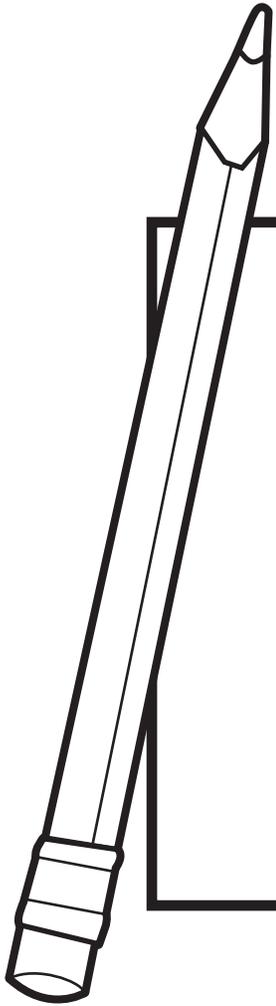
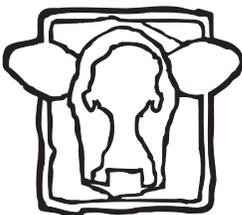
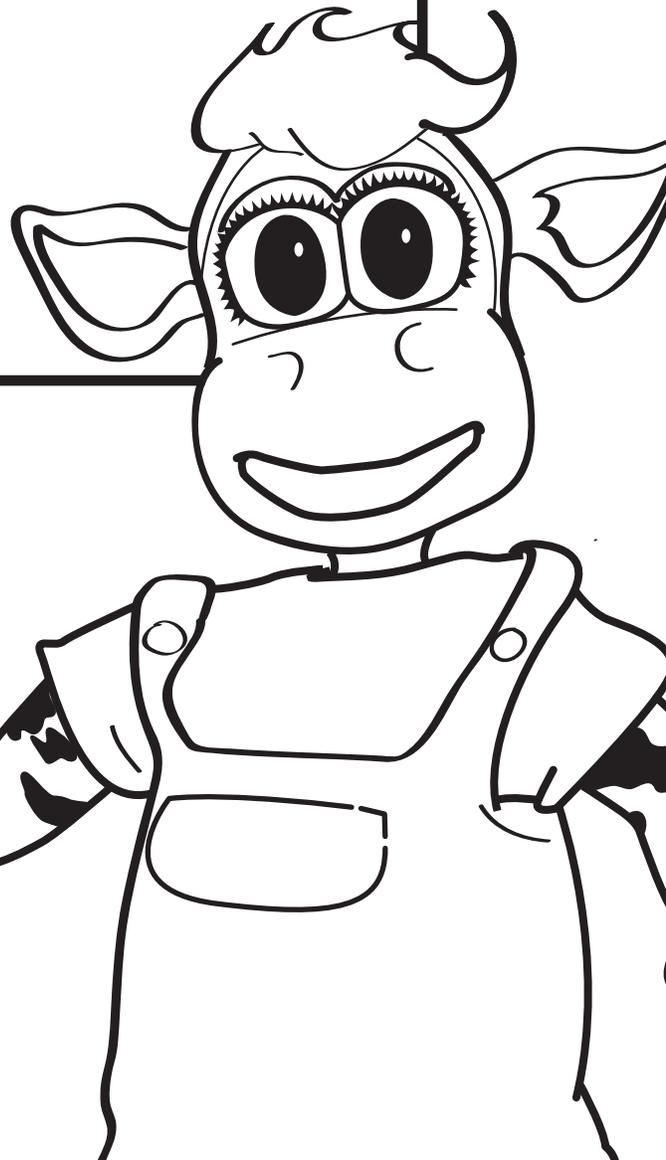


FLORIDA DAIRY FARMERS' FUN BOOK

This Book Belongs to:



A large, empty rectangular box with a curved top edge, intended for writing a name. The box is outlined in black and is currently blank.



**FLORIDA
DAIRY
FARMERS**

Florida Dairy Farmers
166 Lookout Place, Suite 100
Maitland, FL 32751-4496
407-647-8899 800-516-4443

