# Water Wise

## Dear Educator,

Water and milk are important partners in dairy farming; in fact, milk is 90 percent water. Only about 1 percent of the Earth's fresh water is suitable for human, plant, and animal use, so conserving water in dairy farming is as important a goal for farmers as it should be for your students and their families — because we all share the same local watershed, whether we live in a rural, suburban, or urban community.

This free educational program, created by the Dairy Council of Florida in cooperation with the curriculum specialists at Young Minds Inspired (YMI), uses standards-based activities that support the science and health curriculum to help students in grades 2-5 learn how local dairy farmers conserve water on their farms, and how they and their families can conserve water at home. The *Water Wise* curriculum also provides a chance to introduce students to Florida industry.

We hope that you will share these materials with other teachers in your school. Although the materials are copyrighted, you may make as many copies as needed for educational purposes. Please comment online at ymiclassroom.com/feedback-fdf to provide feedback. We look forward to hearing from you.

Sincerely,

Michele Cooper, CEO,
Florida Dairy Farmers

Dr. Dominic Kinsley
Editor in Chief
Young Minds Inspired

For questions, contact us toll-free at 1-800-859-8005 or by email at feedback@ymiclassroom.com.

Dairy Council of Florida

Adapted from a program developed by American Dairy Association North East

## Target Audience

Elementary school students in grades 2-5 and their parents or guardians

## Program Objectives

- Help students learn about water conservation practices employed in modern dairy farming
- Encourage students and families to learn more about actions they can take to conserve water at home
- Remind students how milk's nutrition supports healthy growth and development
- Introduce students to Florida's dairy industry

## Program Components

- This one-page teacher's guide
- Three reproducible activity sheets
- A colorful classroom wall poster

## How to Use This Program

Photocopy the teacher's guide and activity sheets before displaying the poster. Schedule the activities and have students take their sheets home to share with a parent or guardian. Display the poster prominently and refer to it often, especially in helping students complete Activity 2. To review program alignment with Florida standards (FL NGSSS), visit ymiclassroom.com/fdf.

## Activity 1 Water: Going With the Flow

**Part 1:** Help students read and interpret the flow chart before completing the sentences. Ask students to think about and discuss how dairy farmers reduce water waste on a farm. ***Answers:*** 1. by flushing wastewater down the aisle; 2. cows drinking water; sanitizing/cleaning equipment; 3. separator; 4. recycled for cow bedding; used to fertilize the fields. (Answers for questions 1, 3, and 4 are found on the poster under Re-use and Recycle.)

**Part 2:** Remind students that, although they can't really "see" the watershed, it is a crucial resource in every community, and everyone has a responsibility to protect it. Have students unscramble the words that describe ways in which dairy farmers protect the watershed. ***Answers:*** 1. aquifer; 2. riparian buffers; 3. low/no-till farming. Have students complete 3-2-1 after they finish Part 2. Ask them to write down 3 ways farmers protect the watershed, 2 important facts about the watershed, and 1 question they have about the watershed.

## Activity 2 Water: Managing the Flow

**Part 1:** Call on student volunteers to help set up this class experiment on the water cycle before distributing the activity sheets. You will need a one-gallon zip-close bag, blue food coloring, a 6-8 oz. plastic cup, water, a permanent marker, and construction or blank paper for student posters.

Use the permanent marker to draw a "sun" in the upper right corner of the bag, a few "clouds" below it, and the "ocean" at the bottom. Add 1-2 drops of food coloring to a cup of water in the bag and close it tightly, then secure it with tape to a bright window and observe it for a few days.

As the sun heats the water, some water droplets will collect near the "clouds" (evaporation), while others will fall to the "ocean" as precipitation. In nature, the evaporated water would escape into the atmosphere, but in the bag it can only condense and continue to "rain" down, as in the water cycle.

Distribute the activity sheets and have students work independently or in small groups to label and define the processes in the illustration. Point out the visual "clues" in the image to help students label the process. Ask students how the image helps them to better understand the process. ***Answers:*** 1. Condensation; 2. Precipitation; 3. Transpiration; 4. Evaporation

**Part 2:** Direct students to first use the poster as a reference to learn how dairy farmers conserve water. In addition to the practices listed, dairy farmers also protect aquifers, create riparian buffers, and use low/no-till farming methods.

Have students refer to the tips on the poster, under *What You Can Do*, for ideas on how to conserve water at home, and share ideas in a class discussion. Then have student partners create posters illustrating different water conservation actions. Display student work in the classroom as an ongoing call to action for water conservation.

