

FROM FARM TO MOMENT



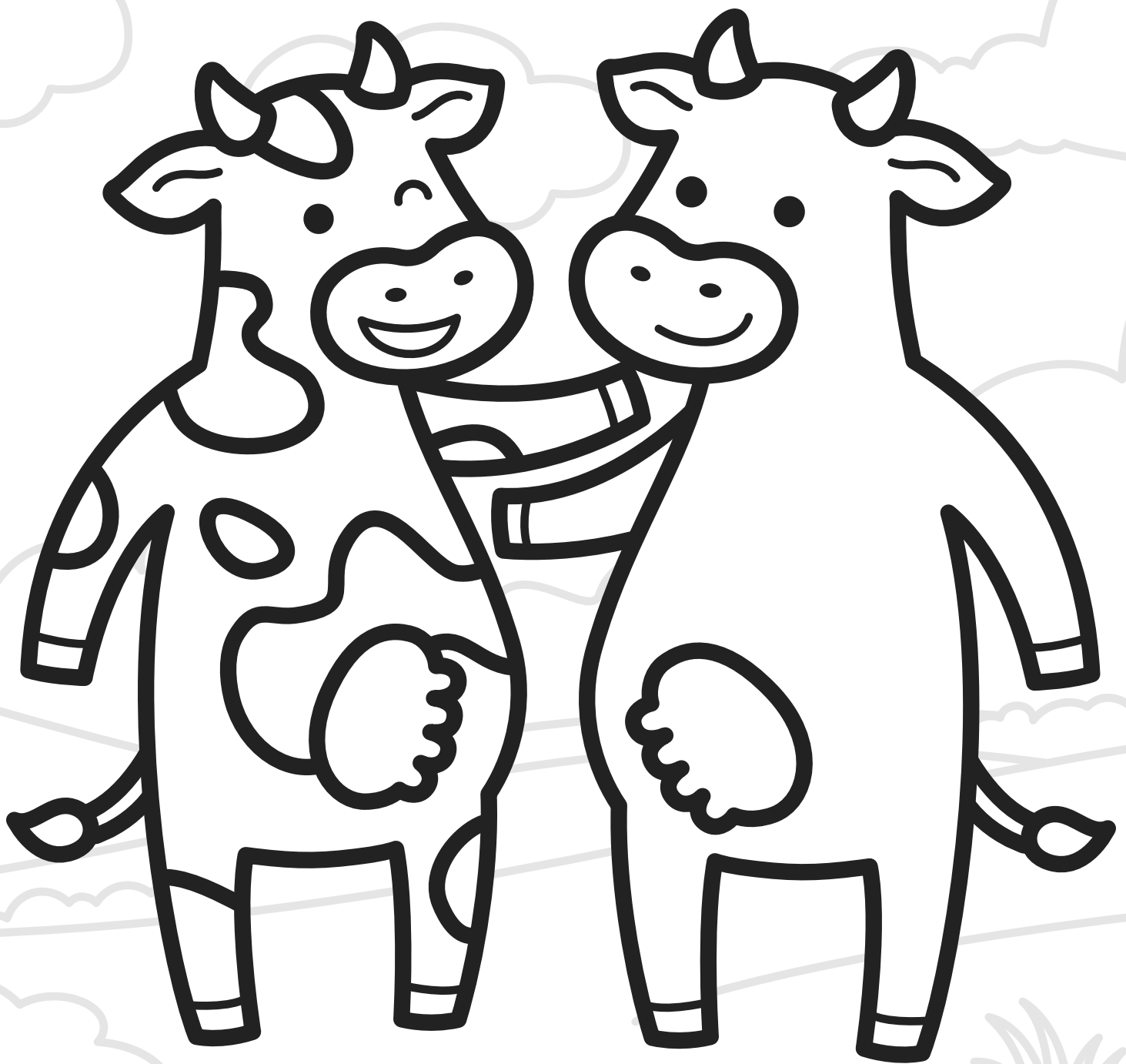
A coloring book by



DID YOU KNOW?

Dairy cows
are very
social.

They often hang out
with the same cow
friends every
day and enjoy being
around others.



