



Filament

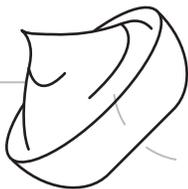
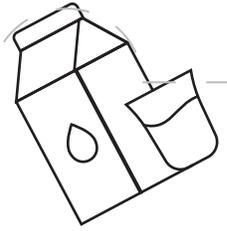
Activity Pages

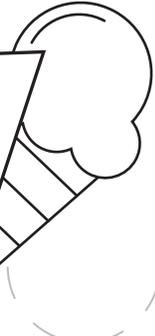
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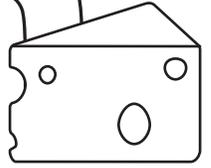
Jigsaw Puzzle

Color in the puzzle pieces below. Once you are finished coloring, ask an adult to help you cut out the pieces and then build your puzzle!

Celebrate

 June 

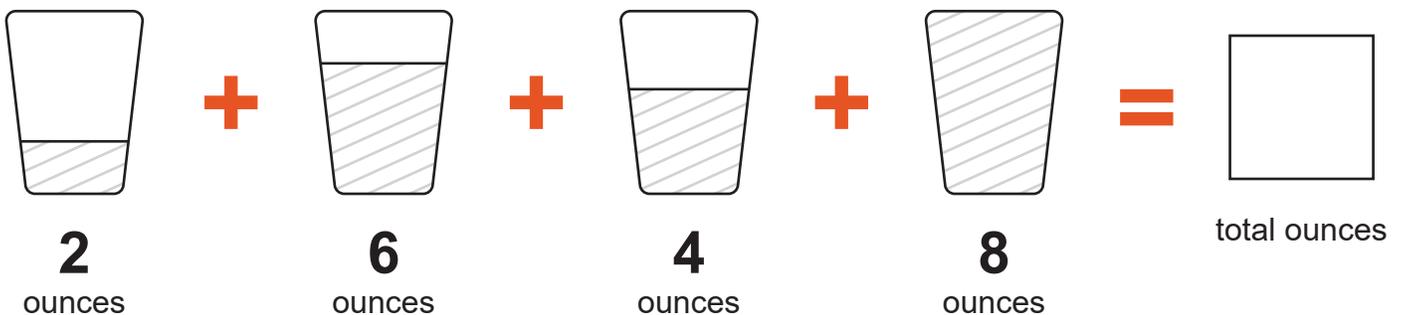
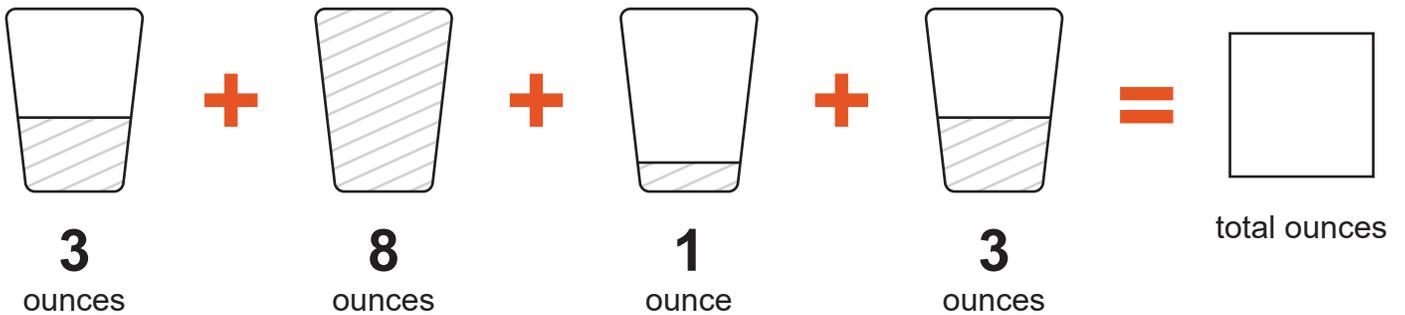
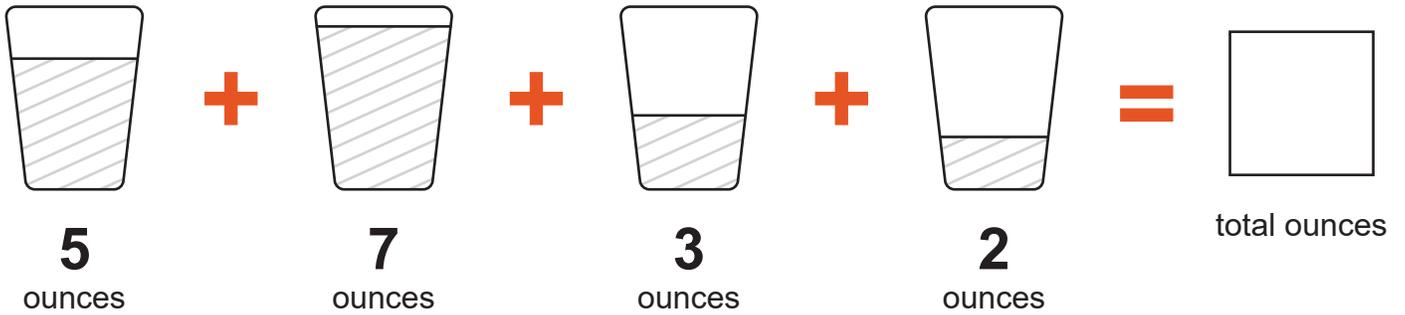
 Dairy 