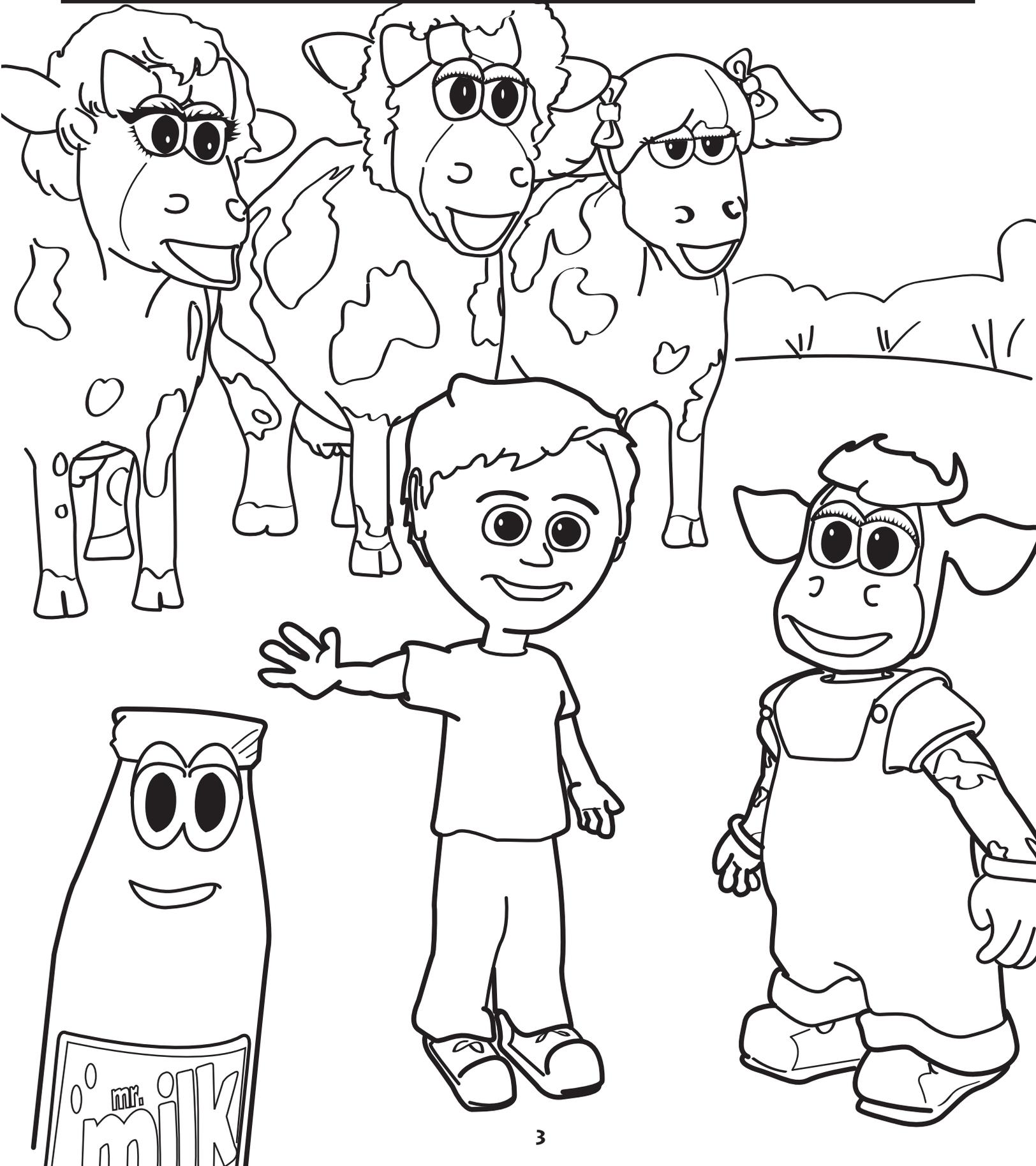
floridamilk.com

HAVE YOU SEEN SUNNYBELL & THE FLORIDA DAIRY "MOO"SICAL?

Ask your parents to go to floridamilk.com/sunnybell so you can enjoy the video together!



SUNNYBELL is a little calf who wants to have an important role on her dairy farm. With the help of the Holstein Sisters, a talking milk bottle and a little boy named Clyde, she learns all about dairy farming in Florida.



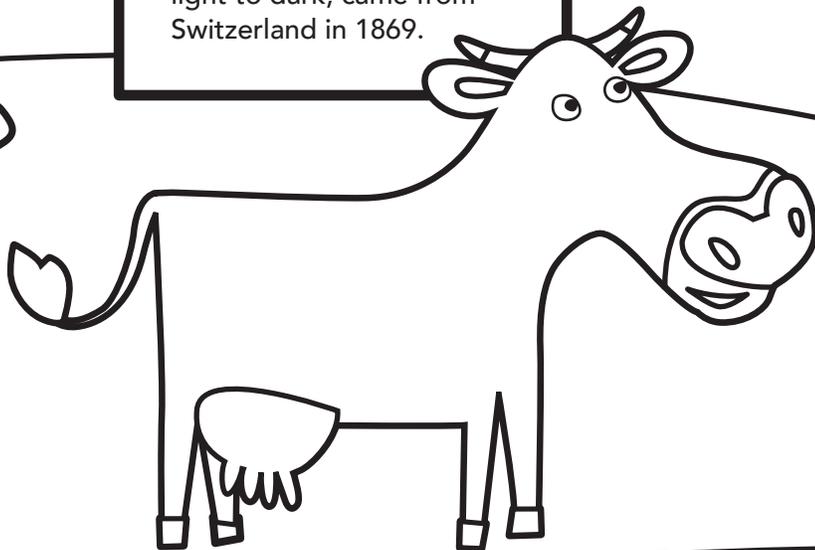
FLORIDA DAIRY BREEDS

Milk comes from dairy cows. In Florida, 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?