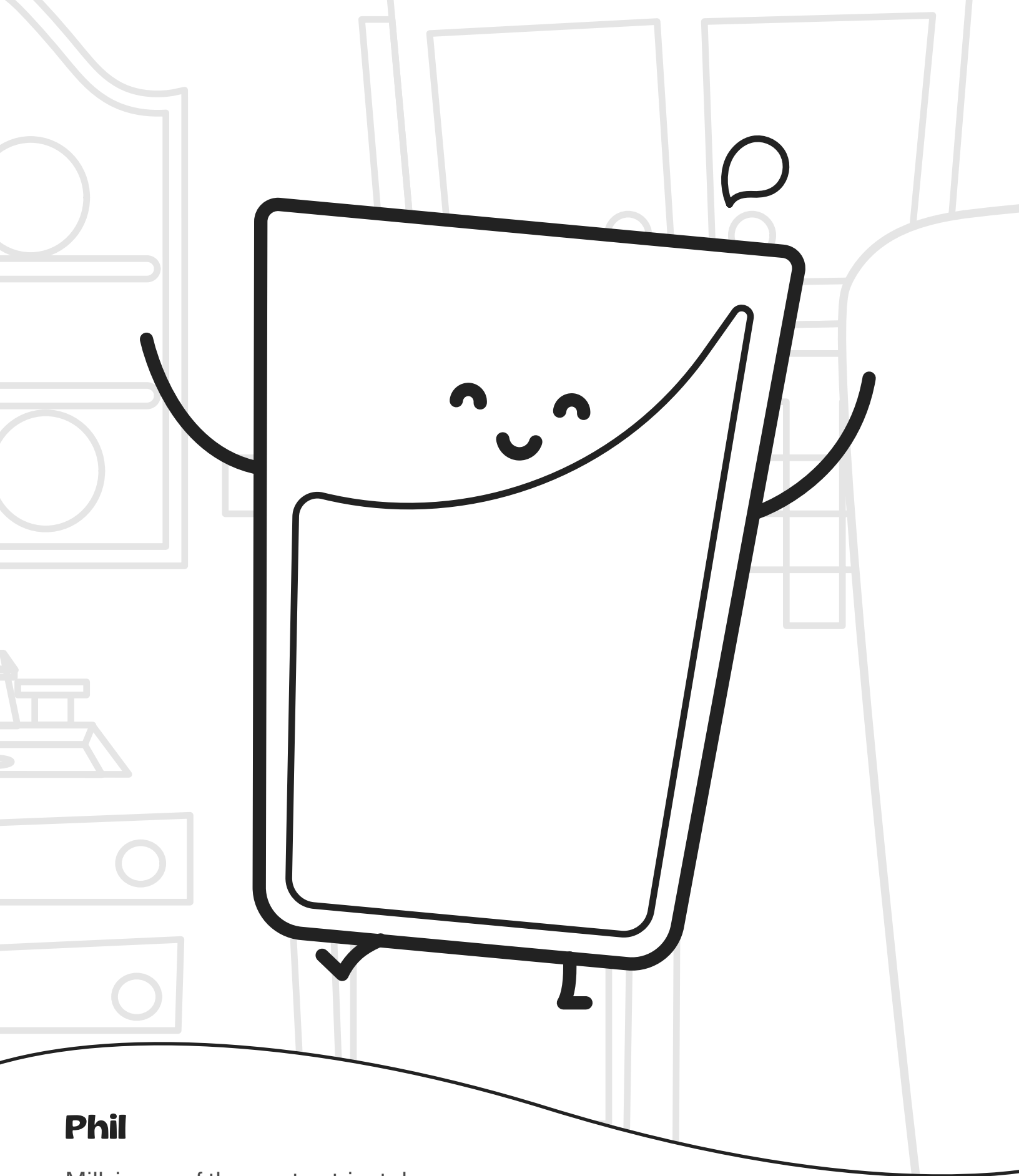
Daisy & Delilah

We have two primary breeds of dairy cows in Nevada. Daisy is a black and white Holstein, and Delilah is a brown Jersey cow.

DID YOU KNOW?

**The average
cow produces
8 gallons
of milk per
day!**

**That's over 100
glasses of milk!**

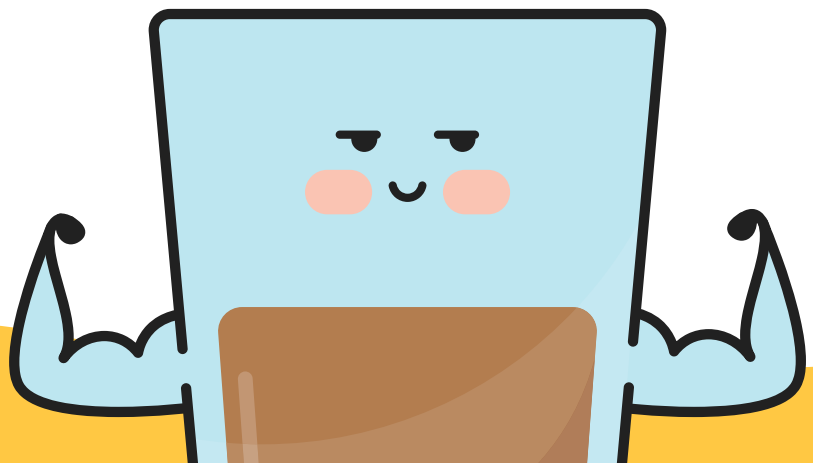


Phil

Milk is one of the most nutrient-dense beverages you can consume with 13 essential nutrients, 8g of protein, and only 3 ingredients.

DID YOU KNOW?

Milk,
including
chocolate
milk, has 13
essential
nutrients!





Betty & Berry

By blending together 13 essential nutrients, like calcium and protein, dairy makes smoothies tastier and bodies stronger.

DID YOU KNOW?

**A Holstein's
spots are like
fingerprints.**

**No two cows
have exactly the
same pattern of
black and white
spots.**



DAIRY BREEDS

Milk comes from dairy cows. In Arizona and Nevada, most cows are Holsteins. Other breeds include Guernsey, Jersey, and Brown Swiss. One way to tell the breed of the cow is by its color. The sign next to each cow tells you its breed and color. Use those clues to help you color them. Which breeds have you seen?

JERSEY: Tan color with black nose and feet; came to the U.S. from the British Channel Isle of Jersey in the 1950s.

BROWN SWISS: Solid brown, varying from very light to dark; came from Switzerland in 1869.

