

B. Salt

C. Grass

D. Calcium 

Dairy farmers work 365 days a year in rain, snow and sunshine.

A. True 

B. False

Which food is not in the dairy food group?

A. Milk

B. Yogurt

C. Eggs 


D. Cheese

All milking cows are black and white cows?

A. True

B. False 

Dairy farmers keep their cows as comfortable as can be. Which of these does a dairy farmer do each and every day?

- A. Feed the cows
- B. Give water to the cows
- C. Clean the cow barn
- D. All of the above 

Good job! We hope you have learned something new about dairy foods and dairy farms!