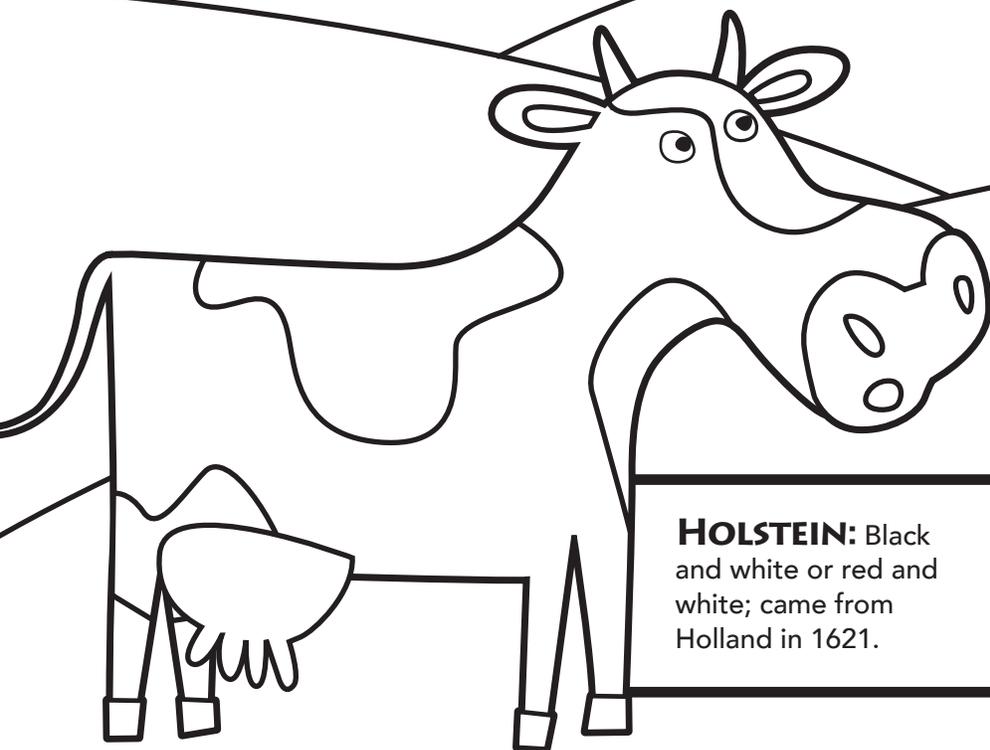
JERSEY: Tan color with black nose and feet; came to the U.S. from the British Channel Isle of Jersey in the 1950s.



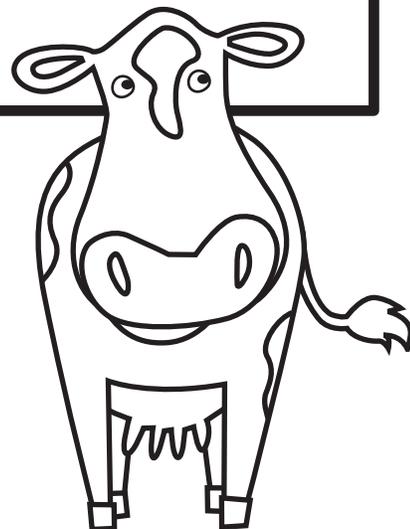
BROWN SWISS: Solid brown, varying from very light to dark; came from Switzerland in 1869.



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.





COW FEED PYRAMID

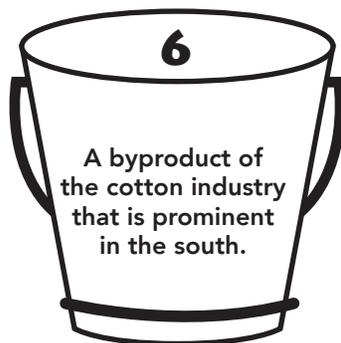
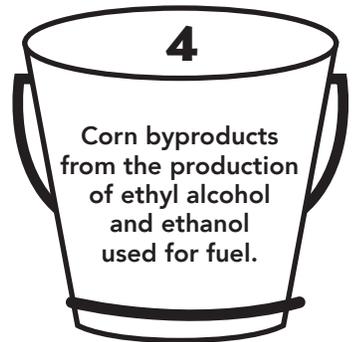
DID YOU KNOW

that dairy cows – like humans – have a food guide pyramid? Our bodies work best when our diets include the various food groups, such as dairy, fruits, vegetables, meat and grains. Cows need a balanced diet to keep their bodies healthy, too. In order to make milk, dairy cows need to eat sources of protein, energy and fiber. Their bodies convert these foods (called “feed”) into the delicious and nutritious milk that helps you grow big and strong.

Dairy farmers use many byproducts from other agriculture industries that otherwise would go to waste because they cannot be consumed by humans. For example, Florida leads the nation in orange juice production. Dairy farmers use the peels and pulp from this process as feed and the cows simply love the taste. Farmers also recycle cow manure so that gardeners and other farmers can use it as fertilizer to help their plants grow.

Can you help Farmer Fred fill his feed buckets? Below are the main items that Fred feeds his cows. Look at the clues and see if you can put the name of each cow feed on the correct bucket. Fred’s feed choices are:

SOYBEAN MEAL
WHOLE COTTONSEED
CITRUS PULP
WHOLE SHELL CORN
HOMINY
WHEAT MIDLINGS
COTTONSEED HULLS
DISTILLERS 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 Florida: _____
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 Florida: _____
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. _____.