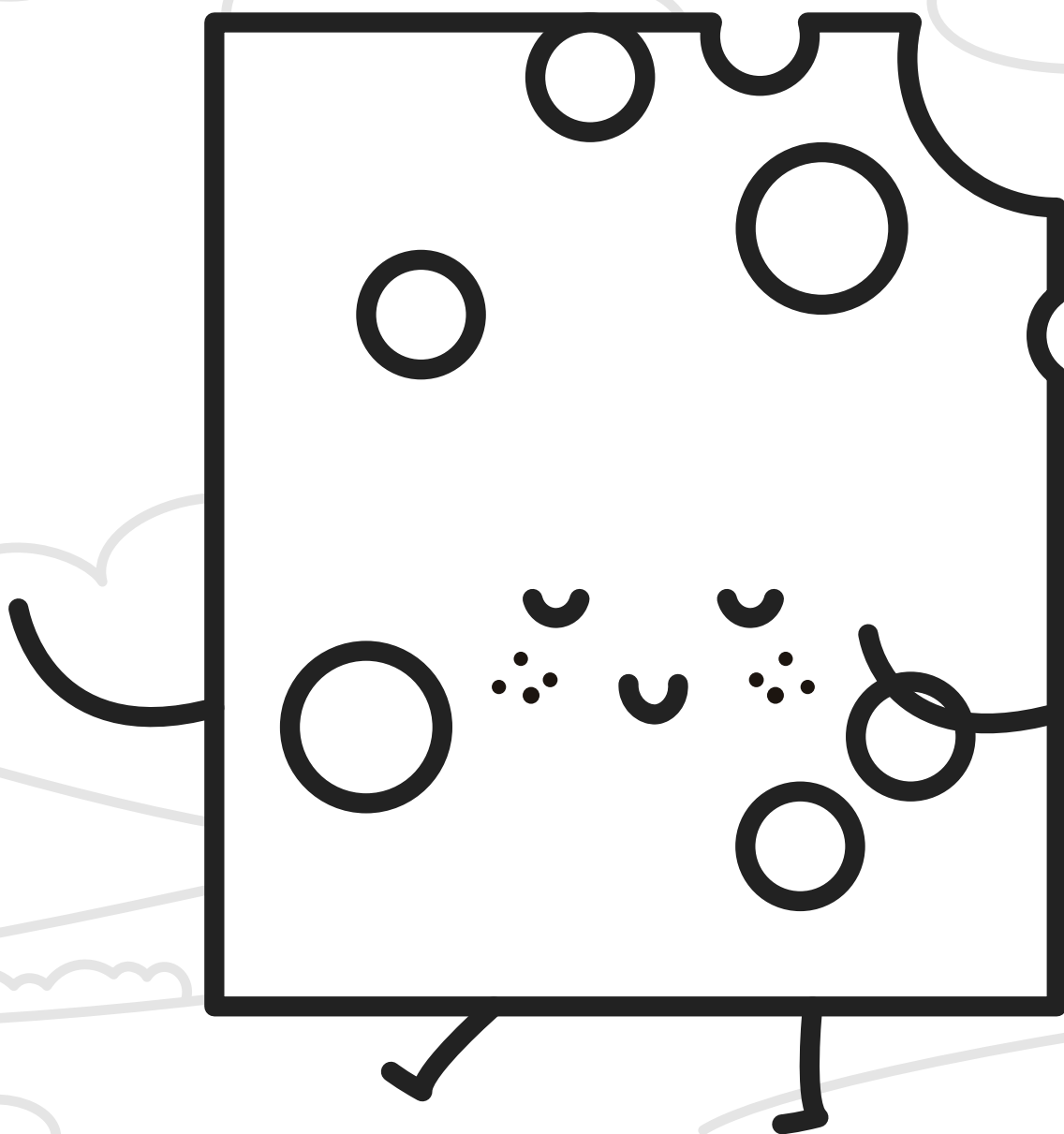
GUERNSEY: A shade of tan with white markings; came to the U.S. from the British Channel Isle of Guernsey in 1831.

HOLSTEIN: Black and white or red and white; came from Holland in 1621.

DID YOU KNOW?

Cheddar
is the most
popular
natural
cheese in the
U.S.



