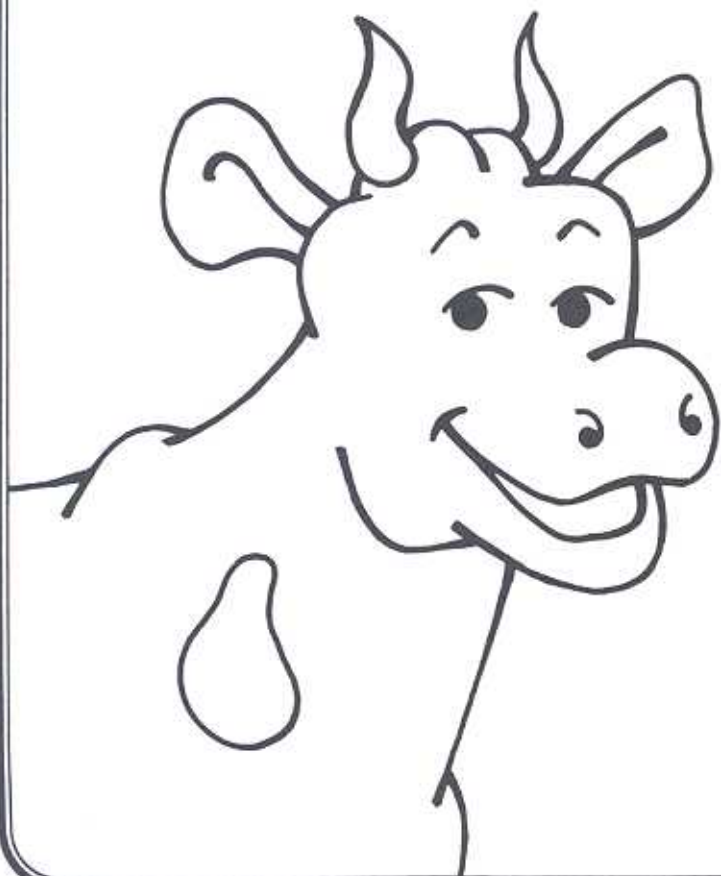


# HOW WE GET OUR MILK

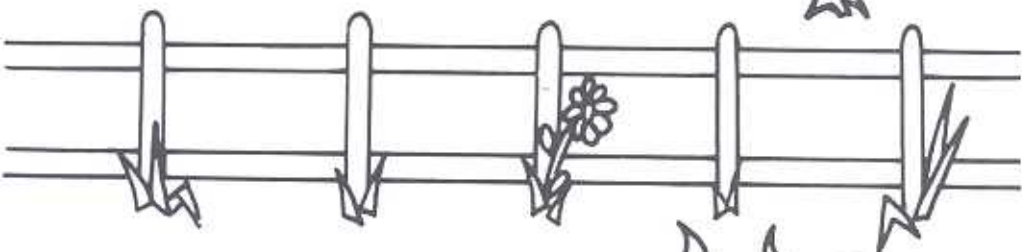
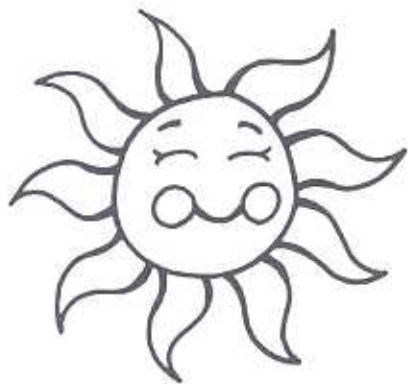
## Coloring Book



