

Hello, my name is Coco. I am a dairy cow.



I make milk.



Our group is called a herd.

This is Uncle Joe. He is a dairy farmer.



He keeps us happy, comfortable and well fed.



A baby cow is called a calf.



We make more milk tha so we share the 5 lots of good food 1ake lots of milk.





an our calves can drink

extra with you.



We like to be milked.



Uncle Joe stores our milk in a cool, clean tank.





The milk factory makes many different foods from our milk.

Follow the trip my milk travels from the farm to your table.



THeNutritionEducationPeople

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