

## Dairy Ag Mag - Vocabulary

**Directions:** Read each item. Choose the word that would best complete the sentence.

1

A young female cow is called a \_\_\_\_\_.

- A Guernsey
- B Jersey
- C Holstein
- D Heifer

2

\_\_\_\_\_ is fermented corn, wheat, or hay with the stalks and leaves that is fed to animals.

- A Rumen
- B Feed
- C Silage
- D Milk

3

The breed of dairy cows that are most common in the United States are \_\_\_\_\_.

- A Jerseys
- B Brown Swiss
- C Holsteins
- D Milking Shorthorns

4

Ruminants are animals that chew their \_\_\_\_\_.

- A Cud
- B Grass
- C Nails
- D Stomach

## Dairy Ag Mag - Vocabulary

**Directions:** Read each item. Choose the word that would best complete the sentence.

5

The process milk undergoes to kill bacteria and protect its purity and flavor is called \_\_\_\_\_.

- A Standardization
- B Homogenization
- C Pasteurization
- D Gestation

6

The process of mixing milk from several farms so it all tastes the same is called \_\_\_\_\_.

- A Standardization
- B Homogenization
- C Pasteurization
- D Gestation

7

The nine month period that a cow is pregnant is called \_\_\_\_\_.

- A Standardization
- B Homogenization
- C Pasteurization
- D Gestation

8

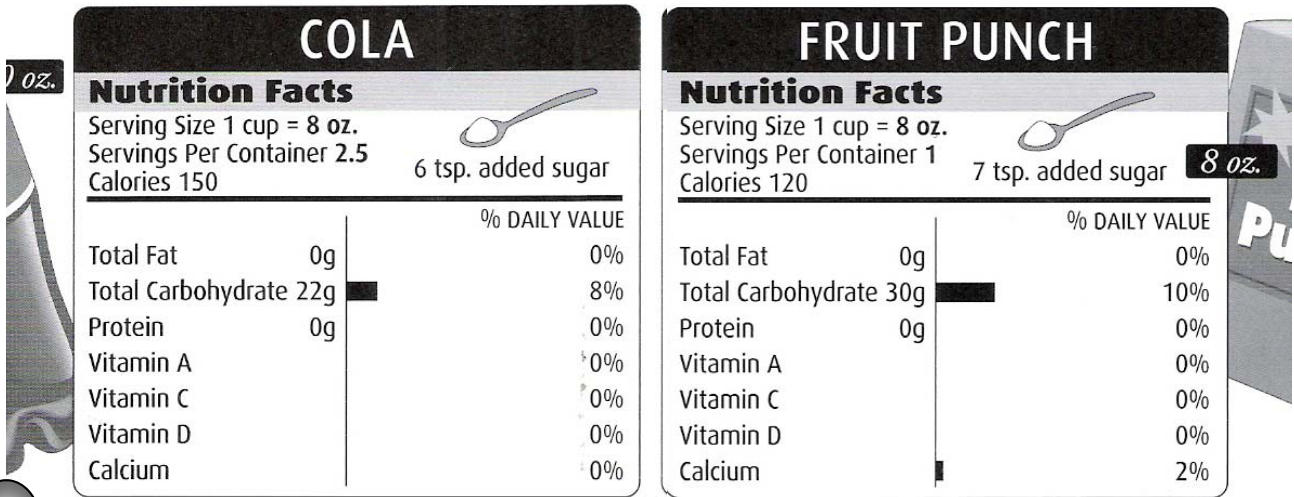
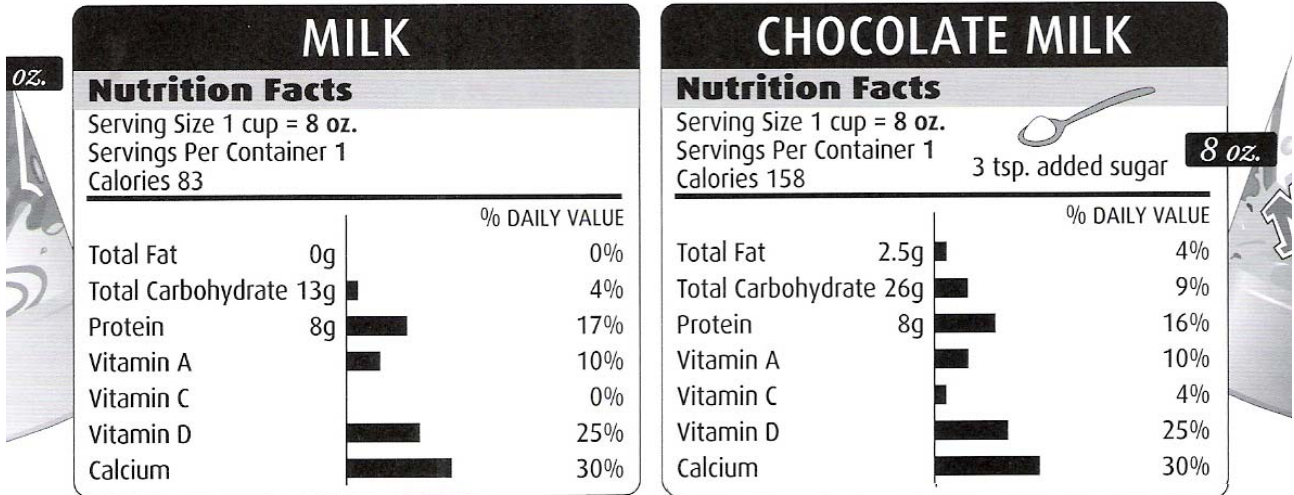
The process of breaking down milk fat into tiny particles and evenly spreading them throughout milk is called \_\_\_\_\_.