## Activity 3 Water: Supporting Dairy Nutrition

Distribute the activity sheets and review directions aloud with students. Students may work independently or in small groups to determine the answers: **Part 1:** 1. C-87; 2. A-10; 3. B-65.
**Part 2: Calcium:** 23%, cross out B;
**Vitamin D:** 15%, cross out C;
**Phosphorus:** 20%, cross out A;
**Riboflavin:** 31%, cross out C;
**Protein:** 16%, cross out C;
**Vitamin B-12:** 50%, cross out A;
**Pantothenic Acid:** 19%, cross out B;
**Vitamin A:** 15%, cross out C;
**Niacin:** 10%, cross out B.

## Resources

- ymiclassroom.com/fdf
- Undeniably Dairy: www.usdairy.com/news-articles/ask-a-dairy-farmer-how-do-farmers-reuse-water

Activity 1

Reproducible Master

# Water: Going With the Flow

America's dairy farmers work hard to reduce the amount of water needed to produce a glass of milk. They have many ways to conserve the water used on a dairy farm.

**Part 1:** Look at this water flow diagram and read the poster. Then put on your dairy farmer's thinking cap to answer the questions below.

## Water Flow on the Dairy Farm

Fresh water is utilized for cows to drink and to sanitize and clean equipment like milk storage tanks.

Wastewater is used to flush manure and excess sand bedding.

Wastewater is separated into solids and nutrient-rich water.

Sand is washed and recycled to be used as bedding again.

Nutrient-rich water is used to fertilize and irrigate crops.

**1.** How do dairy farmers clean their barns? _____

_____

**2.** Name two ways fresh water is utilized on the dairy farm: _____

_____ and _____

**3.** Water that contains manure goes to a _____

**4.** The separator allows solids to be _____ and liquids to be _____

Dairy farmers use self-refilling bowl and trough systems so their cows always have fresh water whenever they want, minimizing waste!

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**Part 2:** A watershed is the area where fresh water flows from higher elevations into a common body of water, such as a river, stream, lake, or aquifer. When water and soil are contaminated, pollutants travel throughout the entire watershed. Unscramble these words to learn how dairy farmers help protect the watershed for all of us.

**1. arfquie** ___q___ ___ ___ ___r

A body of permeable rock which can contain or transmit groundwater.

**2. riparian fsfrbue** ___ ___f___ ___ ___s

Created by planting trees, shrubs, and other plants in areas next to water sources, these protect the water from pollution run-off while providing habitat for wildlife. The word *riparian* means "relating to river banks."

**3. owl/on-litl farming**

___ ___w/ ___o-___ ___l___

A method of planting crops that does not require digging deeply into the soil, if at all. Crops are planted in between remains of past plantings. This practice helps increase the amount of water that enters the soil.

Local milk is available 365 days a year.

Dairy Council of Florida

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Activity 2

Reproducible Master

# Water: Managing the Flow

**Part 1:** Recycling water is an important part of the dairy farmer's water management strategy. Dairy farmers — and all of us — have help from Earth's water cycle, a natural recycling process you saw demonstrated in class.

Use the word bank below to label each stage of the water cycle. Then write definitions for each word on the lines provided. You can use a dictionary or the Internet to find definitions.