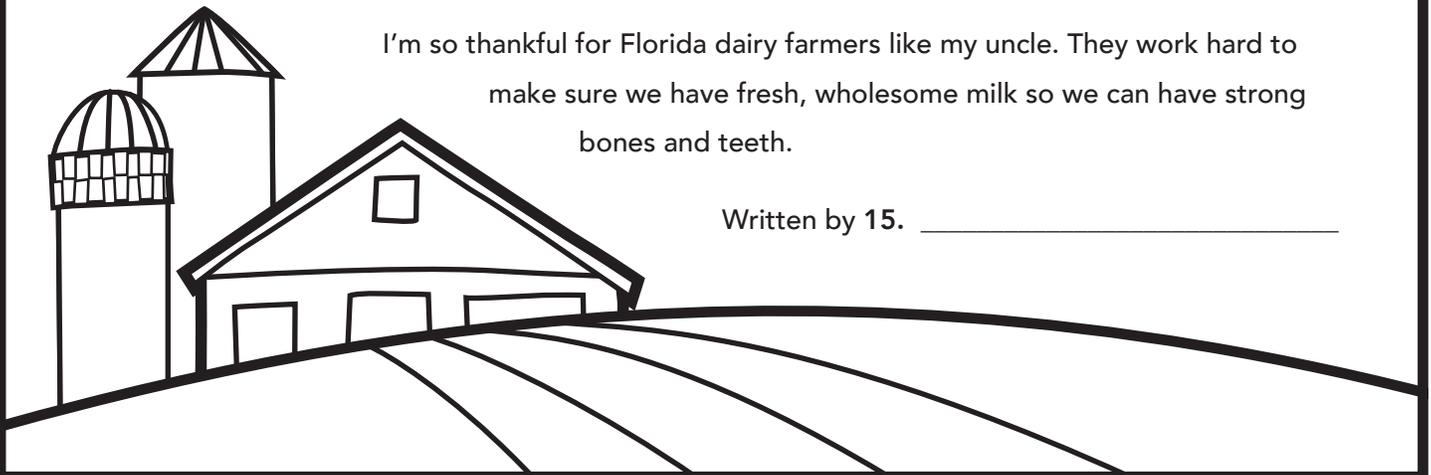
When we got there, I was amazed at how 5. _____ the place was. My uncle took us on a tour of the whole farm. Can you believe he has more than 6. _____ acres of land and 7. _____ cows? Some were 8. _____ and some were 9. _____.

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!

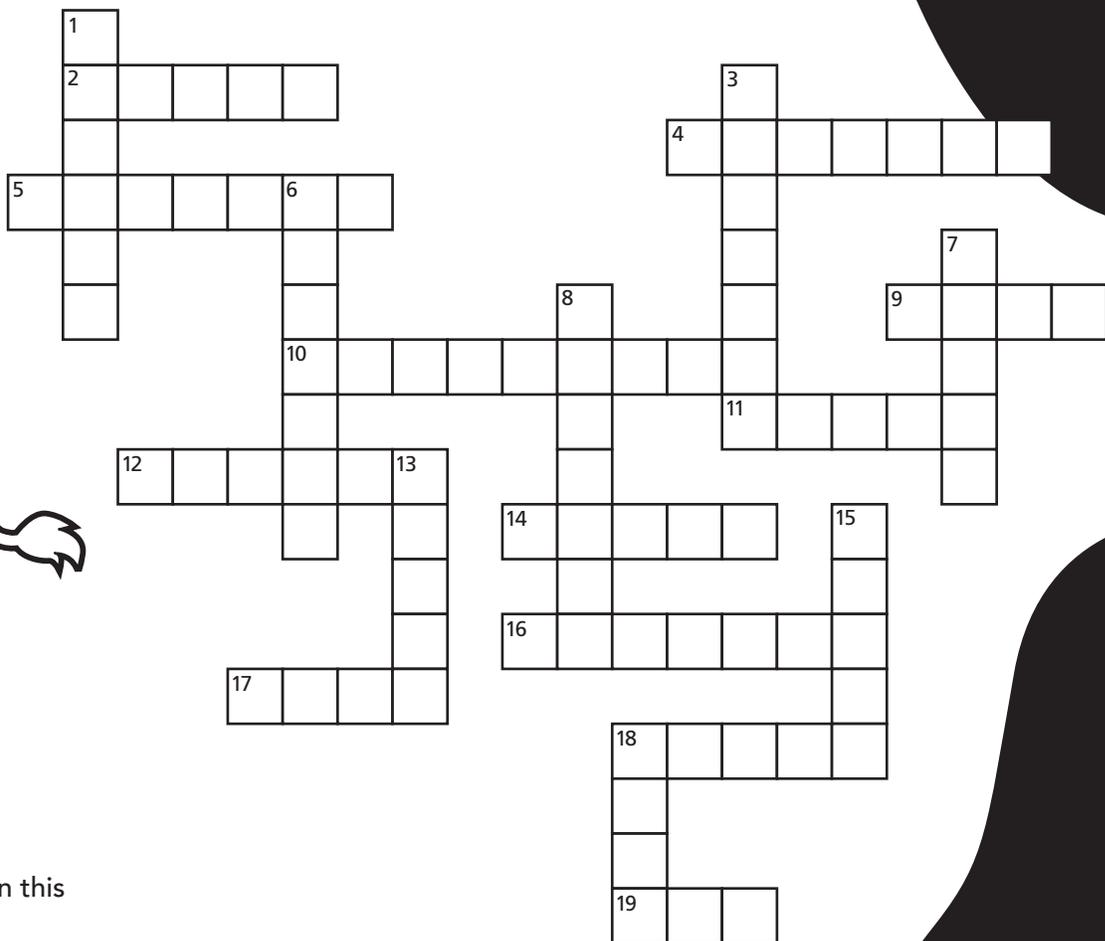
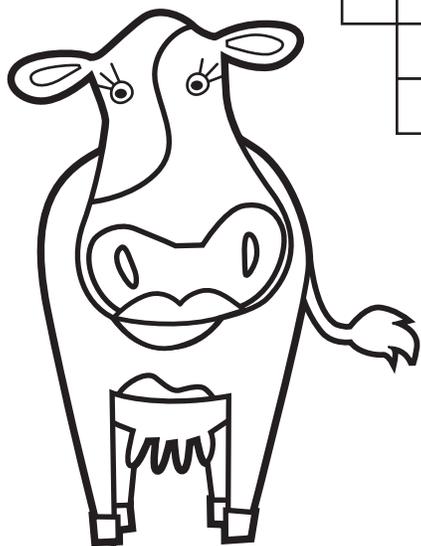
My uncle told me that after he gets milk from all of the cows, he drives it to a place in 13. _____ where they test the milk to make sure it's safe for us to drink. Then the milk is sent to stores like 14. _____.

