Milk comes from dairy cows. There are seven recognized dairy breeds in the US and they are a variety of colors. They are black and white, light golden brown, reddish brown and white, and gray brown cows. The most popular breed is Holstein (black and white). They are known for producing more milk than other breeds. But all cows produce white milk!

Chocolate milk is made by adding chocolate to white milk. It has the same nine essential nutrients your body needs as white milk. Calcium builds and maintains strong bones; Vitamin D helps your body absorb calcium, Riboflavin and Niacin convert food into energy; Phosphorus helps keep bones strong; Protein builds and maintains lean muscle; Potassium regulates fluid balance and blood pressure; Vitamin A promotes good vision and healthy skin; and Vitamin B12 helps red blood cells.

Did you know chocolate milk's combination of fluids, carbs, and protein helps rehydrate and refuel your muscles after a workout?

The USDA and Dietary Guidelines for Americans recommends that kids eat (or drink) 3 servings of dairy per day.

When milk leaves a cow, it is 101°. Farmers store milk in a bulk tank that cools it to 40°. Cooling milk stops bacteria from growing.

Cows are milked 2-3 times per day.

The average dairy cow produces 8 gallons of milk daily. That’s more than 100 glasses!

Jerseys are fawn colored cows known for their calving ease and higher butterfat content in milk.

Milk was named Oklahoma’s state drink in 2002.

Milk arrives at your grocery store within 48 hours of leaving the farm.
Dairy Crossword Puzzle

Across
3. Vitamin B12 helps blood ___
4. Americans consume 25 ___ of milk per year
9. Cows produce ___ milk
10. Riboflavin converts food into ___
12. Eat ___ servings dairy daily
13. ___ builds strong bones
15. # of dairy breeds in the US
16. Most popular dairy breed
17. 48 ___ from farm to store
19. Vitamin D helps ___ calcium
20. ___ builds muscle

Down
1. ___ converts food into energy
2. Potassium regulates blood ___
5. Nine essential ___ in milk
6. Vitamin A promotes ___
7. These cows are fawn colored
8. Chocolate milk helps ___ the body
11. Cooling milk stops ___
14. Oklahoma’s state drink
18. Phosphorus keeps ___ strong

Match the clues with the nine essential nutrients found in milk.

1. Helps red blood cells ___ Vitamin D
2. Builds and maintains strong bones ___ Riboflavin
3. Helps keep bones strong ___ Phosphorus
4. Converts food into energy ___ Vitamin B12
5. Builds and maintains lean muscle ___ Calcium
6. Converts food into energy ___ Protein
7. Promotes good vision and healthy skin ___ Niacin
8. Regulates fluid balance and blood pressure ___ Vitamin A
9. Helps absorb calcium ___ Potassium