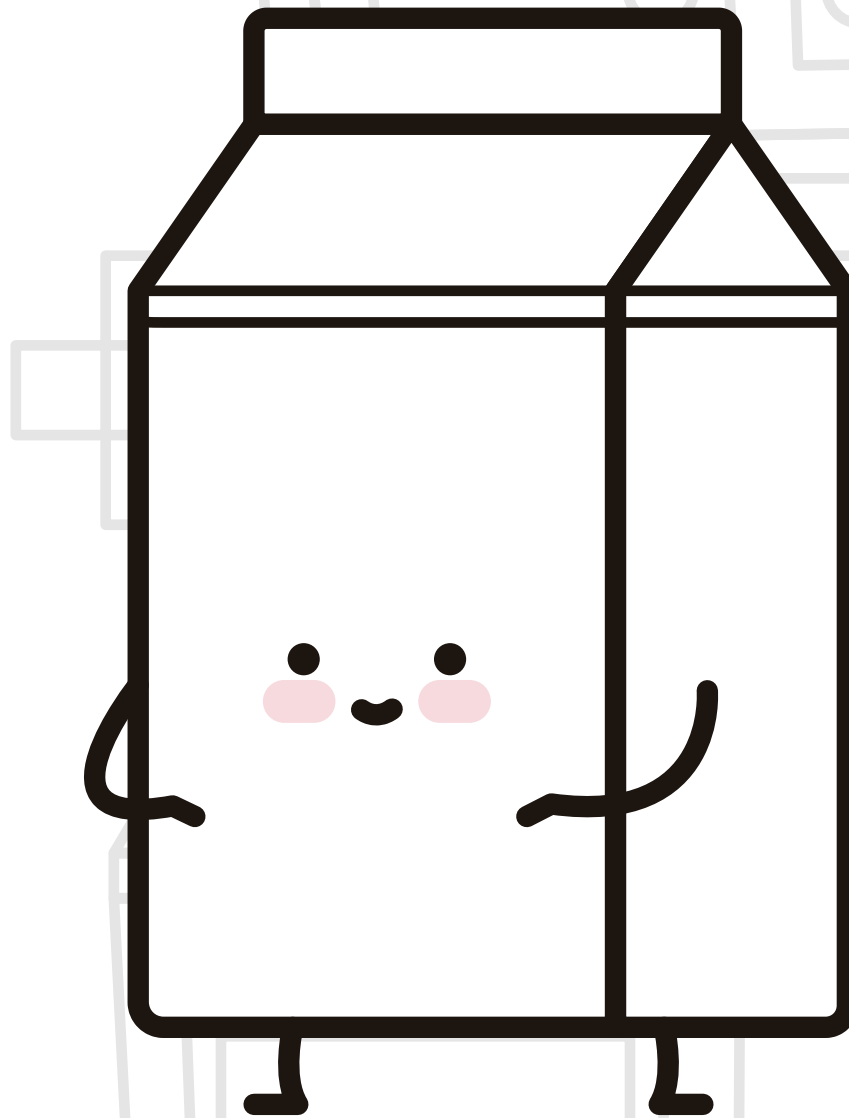


Sara

With a wide range of flavors and forms, cheese offers the same 13 essential nutrients as milk without the lactose.

DID YOU KNOW?

**Milk arrives
at your local
grocery store
within 48
hours of
leaving the
farm.**



Cal C. Yum

As a nutrient-dense beverage, milk packs 13 essential nutrients, including protein and phosphorous, to generate energy.

FILL IN THE BLANK

Kids should have

servings
of dairy per
day.

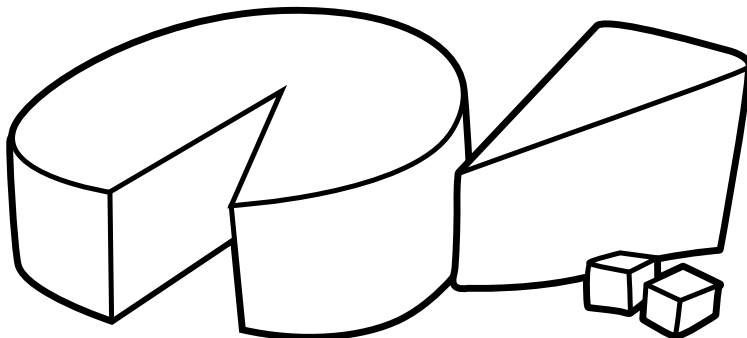
Kids should have 3 servings
of dairy per day.



CHEESE

COMES IN MANY FLAVORS!

There are more than 600 different types of cheeses in the world. Find some favorites in the word search below. Taste one of the types you haven't tried before—you might like it!



