

# Dairy Cow MAD LIBS

## A M-O-O-O-O-VING STORY ABOUT MILK

### DIRECTIONS:

1. Answer the questions below.
2. Use the words from this page to fill in the story on the following page.

NOTE: NO peeking at the story before you answer these questions!

Name a type of truck

\_\_\_\_\_

A

Favorite variety of cheese

\_\_\_\_\_

B

Your best friend's name

\_\_\_\_\_

C

Favorite animal

\_\_\_\_\_

D

Favorite sport

\_\_\_\_\_

E

Name a material that is very hard

\_\_\_\_\_

F

Favorite Holiday

\_\_\_\_\_

G

The type of milk that you usually drink

\_\_\_\_\_

H

Favorite song

\_\_\_\_\_

I

The month of your birthday

\_\_\_\_\_

J

The town where you live

\_\_\_\_\_

K

Favorite color

\_\_\_\_\_

L



## A M-O-O-O-O-VING STORY ABOUT MILK

While cruising along in my \_\_\_\_\_  
A  
\_\_\_\_\_, I suddenly came across a \_\_\_\_\_  
B L  
cow. Right beside  
her was a \_\_\_\_\_, singing \_\_\_\_\_  
D I  
as loudly  
as he could. When the \_\_\_\_\_  
D  
saw me, he stopped, stared at me for a  
moment, and asked me what I was carrying in my \_\_\_\_\_  
A.

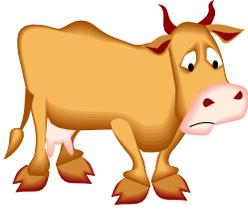
I replied, "I have a load of dairy products that I'm delivering to \_\_\_\_\_, just  
K  
in time for the \_\_\_\_\_  
G  
celebration. Did you know that those folks always  
celebrate \_\_\_\_\_ in \_\_\_\_\_?"  
G J

The cow, who introduced herself as \_\_\_\_\_,  
C  
\_\_\_\_\_ milk, yogurt and cheese in my truck. She asked me if I knew why  
H  
dairy products were important for good health.

The \_\_\_\_\_  
D  
interrupted, anxious to tell me that dairy foods have a lot of  
calcium, a nutrient that makes bones as strong as \_\_\_\_\_.  
F

\_\_\_\_\_  
C  
agreed and also mentioned that you need strong bones to do your  
best at \_\_\_\_\_.  
E

After a snack of crackers, grapes and \_\_\_\_\_,  
B  
I said goodbye and  
rushed along on my way to \_\_\_\_\_,  
K  
delivering my goods just in time for  
\_\_\_\_\_.  
G



## Cow Calculations

Cows provide milk that can be made into butter, ice cream, yogurt, cheese and other tasty treats.

Finish these math problems to learn more about the amazing contributions of cows.

1. If the average cow produces 90 glasses of milk each day. If you have 3 cows, how many glasses of milk will you get each day? \_\_\_\_\_
2. A dairy cow needs to eat about 50 pounds of grains and hay each day. How many pounds of food will 5 cows eat in a day? \_\_\_\_\_
3. The average cow can produce about 10 gallons of milk per day. If a cow is milked every day, how many gallons will it produce in one week?  
\_\_\_\_\_
4. It takes almost 1.5 gallons of milk to make 1 gallon of ice cream. If you have 6 gallons of milk, how many gallons of ice cream can you make?  
\_\_\_\_\_
5. The average cow drinks 30 gallons of water each day. How much water would you need for 3 cows for one day? \_\_\_\_\_
6. The average American should drink 3 glasses of milk every day. How many glasses is that per week?

