

Activity

1

# It's in the Process



**D**id you ever wonder how that glass of milk got to you? Sure, you know it comes from cows, but *how*? A lot of hard-working dairy farmers were part of the process. Learn about what happens once the milk leaves their farms.

**Part A:** Write the milk processing term in the second column of the chart next to the step it describes. Then number each step in the correct order in the third column.

## Milk Processing Terms

**Packaging   Separator   Homogenization   Pasteurization**

Milk Processing Step	Milk Processing Term	Correct Order
A. This process heats milk to a high temperature to kill any potentially harmful bacteria that might be present.		
B. This process breaks down fat so it stays suspended in the milk.		
C. Milk is packaged into bottles and cartons and delivered to your local grocery store.		
D. This machine helps remove the cream and then reblends the milk into skim, low fat, and whole milk.		

**Part B:** Milk is part of the **MyPlate** dairy group guidelines for healthy eating. Milk contains important nutrients your body needs to build strong bones and muscles and provide energy, like calcium, Vitamin D, and potassium. Other essential nutrients in milk are riboflavin, phosphorous, protein, Vitamin A, Vitamin B12, and zinc.



## Milk Nutrition By the Numbers

Draw a line from the fact to the correct number:

### Nutrition Facts

- Number of daily servings of milk or milk products recommended for kids ages 4-8
- Number of daily servings of milk or milk products recommended for kids ages 9 and older
- Amount of milk fat in whole milk
- Number of essential nutrients found in milk

### Nutrition Numbers

- 3 cups
- 9
- 3.25%, about the same as when it comes straight from the Holstein (black and white) cow!
- 2½ cups

**Parents!** Remember, whether it's whole, reduced-fat, or flavored, milk is an equal opportunity source for great nutrition for your child. The farmers of American Dairy Association North East (ADANE) are pleased to provide fresh quality milk and milk products to help you meet your family's dairy needs.

## There's Science in My Milk!

The process of pasteurization is named for



Louis Pasteur, a French scientist who discovered that harmful bacteria can be killed with heat. *Pasteurization* heats milk to a minimum

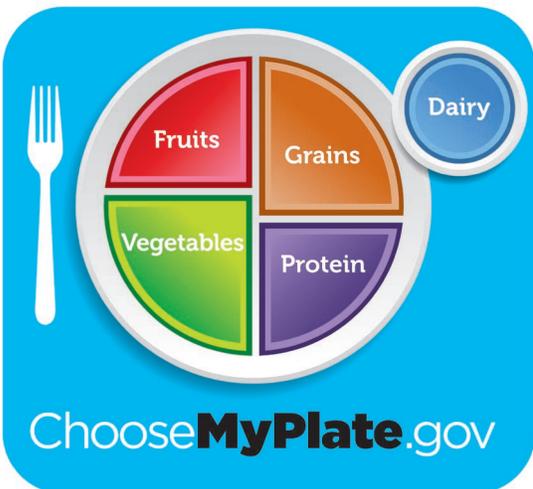
of 145° F for 30 minutes to kill any potentially harmful bacteria present. Pasteurization does not affect the nutrition or taste of milk — and it also helps to keep milk from spoiling too quickly!

# ASSIGNMENT 1: Mission Nutrition

Let's check out the fridge and the freezer! How many of your favorite foods do you see? Look at the MyPlate icon and identify the category each food belongs to by coloring or labeling the fruits in red, veggies in green, dairy products in blue, protein foods in purple, and grains in orange.

- ★ Which foods are your favorites? Put a star next to those.
- Which foods did you eat today? Draw a circle around those.
- ✕ Which foods should you limit? Mark those with an X.

Did you know that dairy foods are an important part of a healthy and nutritious diet? That's because dairy foods have vitamins and minerals that help you stay healthy. Pair every meal with a glass of fat-free or low-fat milk to make sure you get enough dairy every day!



Unscramble the scrambled word in each of the following sentences to learn more about how some of the vitamins in dairy foods help you stay healthy.

**Vitamin A:** Good for your **yees** \_\_\_\_\_ and skin.

**Vitamin B-2 (riboflavin):** Helps your **doby** \_\_\_\_\_ turn food into energy.

**Vitamin B-3 (niacin):** Helps give you **genery** \_\_\_\_\_.

**Vitamin B-12:** Makes red blood **clles** \_\_\_\_\_.

**Vitamin D:** Keeps your **nobes** \_\_\_\_\_ strong.

**ATTENTION PARENTS!** Focus on mission nutrition. Serve dairy with each and every meal! Check out [www.nationaldairycouncil.org/recipes](http://www.nationaldairycouncil.org/recipes) for information and tips.

## TAKE-HOME ACTIVITY

How much do your parents know about the vitamins that are found in dairy foods? Challenge them to unscramble the words above!



AMERICAN DAIRY ASSOCIATION