## Water Cycle Word Bank

Condensation: _____

_____

Precipitation: _____

_____

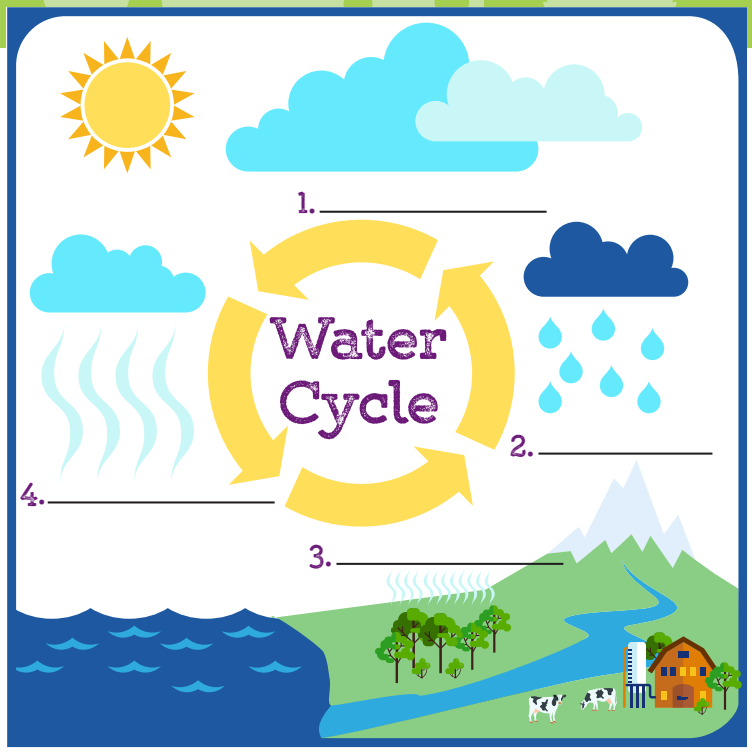
Transpiration: _____

_____

Evaporation: _____

_____

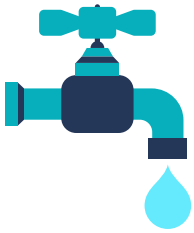
_____




Write a caption for this image using the Water Cycle Word Bank terms:

_____

_____



**Part 2:** Everyone has a role to play in protecting the watershed and conserving water. Dairy farmers are doing their part. Are you doing yours? Look at the poster to find ways that dairy farmers manage water use. Then use this space to list some ways that you and your family can practice water conservation at home.

## How My Family Can Conserve Water

_____

_____

_____

_____

_____

_____

_____

**Now work with a classmate to create a poster that illustrates one of the water conservation actions you listed.**

## Get water wise!

**Visit www.watercalculator.org with your parents to help your family calculate your average monthly water usage and create a family plan for saving water!**

Local milk is available 365 days a year.

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Activity 3

Reproducible Master

# Water: Supporting Dairy Nutrition

**Part 1:** Cows need fresh water every day to produce nutritious milk for you to enjoy. Fill in the correct number below to complete each sentence and learn more.

A. 10 B. 65 C. 87

1. Cow's milk is _____ percent water.
2. Dairy cows in Florida can produce up to _____ gallons of milk per day.
3. Over the past 60 years dairy farmers have reduced the amount of water used to produce each gallon of milk by _____ percent.

Did you know that milk contains a unique combination of 9 essential nutrients that your body requires for good health? Milk is a top choice for great nutrition as part of an overall healthy diet!

**Part 2:** Milk is full of amazing nutrients your body needs to grow strong and healthy. Just compare the nutrients in fat-free milk with the nutrients in fruit punch. In this chart, the "% Daily Value" columns tell you what percentage of your daily requirement for each nutrient is provided by an 8-oz. serving of that beverage. For example, an 8-oz. serving of fat-free milk provides 16 percent of the total amount of protein you need *each day*. Use your math skills to calculate the difference in "% Daily Value" for each nutrient listed in the chart, and write your answers in the blank spaces.

Do you know what milk's nutrients do for you? Review the benefits listed next to each nutrient. Two are correct. Cross out the incorrect one.

Use evidence from the chart to make a claim about which drink is healthier and why.

For more resources, refer to the Milk...More Than a Mustache poster at www.floridamilk.com/_resources/pdf/educational-materials/milk-more-than-mustache.pdf.

| | % Daily Value | | Difference in % of Daily Value | | | |
|---|---|---|---|---|---|---|
| Nutrients | Fat-Free Milk | Fruit Punch | | Benefits for Your Body | | |
| **Calcium** | 25% | 2% | _____ | A. strong bones | B. more energy | C. strong teeth |
| **Vitamin D** | 15% | 0% | _____ | A. strong teeth | B. strong bones | C. better digestion |
| **Phosphorus** | 20% | 0% | _____ | A. improves hearing | B. strong bones and teeth | C. supports tissue growth |
| **Riboflavin** | 35% | 4% | _____ | A. helps turn fats into fuel | B. helps turn protein into fuel | C. improves hearing |
| **Protein** | 16% | 0% | _____ | A. builds muscle tissue | B. repairs muscle tissue | C. improves sleep |
| **Vitamin B-12** | 50% | 0% | _____ | A. sharper vision | B. healthy nervous system | C. helps blood function |
| **Pantothenic Acid** | 20% | 1% | _____ | A. helps turn carbohydrates into fuel | B. helps turn minerals into fuel | C. helps turn fats into fuel |
| **Vitamin A** | 15% | 0% | _____ | A. healthy eyes | B. healthy skin | C. reduces stomach aches |
| **Niacin** | 10% | 0% | _____ | A. used for energy metabolism | B. builds strong muscles | C. helps keep body energized |

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