I'm so thankful for Florida 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. _____



COW PUZZLER



ACROSS:

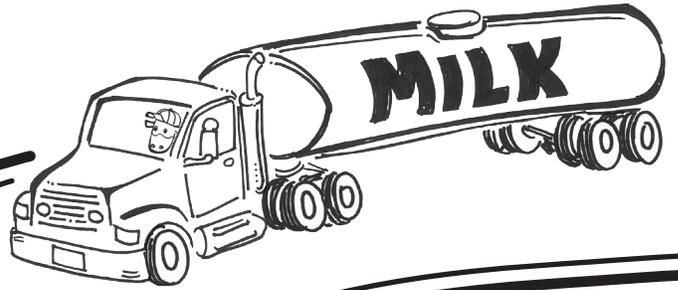
2. A cow stores her milk in this
4. Famous milk slogan
5. A cow's _____ has four compartments to digest food
9. A baby cow
10. The most popular flavor of milk
11. Cold milk drink
12. This dairy food comes in a cup
14. About one-fifth of all U.S. cheese is used to make _____
16. America's favorite ice cream flavor
17. This month is Dairy Month
18. 'Holey' cheese
19. Cow talk

DOWN:

1. Tastes great on corn
3. Milk goes well with this snack
6. Milk mineral that keeps bones strong
7. Milk is approximately 97 percent this
8. Southeast's largest dairy state
13. Get _____ servings of dairy every day
15. Cows graze on _____
18. Non-fat milk is also called

EATING

Cows eat grass, chopped corn, hay, and other feed rations. A cow will spend about 90 pounds of feed per day.



MECHANICAL MILKING:

Once a cow is ready to be milked, her udder is disinfected. A milking machine with an effect similar to a baby sucking its thumb gently removes her milk.



STORE BOUND:

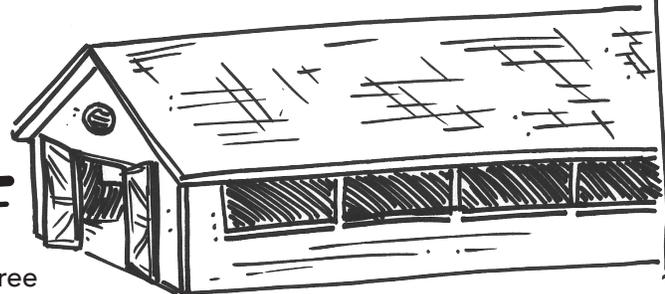
The milk is packaged and remains cold on its trip to the store. It can be in your refrigerator as quickly as two days after it leaves the farm.

DAIRY



FILL 'ER UP:

Cows are milked two to three times a day. The average cow produces 60 pounds of milk a day, roughly enough to fill seven gallons.



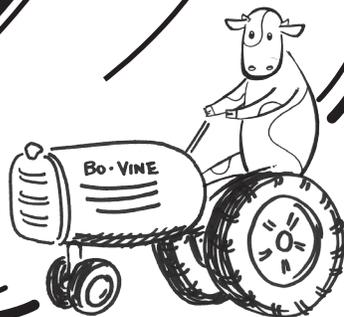
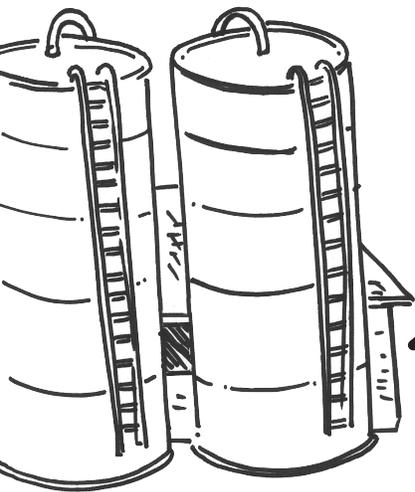
EATING WELL:

...trus pulp, cottonseed and mixed feed
...at six hours a day eating about
...s of feed!

PASTEURIZATION PROCESS:

Pasteurization involves briefly heating the milk to kill any harmful bacteria. The milk also is homogenized to adjust fat content levels (2 percent, 1 percent, skim).

LAND



QUICK CHILL:
When milk leaves the cow, it is 101 degrees, but it is quickly chilled to 40 degrees. The milk is never touched by human hands.



WHERE IT ALL STARTS:
Cows usually give birth around two years of age. A baby cow, called a calf, is born after nine months.



KEEP ON MILKING:

Female cows are milked for ten months after giving birth. Then they rest for two months before starting the process of giving birth again.



Milk supplies calcium and other nutrients to help you stay healthy. Drink 3 to 4 glasses every day for a strong and hard-working body.