AMERICAN

ASIAGO

CHEDDAR

COLBY

GORGONZOLA

GOUDA

HAVARTI

MOZZARELLA

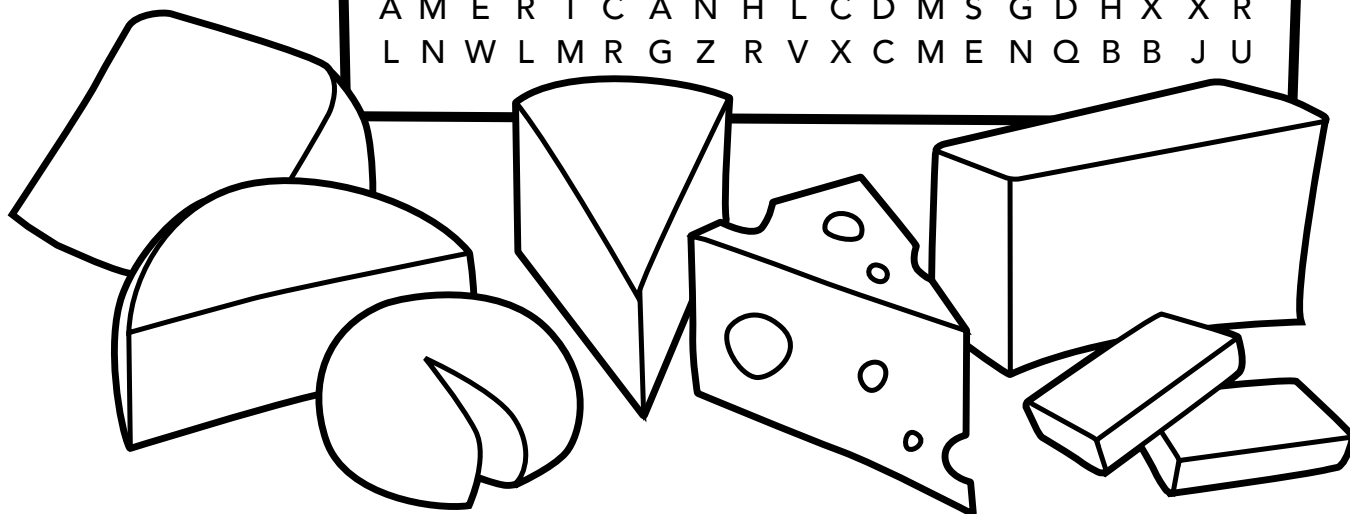
MUENSTER

PARMESAN

PROVOLONE

SWISS

G	J	Z	F	A	D	F	C	Y	U	M	A	D	L	U	R	C	G	B	K
N	O	A	U	B	X	H	E	L	Z	M	U	S	Z	C	Z	O	K	X	A
P	Q	R	E	X	E	F	O	J	S	O	L	E	I	F	T	L	N	I	S
Z	H	M	G	D	U	E	S	Z	A	Z	T	M	N	A	G	B	B	P	Z
K	J	F	D	O	D	N	D	E	Z	W	M	Z	S	G	Y	E	G	O	
E	N	A	L	B	N	H	H	A	V	A	R	T	I	Z	T	O	M	T	A
F	R	Y	M	H	J	Z	K	Q	L	R	F	E	M	N	E	E	J	W	S
L	C	S	A	Q	L	W	O	B	D	E	K	Z	Y	S	A	H	R	P	P
J	G	H	V	G	G	V	X	L	E	L	D	L	L	V	O	X	S	I	A
G	P	A	H	D	A	Z	H	Z	A	L	J	W	H	I	B	V	E	G	R
L	Y	E	J	S	U	D	K	G	F	A	I	W	S	B	Z	E	B	M	M
C	H	X	K	T	G	L	O	A	H	E	P	R	O	V	O	L	O	N	E
Z	M	R	L	S	Y	N	Q	H	G	Z	F	U	G	S	D	B	V	B	S
F	S	W	I	S	S	X	I	Z	S	M	O	O	M	D	E	K	I	O	A
O	V	N	Z	M	C	Z	F	J	A	L	D	S	V	S	O	Z	Q	R	N
R	N	K	W	P	Q	R	E	I	U	Q	S	B	Y	K	U	O	J	Q	W
L	T	O	D	S	Q	U	X	N	G	O	U	D	A	X	R	I	Z	A	D
R	F	Y	U	N	K	K	O	Y	Y	N	C	Z	I	I	L	E	K	F	G
A	M	E	R	I	C	A	N	H	L	C	D	M	S	G	D	H	X	X	R
L	N	W	L	M	R	G	Z	R	V	X	C	M	E	N	Q	B	B	J	U



DID YOU KNOW?

**Vanilla is
America's
favorite
flavor of ice
cream.**





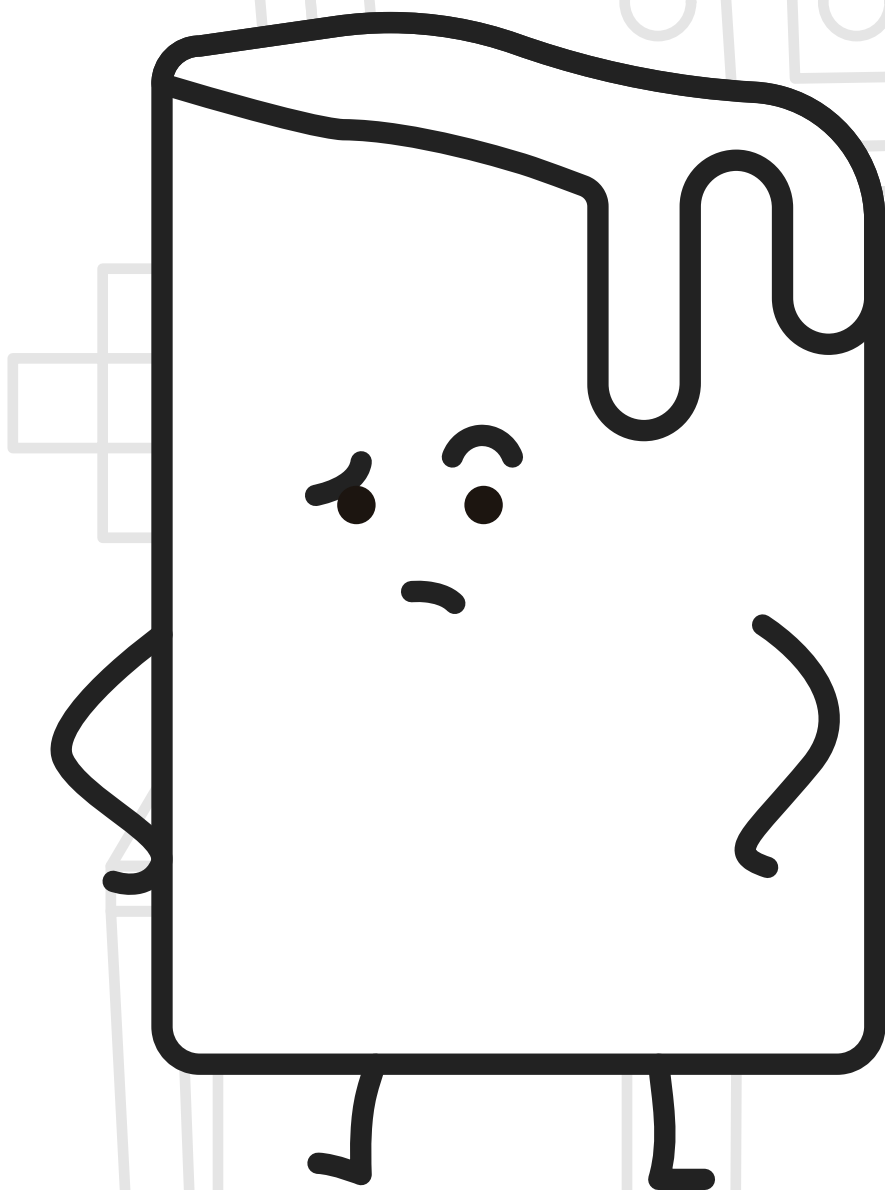
Milkshake

Dairy pairs well with many foods and tastes great. Incorporating dairy ingredients is a great way to increase nutrient consumption and make recipes yummier.