### Bonus Question

7. A cow can be milked in 5 minutes, but it must be milked twice a day. If 6 cows can be milked at a time, how many cows can be milked in 10 minutes?  
\_\_\_\_\_

# Fun Activities

## Visit a Local Farm

This field trip is a great way for your students to visit a working farm. Prior to the field trip, discuss what is raised or grown at the farm you will be visiting. Have students brainstorm the types of food they may see in their grocery store that are bi-products of this kind of farm. (For example, a dairy farm produces milk. The milk can be turned into cheese, yogurt, ice cream and cottage cheese.) During the visit, ask the farmer to show students each of the steps that are performed before sending out the product. Also, have the farmer show students the work that is done just to maintain the farm. After returning to school, have students write thank-you notes to the farmer that mention what they liked best about their visit. It's a fun way to introduce your students to life on a farm, as well as teach them about the sources of favorite foods.

## Farm Food Memory Match

Students will love reviewing food sources with this fun, educational game. Using cardstock, make 10 food cards by writing the name of a food on each card and 10 farm cards by writing a food source on each card. You can use some of the pairs found in the Farm Food Match-Up reproducible. Lay each of the cards, blank side up, on the table. Students take turns trying to find a food and its matching source by flipping two cards over. The winner is the player with the most pairs.

## Explore the Food Guide

This activity is a wonderful way to introduce the process that food goes through from farm to table. Divide students into groups according to the Food Guide. Using the front of this chart as an example, show the class the steps that are used to produce milk. Then ask each group to make their own chart showing the process that one food item goes through before being sold in the local store. Invite students to use pictures from magazines or their own drawings to illustrate their charts. Have each group present their charts to the class and then hang them throughout the classroom. These charts will be decorative learning tools that not only teach students about food sources but also reinforce the food groups found in the Food Guide.

### Answer Key

#### Cow Calculations:

300 glasses; 550 pounds; 35 gallons; 2 gallons; 90 gallons; 21 glasses; 9 million; Bonus: 12 cows

#### Farm Food Match-Up:

Peanut butter – peanuts; spaghetti sauce – tomatoes; bread – wheat; applesauce – apples; bacon – pigs; French fries – potatoes; raisins – grapes; eggs – chickens; sugar – sugar beets/sugarcane; hamburger – cows

# Farm Food Match-Up

Milk isn't the only food that comes from a farm.

Match these favorite foods with their farm sources.

## FAVORITE FOODS

- \_\_\_ peanut butter
- \_\_\_ spaghetti sauce
- \_\_\_ bread
- \_\_\_ applesauce
- \_\_\_ bacon
- \_\_\_ French fries
- \_\_\_ raisins
- \_\_\_ eggs
- \_\_\_ sugar
- \_\_\_ hamburger

## FARM SOURCE

- A. pigs
- B. grapes
- C. cows
- D. peanuts
- E. potatoes
- F. wheat
- G. sugar beets/sugarcane
- H. apples
- I. chickens
- J. tomatoes



# Recipes

## Banana Smoothie

### Ingredients:

- 1 banana
- $\frac{3}{4}$  cup low-fat milk
- $\frac{1}{2}$  cup low-fat vanilla yogurt
- $\frac{1}{4}$  cup orange juice



### Directions:

Place ingredients in blender. Blend until smooth and creamy. Serve chilled  
Makes 2 cups

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## Rock 'n Roll Ice Cream

Try this simple recipe to make your own home made ice cream!

1. In an empty and clean 1-pound coffee can, mix 1 pint of half & half with  $\frac{1}{2}$  cup sugar. Add a little vanilla or fruit if you like.
2. Place the lid on the can, secure it with duct tape, and then place it inside of an empty and clean 3-pound coffee can.
3. Pack ice around the small can. Then sprinkle about 2 tablespoons of rock salt on the ice. Finally, fill the rest of the can with ice.
4. Place the lid on the large can. Secure the lid with duct tape so it doesn't fall off.
5. Sit on the floor with some friends and roll the large can to each other. You may want to put a tarp on the floor for this. After about 10 minutes of rolling your can, you will have made ice cream in the small can!
6. Remove the small can and rinse it with water BEFORE opening. If you don't, you may end up with salt in your ice cream.
7. Enjoy!