 Month 

Milk Mathematics

Did you know the average dairy cow produces eight gallons of milk per day — that's over 100 glasses of milk! Add up each amount of milk in the cups below to find the total ounces in each row.

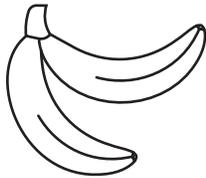
Source: Dairy Management Inc.



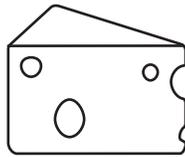
Answers:
17 ounces; 15 ounces; 20 ounces

Dairy Discovery

Lots of our favorite foods contain dairy — but not all of them! Color in only the foods containing dairy below.



banana



cheese



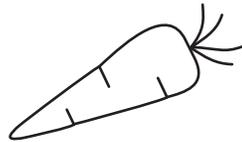
milk



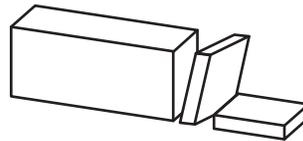
apple



yogurt



carrot



butter



candy cane



water



ice cream



sour cream



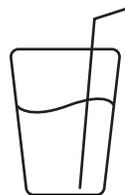
sesame seeds



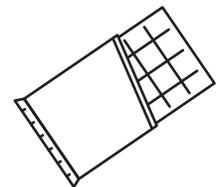
cottage cheese



peanut butter



orange juice



milk chocolate bar

Dairy Trivia

Time to test your dairy knowledge! Read each question below and circle the answer you think is correct. Check your answers at the bottom of the page and write your total number of correct answers in the box.

1. One serving of milk contains how many of the essential nutrients your body needs?

three | five | eight | thirteen

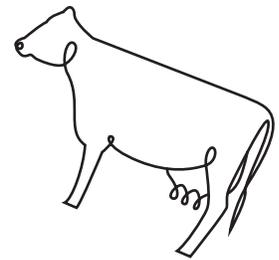
2. How many varieties of cheese are made in Wisconsin?

100 | 300 | 500 | over 600

number correct

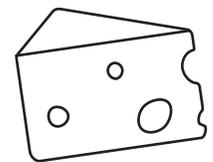
3. How many hours do dairy cows spend eating each day?

one | two | three | five



4. What is the most popular type of cheese in the United States?

cheddar | asiago | mozzarella | feta



5. How much does the average dairy cow weigh?

300 pounds | 600 pounds | 900 pounds | 1,200 pounds

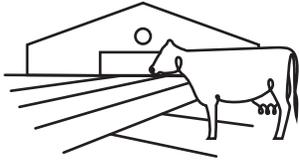
6. What is a great beverage to drink after a workout because it helps rehydrate and refuel muscles?

soda | chocolate milk | coffee | fruit juice

Answers:
1. thirteen
2. over 600
3. five
4. cheddar
5. 1,200 pounds
6. chocolate milk

From Farm to Fridge

Milk goes through quite the journey before you're able to dig in. Trace the dotted line below to see how milk travels from the farm to your fridge, and at the end of the route, draw your own house!

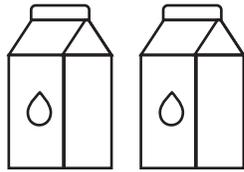


dairy farm

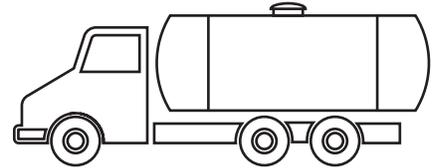
Did you know?

95% of Wisconsin dairy farms are family owned.

Source: Dairy Farmers of Wisconsin



processing plant

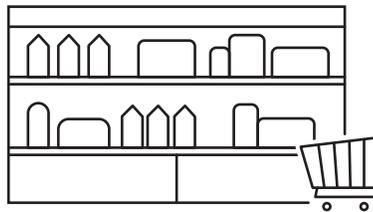


milk transport

Did you know?

Milk arrives at your local grocery store within 48 hours of leaving the farm.