CALCIUM:
Builds strong bones and teeth

PHOSPHOROUS:
Generates energy in cells and strengthens bones

WATER:
Maintains body temperature and carries nutrients and oxygen to cells

NIACIN AND RIBOFLAVIN:
Help cells produce energy

CARBOHYDRATES:
Produce energy to fuel your muscles

VITAMIN A:
Assists with normal vision

PROTEIN:
Grows and builds muscles and other tissues

POTASSIUM:
Helps your muscles move and contract and keeps blood pressure in balance

VITAMIN D:
Absorbs and deposits calcium and phosphorous in your bones and teeth

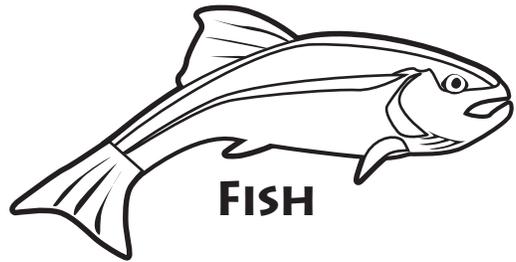
VITAMIN B-12:
Produces red blood cells



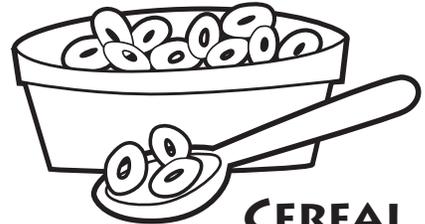
HEALTHY CHOICES FOR MYPLATE

Check out these healthy choices for eating and growing strong!

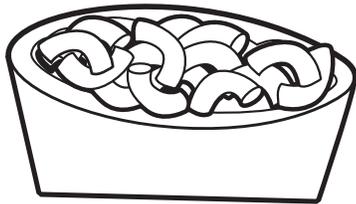
- Use yellow to color 6 foods from the grain group.
- Use green to color 2 vegetables.
- Use red to color 3 fruits.
- Use blue to color 3 dairy foods.
- Use brown to color 2 foods from the meat group.