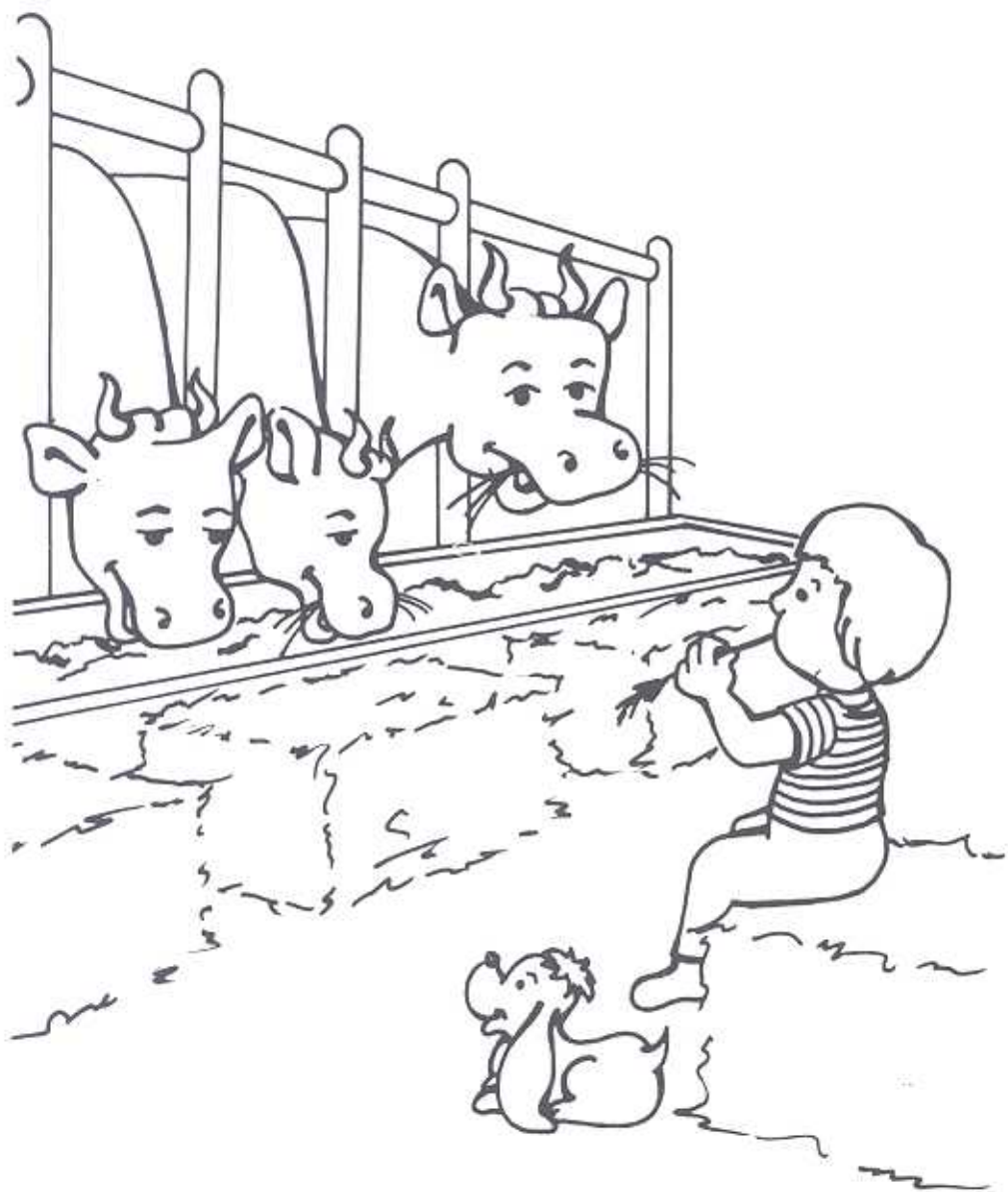
Have you  
ever wondered  
how milk is made?