Source: Dairy Management Inc.

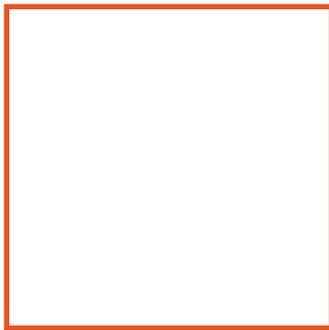


grocery store shelves

Did you know?

Milk contains protein, calcium, vitamin D and phosphorus — all essential nutrients for bone growth and development.

Source: Dairy Management Inc.

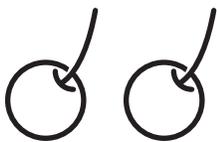
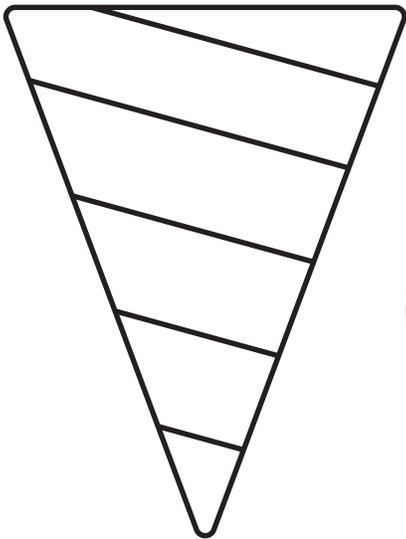


Delicious and nutritious milk for you to enjoy at home!

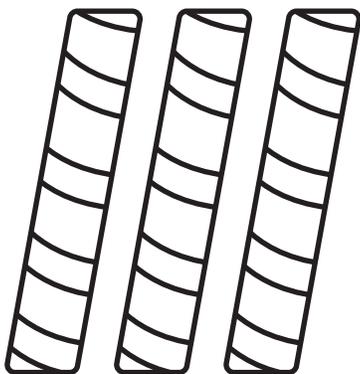
Ice Cream Creations

Color each part of your ice cream cone, have an adult cut out each piece, then stack your pieces together to create a paper ice cream cone! Just remember, you can't actually eat this one.

cone

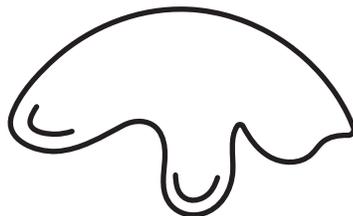
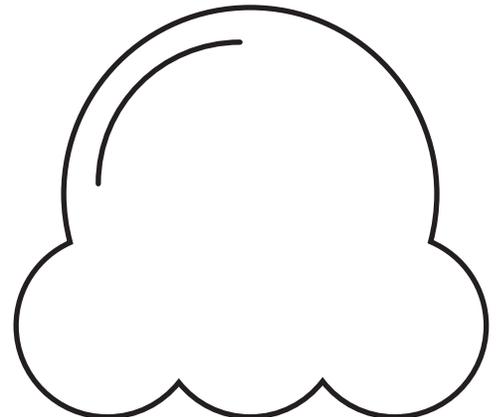
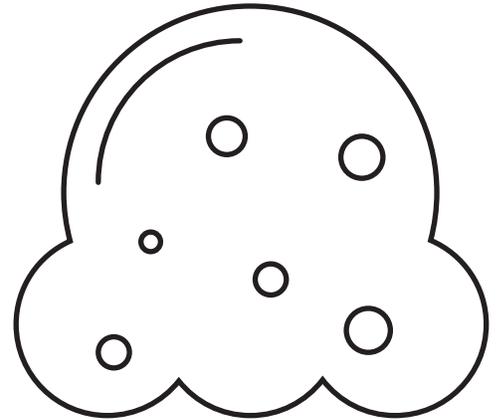
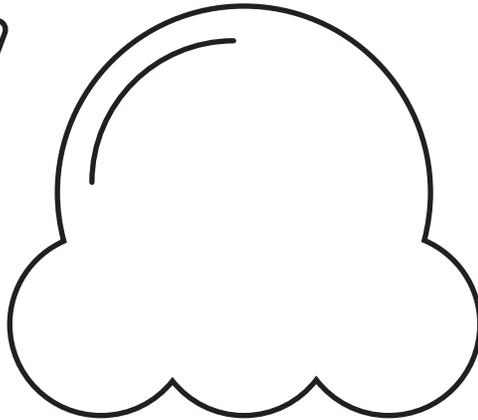


cherries



wafer straws

ice cream



chocolate syrup

Did you know?

The five most popular flavors of ice cream are vanilla, chocolate, cookies and cream, mint chocolate chip and chocolate chip cookie dough!

Source: Dairy Farmers of Wisconsin