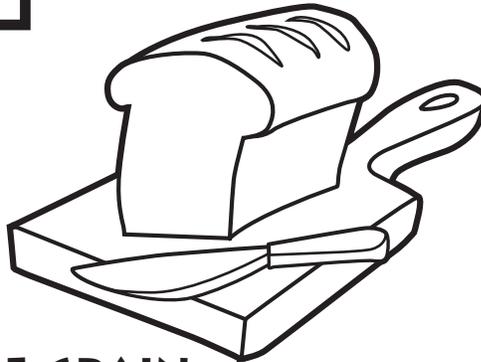
FISH



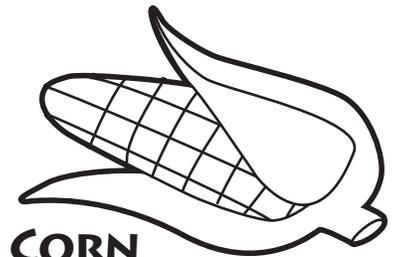
CEREAL



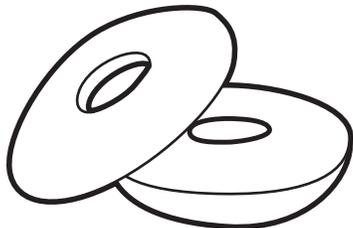
PASTA



WHOLE-GRAIN BREAD



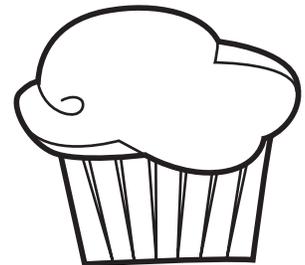
CORN



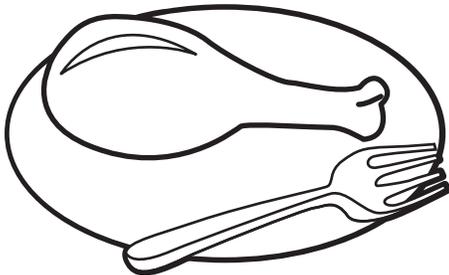
BAGEL



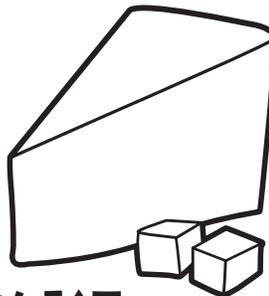
CARROTS



LOW-FAT MUFFIN



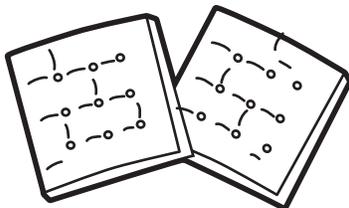
CHICKEN



LOW-FAT CHEESE



GRAPES



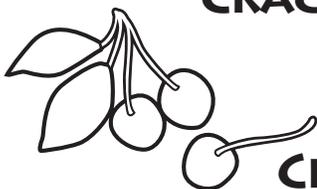
CRACKERS



APPLES



YOGURT

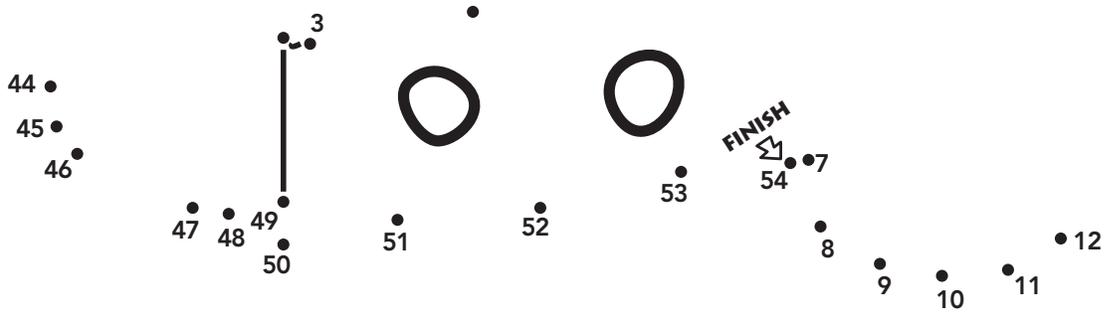
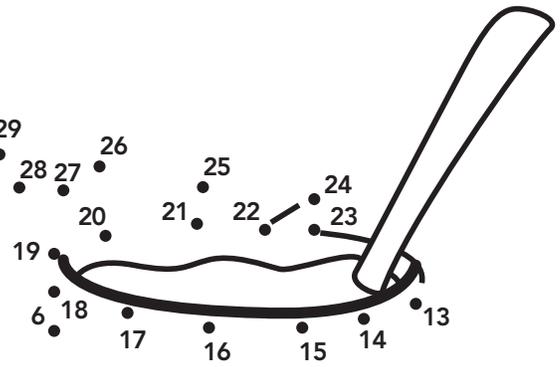
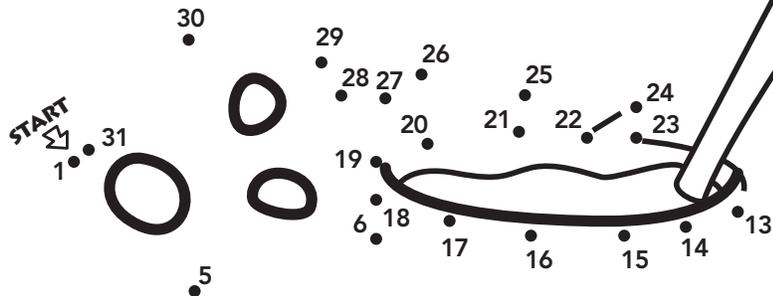
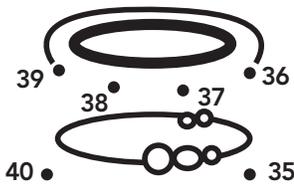
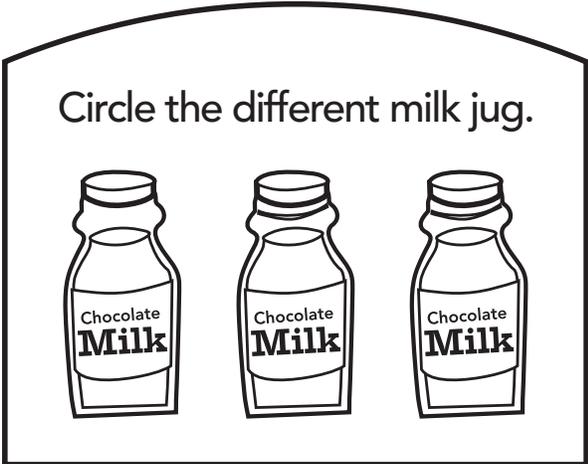


CHERRIES



CONNECT THE DOTS

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



FLAVORED MILK

tastes great and is good for you, with the same important nutrients as white milk. Your favorite low-fat flavor might be chocolate, strawberry or vanilla. Find all the chocolate milk bottles and color them brown. Color the strawberry bottles pink. Color the vanilla bottles yellow.



YOGURT

is a great tasting dairy food made from milk and often flavored with fruit. It's fun and easy to eat right out of the package. Unscramble the letters below to find some popular yogurt flavors.

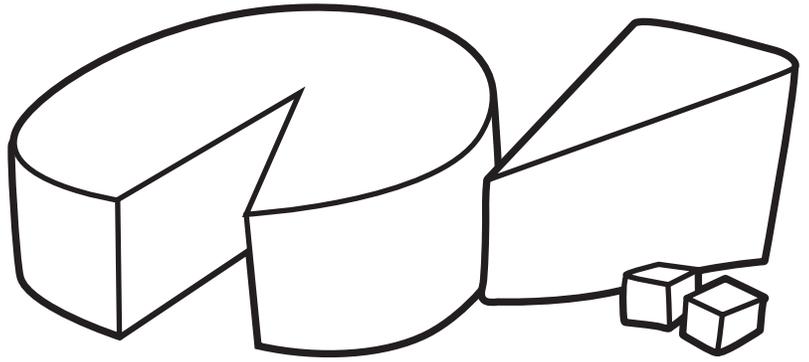


- RBYUELEB _____
- RYHERC _____
- YTRRWABRSE _____
- HAPCE _____
- NABNAA _____
- CIPTOAR _____
- EPRYASRBR _____
- WIIK RBTWASRYRE _____
- GEARON GAMNO _____