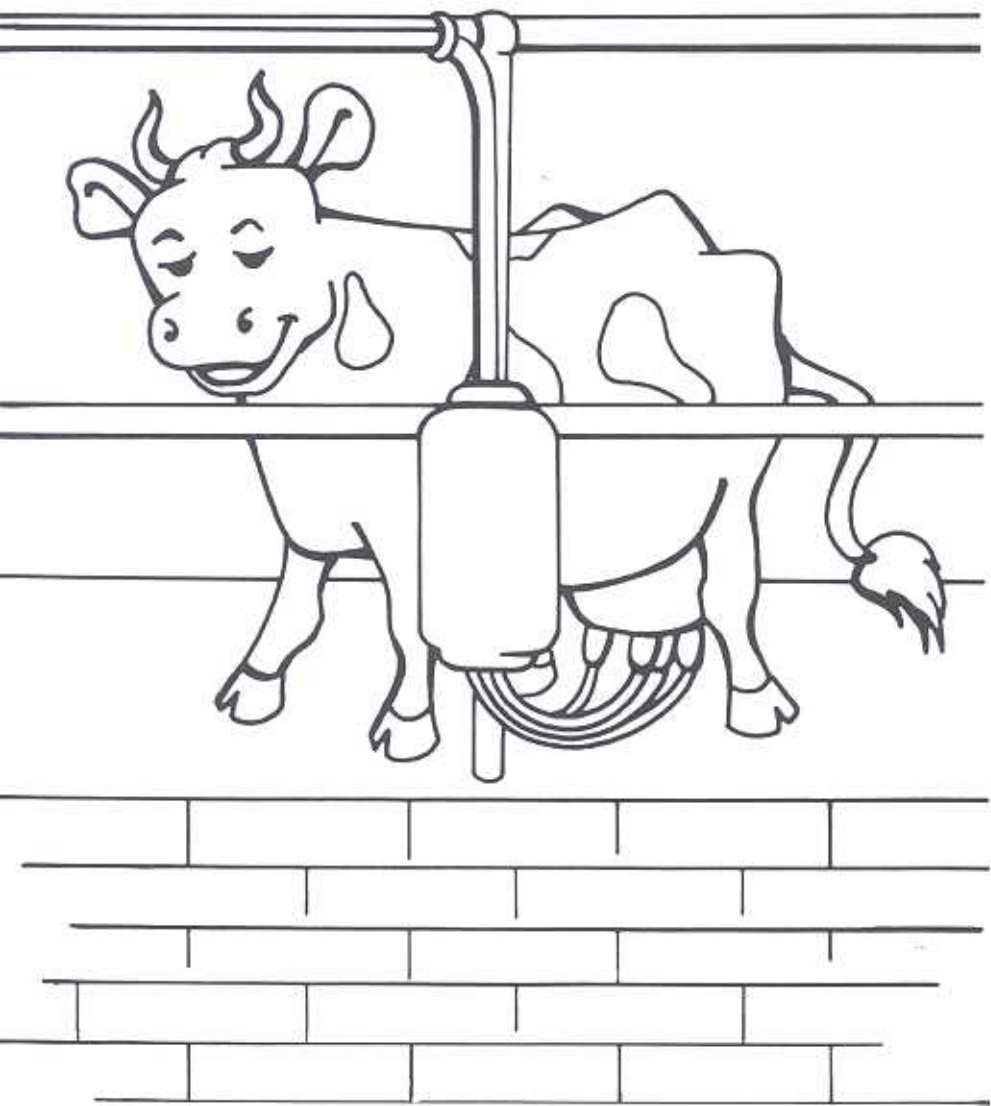
Meet the dairy cow-  
"a milk maker."



Cows turn hay, grain,  
and water into milk.



Cows are milked by machines.  
The milk then goes through  
pipes to a cold storage tank.



A big tank truck collects the milk from the farm and rushes it to a dairy plant in the city.

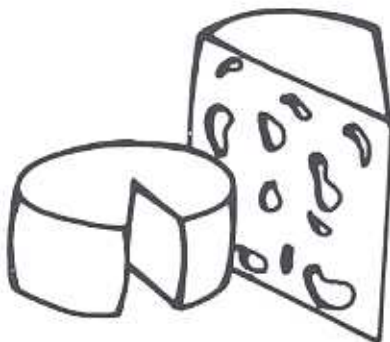
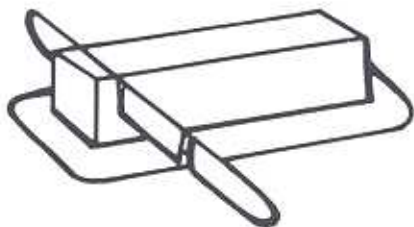