DID YOU KNOW?

**Cows eat
about 100
pounds of
feed a day.**

**That's like eating
600 peanut butter
and jelly sandwiches!**



Pat

With just one or two slices (or pats), butter adds several vitamins (such as vitamin A and D) and rich flavor to your favorite dishes.

DID YOU KNOW?

Dairy cows
eat things we
can't eat,

such as almond
husks and
cottonseed as
well as grasses and
grains.

WORD GAME

Fill in the following blanks and then plug the answers into the story below to create your own adventure at the dairy farm!

1. Day of the week: _____
2. City in Nevada: _____
3. Boy's name: _____
4. Adjective: _____
5. Adjective: _____
6. Triple digit number: _____
7. Triple digit number: _____
8. Color: _____

9. Color: _____
10. Girl's name: _____
11. Dairy food: _____
12. Dairy drink: _____
13. City in Nevada: _____
14. Grocery store: _____
15. Your name: _____

MY DAY AT THE DAIRY FARM

Last 1. _____, my parents took me to 2. _____ to visit my Uncle 3. _____'s dairy farm. I'd never been to a farm before, so I was very 4. _____.

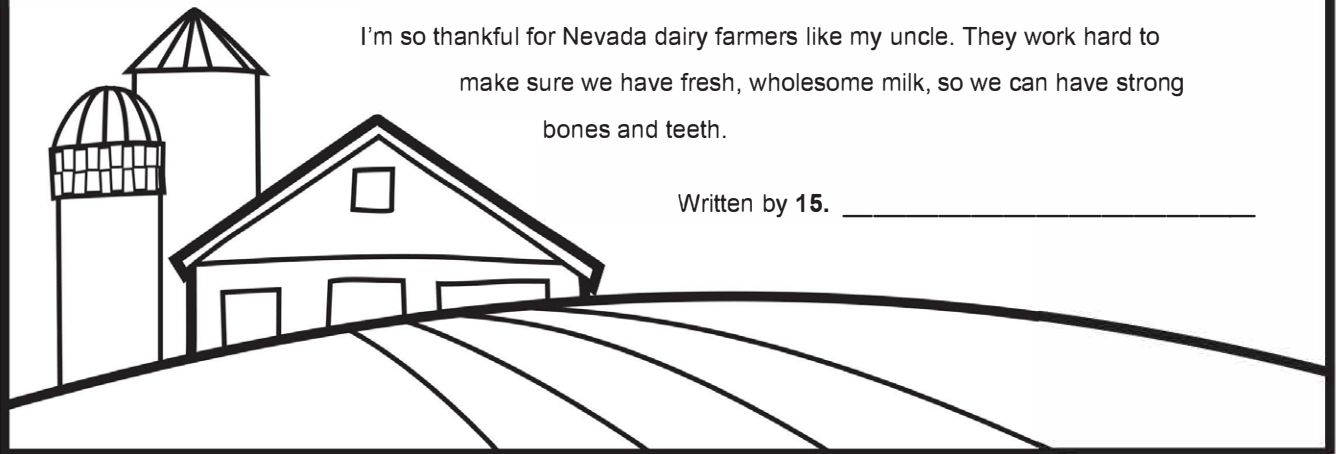
When we got there, I was amazed at how 5. _____ the place was. My uncle took us on a tour of the whole farm. Can you believe he has more than 6. _____ acres of land and 7. _____ cows? Some were 8. _____ and some were 9. _____.

It was pretty hot outside, so my Aunt 10. _____ brought us some 11. _____ to eat and cold 12. _____ to drink. Then we got to see how all of the cows are milked. Did you know that most cows make 60 pounds of milk every day? That's so cool!

My uncle told me that after he gets milk from all of the cows, he drives it to a place in 13. _____ where they test the milk to make sure it's safe for us to drink. Then the milk is sent to stores like 14. _____.

I'm so thankful for Nevada dairy farmers like my uncle. They work hard to make sure we have fresh, wholesome milk, so we can have strong bones and teeth.

