

Color the black and white boxes below and learn about 3-a-day - milk, cheese, yogurt - for stronger bones

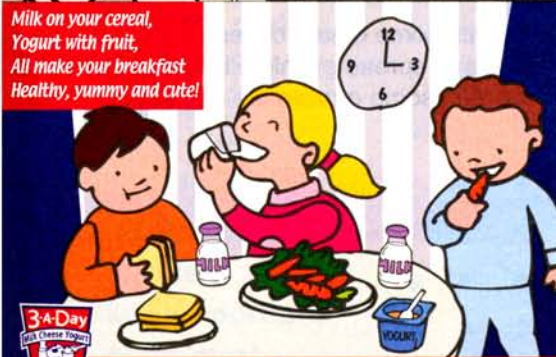
fun activities



Let's get 3 servings of dairy a day, They will help us run and play.



Just have some milk, yogurt, or cheese, At every meal, if you please.



Milk on your cereal, Yogurt with fruit, All make your breakfast Healthy, yummy and cute!

Make cheese sandwiches for lunch, snack on veggies with yogurt dip. Eating dairy in the afternoon will make you want to flip!



Snack on a cheese stick after school, melt cheese shreds over tacos for dinner. Save room for yogurt pops, for some dessert that's really a winner!

MOOO Math

Try your hand at some dairy math to find out the amount of land in an acre or the number of servings of dairy foods, milk, yogurt or cheese, that provide the calcium needed for growing bones. (Round up or down to the nearest whole number.)

1. You want to jog one mile by using one square acre where your favorite dairy cow is grazing on grass. How many times will you have to jog around the perimeter of the acre to equal one mile?

Helpful Facts:

1 acre = 43,560 square feet

Each side of the square acre is about 209 feet

1 mile = 5,280 feet

2. A cow can produce milk for about 300 of the 365 days in a year. She produces about 90 cups of milk per day. How many gallon jugs can that cow fill in a year?

3. Dairy farmers can milk a cow in 5 minutes or less with a milking machine. If a farmer has 6 milking machines going at the same time, how many cows can be milked in one hour?

4. There are nearly 10 million milk cows in the U.S. today and about 90% of them are of the black and white Holstein breed. How many U.S. cows are Holsteins?

5. One cup of milk, one cup of yogurt and 1 1/2 ounces of cheese are considered servings and one serving gives 300 milligrams of calcium. How many servings of dairy foods do we need to give us 1200 milligrams of calcium?



CREEPY CRAWLY BUG

Using cheese cubes or string cheese, raisins and pretzel sticks, create a creepy crawly bug.

Take a piece of cheese and stick pretzels in the sides as legs and antennas.

Answers to MOO Math: 1. 6 times 2. 1,688 gallon jugs in a year 3. 72 cows 4. 9 million cows 5. 4 servings of dairy foods