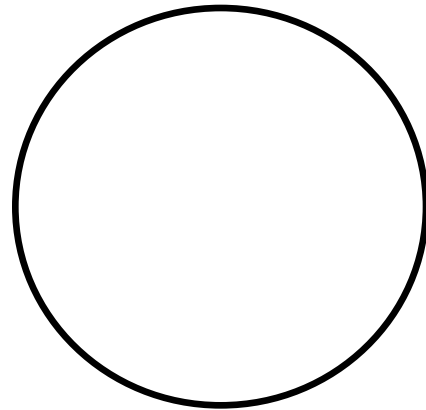


AG-VENTURE WITH DAIRY





Use the IAITC Dairy Ag Mag to help you work through this worksheet!

Read about 'Safety and Quality' with dairy farming. Choose one sub-heading and explain why that is a beneficial step in manufacturing milk for us as consumers!

A dairy cow consumes a lot of food per day! How many pounds of the different foods does a dairy cow eat? Using the diagram from the Dairy Ag Mag, draw and label a pie chart that shows a dairy cow's diet.



Use the nutrition label to answer the questions below!

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1. If the Fat-free Chocolate Milk has more calories than the Sports Drink and the Cola, how could it be a healthier option? Use evidence from the diagram to explain your answer.

2. Fats, or lipids, are a macromolecule that our bodies need for cell functioning. Knowing that, choose which milk, the Low-fat or Fat-free, is the healthier option. Use evidence from the diagram to explain your answer.

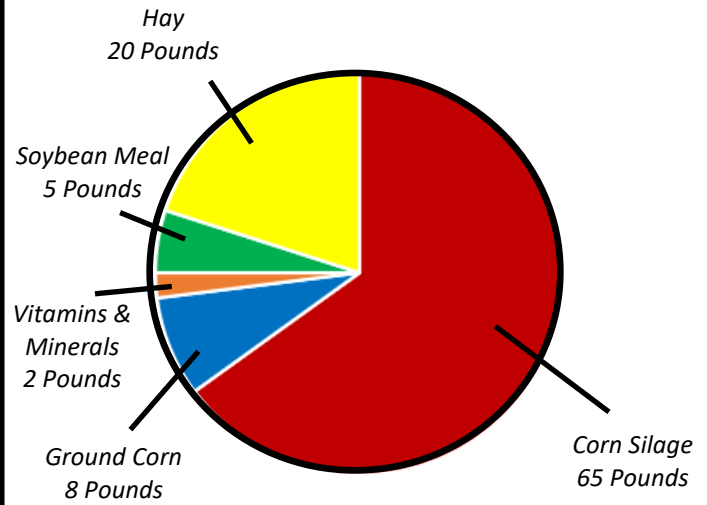
TEACHER RESOURCES

ANSWER KEY





Read about 'Safety and Quality' with dairy farming. Choose one sub-heading and explain why that is a beneficial step in manufacturing milk for us as consumers! Make sure to use evidence from the text to support your answer.

Answers will vary based on their chosen safety and quality step. All answers should focus on how the step ensures the safety of both the dairy cows and humans by preventing/decreasing the chances of bacteria growth, disease, and/or infections.

A dairy cow consumes a lot of food per day! How many pounds of the different foods does a dairy cow eat? Using the diagram from the Dairy Ag Mag, draw and label a pie chart that shows a dairy cow's diet.



Use the nutrition label to answer the questions below!

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1. If the Fat-free Chocolate Milk has the more calories than the Sports Drink and the Cola, how could it be a healthier option? Use evidence from the diagram to explain your answer.

The chocolate milk has less sugar added and also contains protein, calcium, and various vitamins that are good for your health.

2. Fats, or lipids, are macromolecules that our bodies need for cell functioning. Knowing that, choose which milk, the Low-fat or Fat-free, is the healthier option. Use evidence from the diagram to explain your answer.

The low-fat milk would be the healthier option between the two because it has some fats, which are good for our bodies, but also has no additional sugar added like the fat-free milk does.