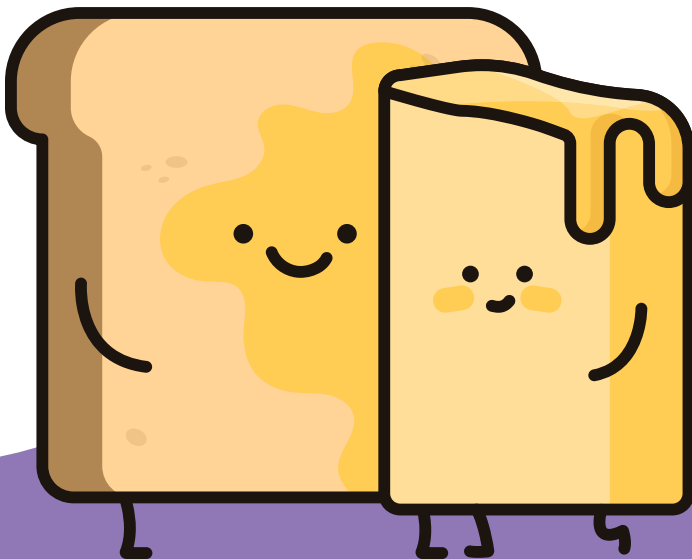
Written by 15. _____

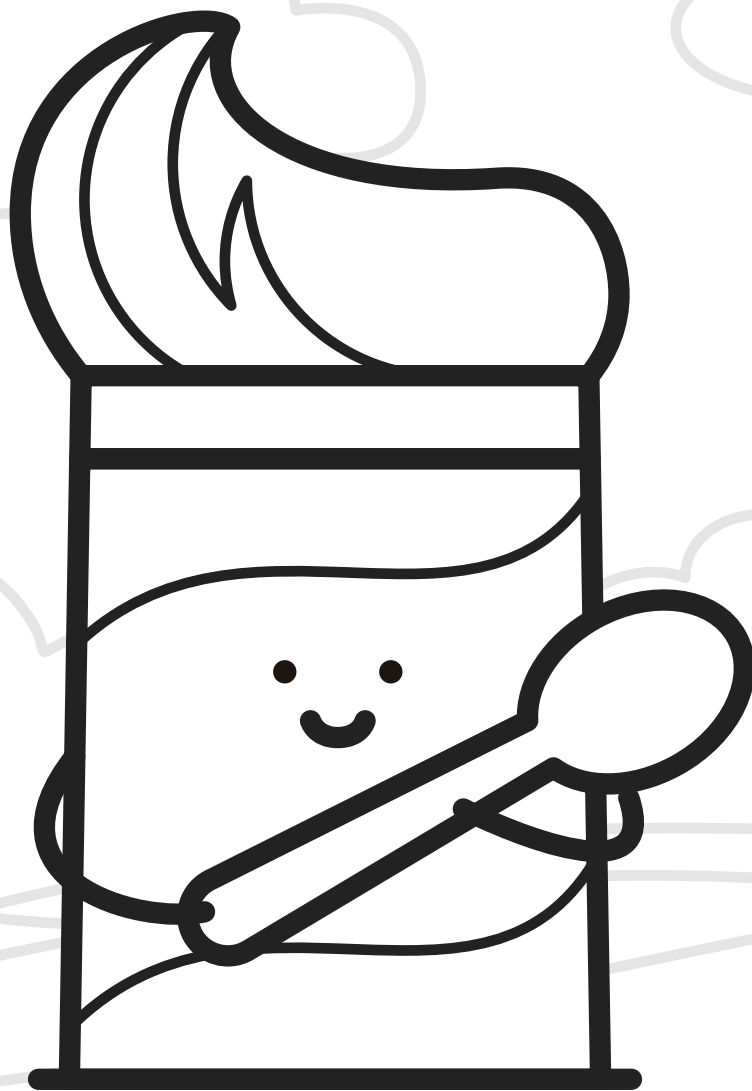


FILL IN THE BLANK

My favorite
food **with**
dairy is

_____ ●





Yogi

Yogurt packs the same essential nutrients as milk as well as probiotics to support healthy digestion.

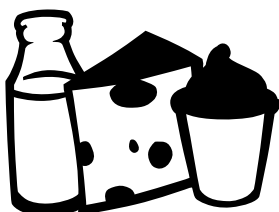
DID YOU KNOW?

**Cows drink 30-
50 gallons
(about a bathtub
full) of water
each day!**

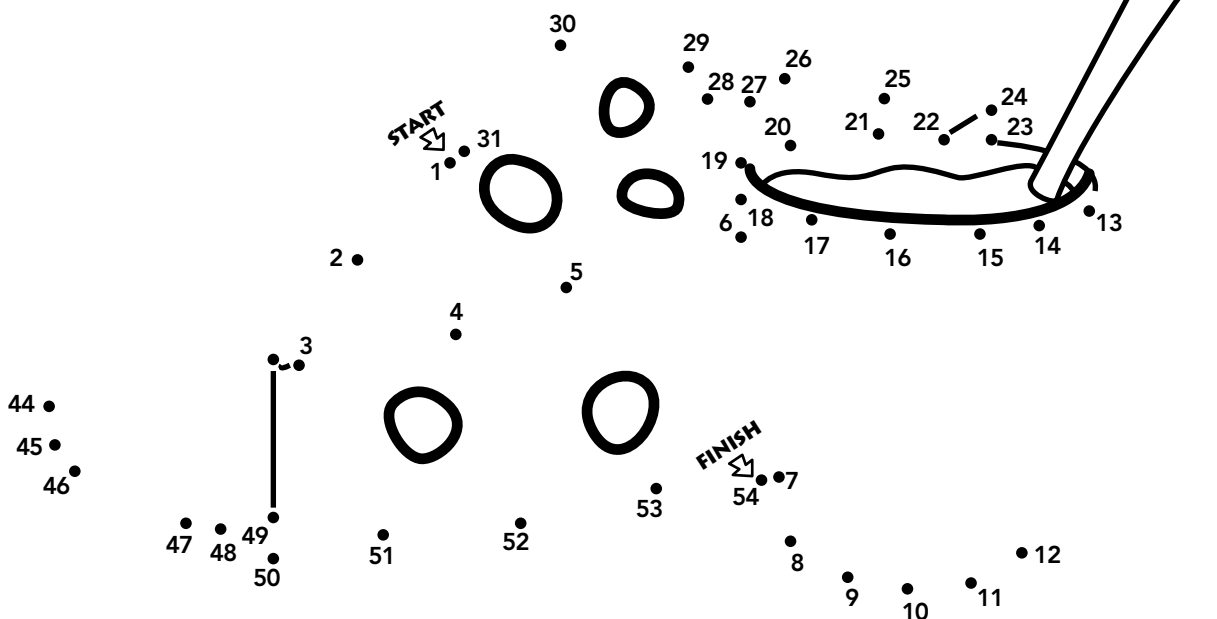
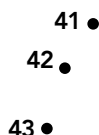
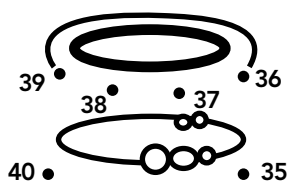


CONNECT THE DOTS

Three servings of dairy (milk, cheese, or yogurt) every day helps you get the nutrients you need to build strong bones!



