

ILLINOIS

# Junior Ag Mag

## Dairy is Udder-ly Amazing

Milk comes from dairy cows. Milk gives you calcium. We need calcium to have strong bones and teeth. Look inside for more about dairy.



## DELICIOUS DAIRY

Dairy is an important food group. Dairy includes milk and other foods made from milk. Some examples are butter, cheese, sour cream, yogurt, and ice cream. **Have you eaten any of these foods this week?**



## COW CARE

Dairy cows are raised in barns. They eat hay and a special mix of ground up corn and soybeans with other vitamins added. Dairy cows drink up to 50 gallons of water a day. That is an entire bathtub full of water!



## COW PARTS

This black and white cow is called a Holstein. Holsteins are the most common type of dairy cow.

### TAIL

*cows use their tails to swat flies*

### EARS

*cows' ears are big and can turn to listen for danger*

### HOOVES

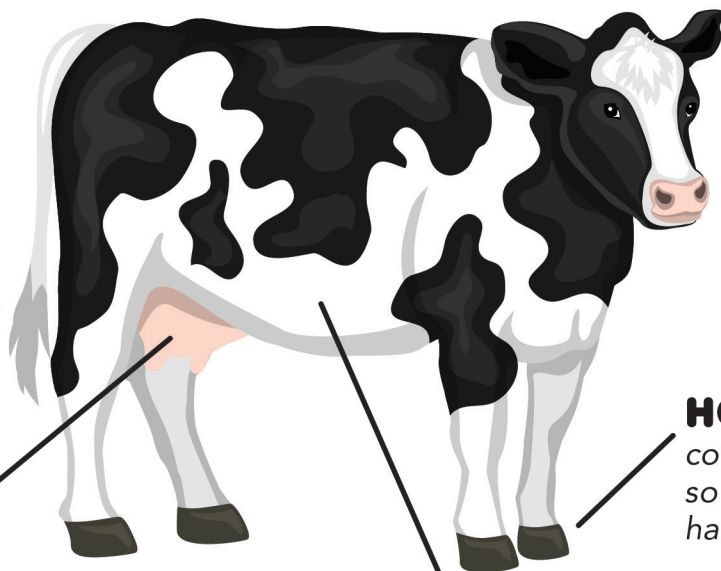
*cows have hooves so they can walk on hard ground*

### UDDER

*female cows have udders to make milk*

### STOMACH

*cows have a special four-part stomach*



## MILKING TIME

Only female cows make milk. Dairy cows are milked 2 or 3 times a day. Most dairy cows can make 8 gallons of milk a day. The part of the cow that makes milk is called the udder. **Have you ever milked a cow before?**



## TO THE STORE!

Milk is stored in big tanks on the farm. Then, special trucks haul the milk from the farm to the dairy plant. The truck keeps the milk cold, like a giant refrigerator on wheels. At the dairy plant, some of the milk gets put in bottles and the rest of the milk gets made into other types of dairy products.

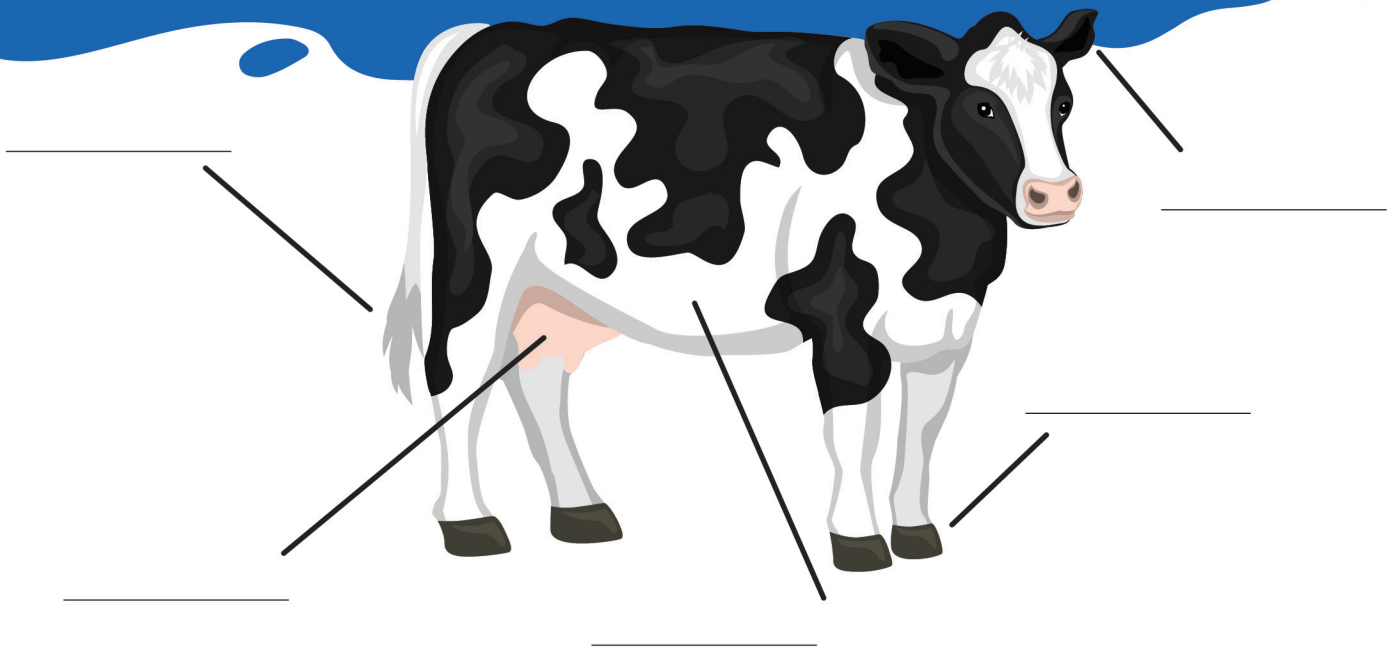
## MEET AN ILLINOIS DAIRY FARMER

Illinois has about 450 dairy farms. One of these farms is Lenkaitis Holsteins. Meet the dairy farmer: Sarah Lenkaitis. Sarah has about 90 dairy cows. Her dairy farm uses a robot machine to milk their cows. Sarah's dairy farm makes over 800 gallons of milk each day. That's enough milk to make about 267 gallons of ice cream!



# COW PARTS CHALLENGE

## LABEL THE PARTS OF A COW!



**UDDER • TAIL • EARS • HOOVES • STOMACH**

## FIND THE DAIRY

### CIRCLE WHICH FOODS BELOW COME FROM DAIRY.