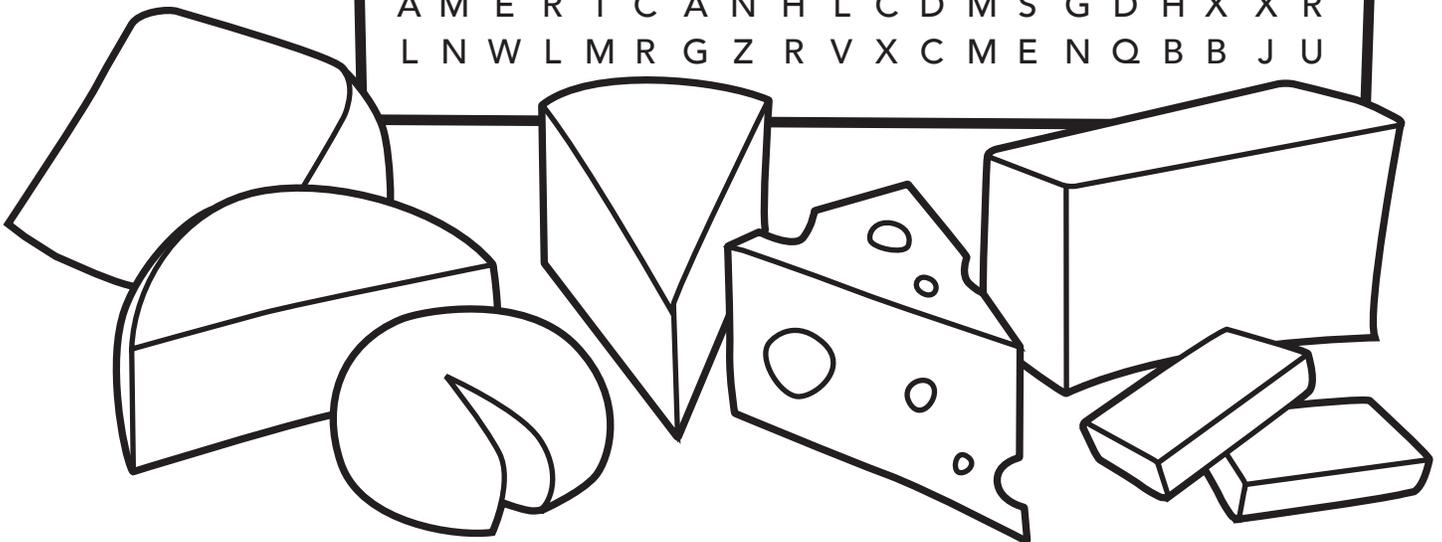
CHEESE

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

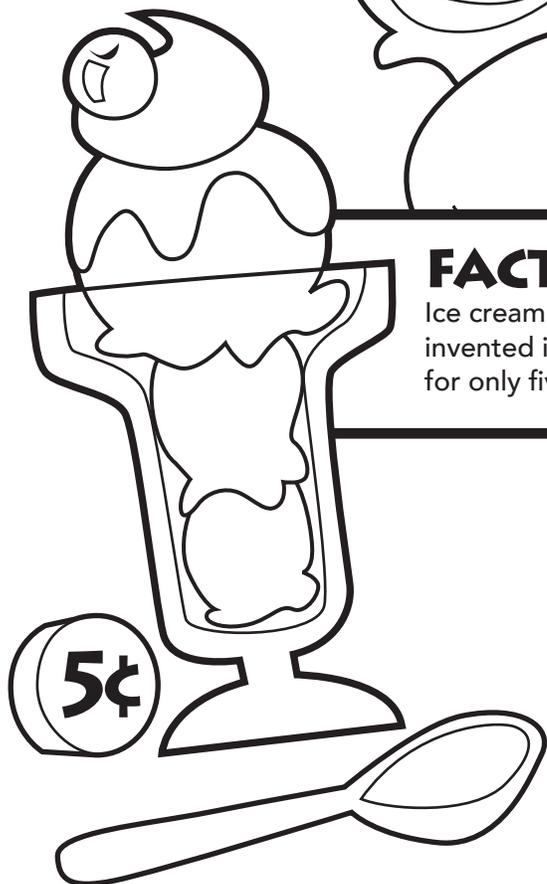


ICE CREAM

Ice cream is a fun food to eat for a special treat. Ice cream is made from sweet cream and fresh milk. It comes in many flavors, but vanilla is America's favorite.

What's your favorite flavor of ice cream?

What's your favorite topping for an ice cream sundae?



FACT:

Ice cream sundaes were invented in 1881 and sold for only five cents!

A MOUNTAIN OF ICE CREAM!

Count and color the scoops of ice cream on Ice Cream Mountain. Be sure to number each scoop to help you count. How many did you count?

SOLUTIONS

PAGE 5

1. citrus pulp
2. hominy
3. soybean meal
4. distillers grains
5. wheat middlings
6. whole cottonseed
7. whole shell corn
8. cottonseed hulls

PAGE 7



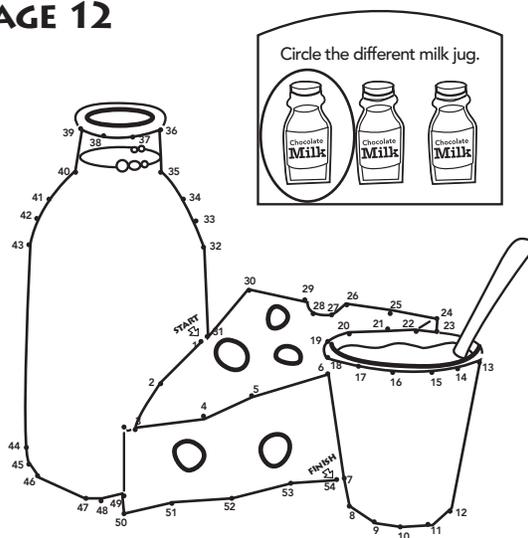
PAGE 11

- Milk (blue)
- Fish (brown)
- Cereal (yellow)
- Pasta (yellow)
- Whole-grain bread (yellow)
- Corn (green)
- Bagel (yellow)
- Carrots (green)
- Low-fat muffin (yellow)
- Chicken (brown)
- Low-fat cheese (blue)
- Grapes (red)
- Crackers (yellow)
- Strawberries (red)
- Apples (red)
- Yogurt (blue)

PAGE 13

- RBRYUELEB (blueberry)
- RYHERC (cherry)
- YTRRWABRSE (strawberry)
- HAPCE (peach)
- NABNAA (banana)
- CIPTOAR (apricot)
- EPRYASRBR (raspberry)
- WIIK RBTWASRYRE (kiwi strawberry)
- GEARON GAMNO (orange mango)

PAGE 12



PAGE 14