Color the milk,
cheese, and yogurt.

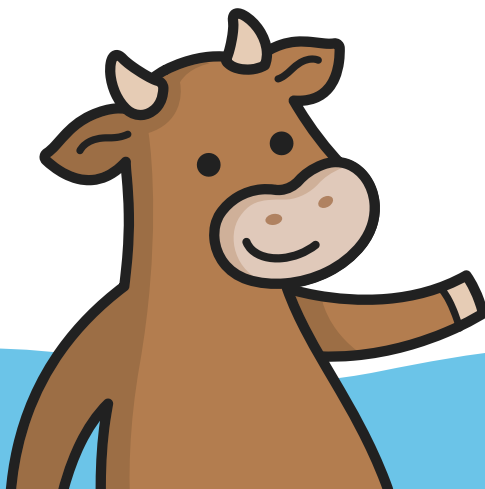


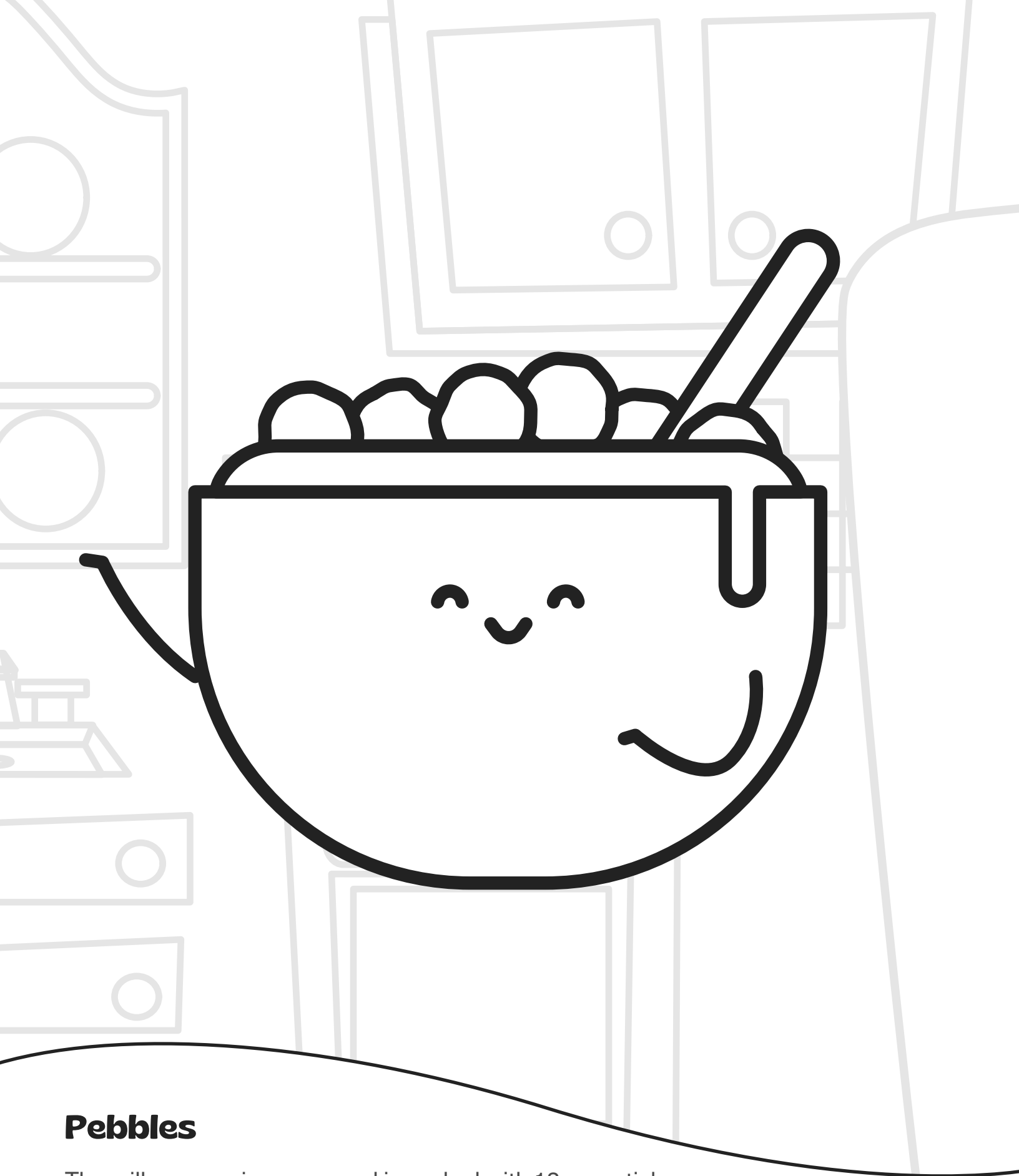
Circle the different milk jug.



DID YOU KNOW?

**On average,
a dairy
cow weighs
1,200
pounds.**





Pebbles

The milk you use in your cereal is packed with 13 essential nutrients, such as calcium, potassium, and protein. These make your muscles stronger and mornings tastier.



Visit **NevadaMilk.com** to learn more!