*Handwritten text:*  
The milk tanker truck

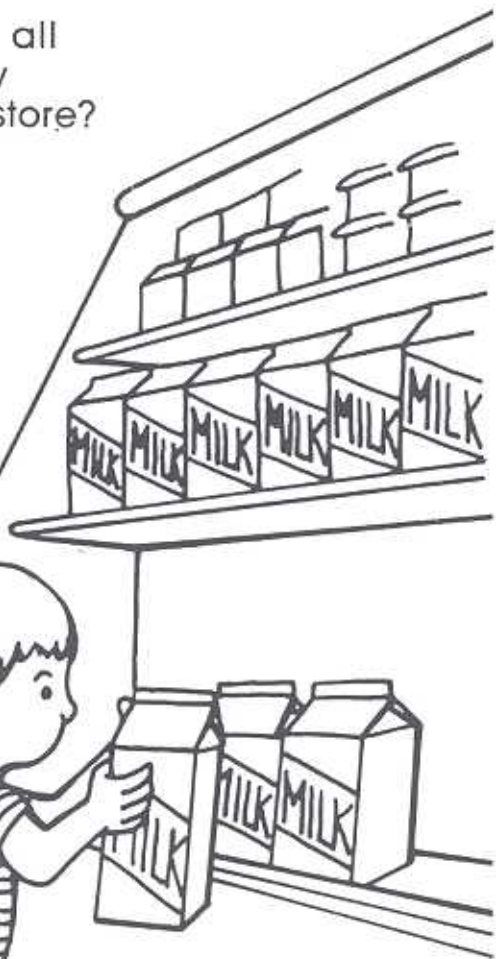
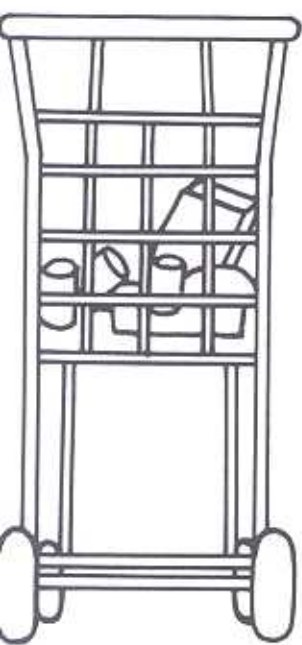
At the dairy plant the milk is pasteurized and packaged.



Milk is also used to make all these other good dairy foods.



Can you find milk and all these other good dairy foods in your grocery store?

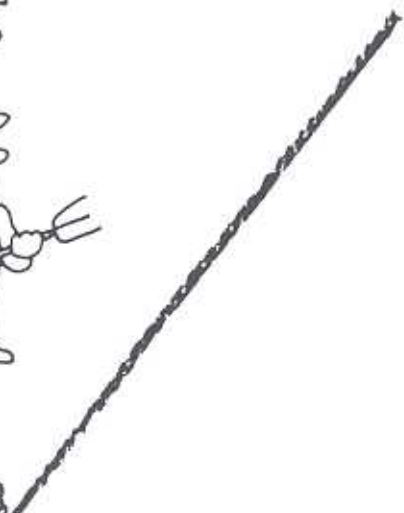
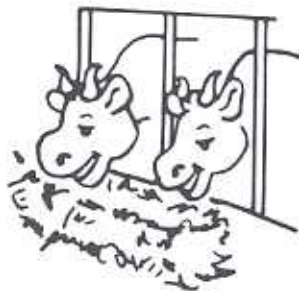
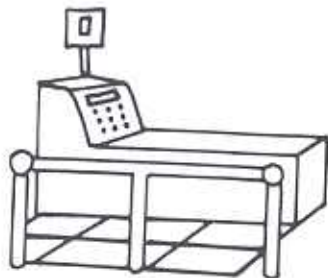
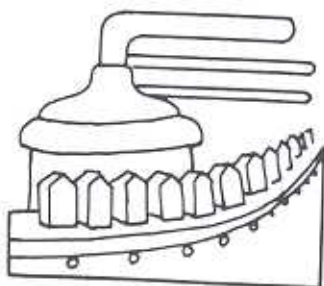


Mmmmmmmmm MILK!  
It tastes good and  
is good for you!



## HOW WE GET OUR MILK

Draw a line to connect  
the people  
with their jobs.



Dear Parent:

We are happy your child is learning about how milk is produced and processed.

Milk is one of the most nutritious foods you can serve your family. It contains **CALCIUM** for proper growth and maintenance of bones and teeth and **PROTEIN** for building and repairing body tissues. There are many other nutrients in milk and dairy foods which are essential for healthy active children and adults.

## HOW MUCH MILK DO YOU NEED DAILY?

CHILDREN - **3** OR MORE GLASSES

TEENAGERS - **4** OR MORE GLASSES

ADULTS - **2** OR MORE GLASSES

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