- A Standardization
- B Homogenization
- C Pasteurization
- D Gestation

## Dairy Ag Mag - Math - Reading Charts/Graphs

# THINK YOUR DRINK!

*When it comes to nutrition, not all drinks are created equal.*



1

Which beverage provides the highest percentage of Vitamin C?

- A Milk
- B Chocolate Milk
- C Cola
- D Fruit Punch

2

If you drank an entire bottle of milk, how many calories would you be drinking?

- A 83 calories
- B 166 calories
- C 158 calories
- D 120 calories

## Dairy Ag Mag - Math - Reading Charts/Graphs

**Directions:** Choose the best answer.

**3**

How many grams of fat are in one serving of chocolate milk?

- A 0 grams
- B 26 grams
- C 8 grams
- D 2.5 grams

**4**

What drink contains the highest amount of carbohydrates?

- A Milk
- B Chocolate Milk
- C Cola
- D Fruit Punch

**5**

Which drink contains 6 teaspoons of added sugar?

- A Milk
- B Chocolate Milk
- C Cola
- D Fruit Punch

**6**

Which drink has the least calories per serving?

- A Milk
- B Chocolate Milk
- C Cola
- D Fruit Punch

# Dairy Ag Mag - Reading Passage

## *Milk*

By Louise Spilsbury

Milk is a liquid that comes from the bodies of some female animals. All baby mammals drink milk in their first weeks of life. Milk is their food. People also drink milk from mammals, such as cows, sheep, and goats. The milk that most people drink comes from cows.

In the past, some bacteria in milk made people ill. About 140 years ago, the French scientist Louis Pasteur found that heating milk killed off the harmful bacteria. This process is known as pasteurization. It was named after Pasteur. Pasteurization is still used today to make sure our milk is safe to drink.

Cows make milk when they have a baby. The calf drinks the milk from its mother's udder. A cow makes milk for ten months after having a calf. On a dairy farm the calf drinks its mother's milk for a few days. Then the farmer gives it other food. Now the farmer can take the cow's milk to sell.

The milk most of us drink comes from big dairy farms. Tubes from machines take the milk from the cows' udders. Cows can be milked twice a day. Milk goes sour quickly. To keep milk fresh, people keep it cold and covered. At the farm, milk is kept in huge, cold storage tanks. A big road tanker collects the milk. The tanker has a special lining. This keeps the milk cold and fresh until it gets to the dairy. At the dairy, someone tests the milk. They make sure the milk is clean. If the milk is good, it is unloaded into large storage tanks.

Next, the milk is pasteurized. It is heated up and then cooled down very quickly. This kills off any bacteria in the milk that might make us ill. Then the milk is packed into clean containers. The containers are filled to the top with milk. The tops or lids are sealed tightly. The containers of milk are loaded into crates. The crates are then stacked in a truck. The truck is cold inside, like a refrigerator. This keeps the milk fresh. The truck takes the milk to stores for consumers to buy. The milk you buy only takes a few days to get from the cow to you.

Before milk is bottled, it may be processed into different kinds of milk and cream. Skim milk has less fat. Cream has more fat. Fresh milk lasts only up to fourteen days. Some milk is processed so that it keeps longer. Powdered milk keeps for months. You mix it with water to make milk.

Milk can be used in many different ways. You can make hot and cold drinks with it. Milk is used in cooking to make sauces, soups, and pancakes. Milk is also used to make different dairy products. Cheese, cream, butter, and yogurt are made from milk. Milk and cream are used in ice cream.

Milk contains nutrients that keep you healthy and give you energy. One of these nutrients is calcium. This helps your bones and teeth grow strong. Milk contains protein. Protein gives your body the energy it needs to repair itself and grow.

## Dairy Ag Mag - Reading Passage

**Directions:** Read each item. Choose the word that would best complete the sentence or choose the best answer to the question.

1

The process called \_\_\_\_\_ is named after Louis Pasteur.

- A Homogenization
- B Standardization
- C Pasteurization
- D None of the above.

2

How long do cows make milk after having a calf?

- A 2 months
- B 6 months
- C 8 months
- D 10 months

3

Why is milk pasteurized?

- A To keep it from going sour.
- B To kill off bacteria that might make us ill.
- C To keep it fresh.
- D To make sauces, soups, and pancakes.

4

How many times a day can a dairy cow be milked?

- A 2 times a day
- B 4 times a day
- C 5 times a day
- D 6 times a day

## Dairy Ag Mag - Reading Passage

**Directions:** Read each item. Choose the word that would best complete the sentence or the best answer to each question.

5

Skim milk has \_\_\_\_\_ fat than cream.

- A Less
- B More
- C The same amount of
- D None of the above

6

All of the following are made from milk except:

- A Cheese
- B Butter
- C Yogurt
- D Koolaid

7

Milk contains \_\_\_\_\_, which is a nutrient that helps your bones and teeth grow strong.

- A Fat
- B Fiber
- C Calcium
- D Potassium

8

People drink milk only from cows.

- A True
- B False



### Extended Response

Milk strengthens our bones and teeth by providing calcium. What happens to our bones if we don't get enough calcium? Use your own knowledge along with information from the Dairy Ag Mag to support your answer.