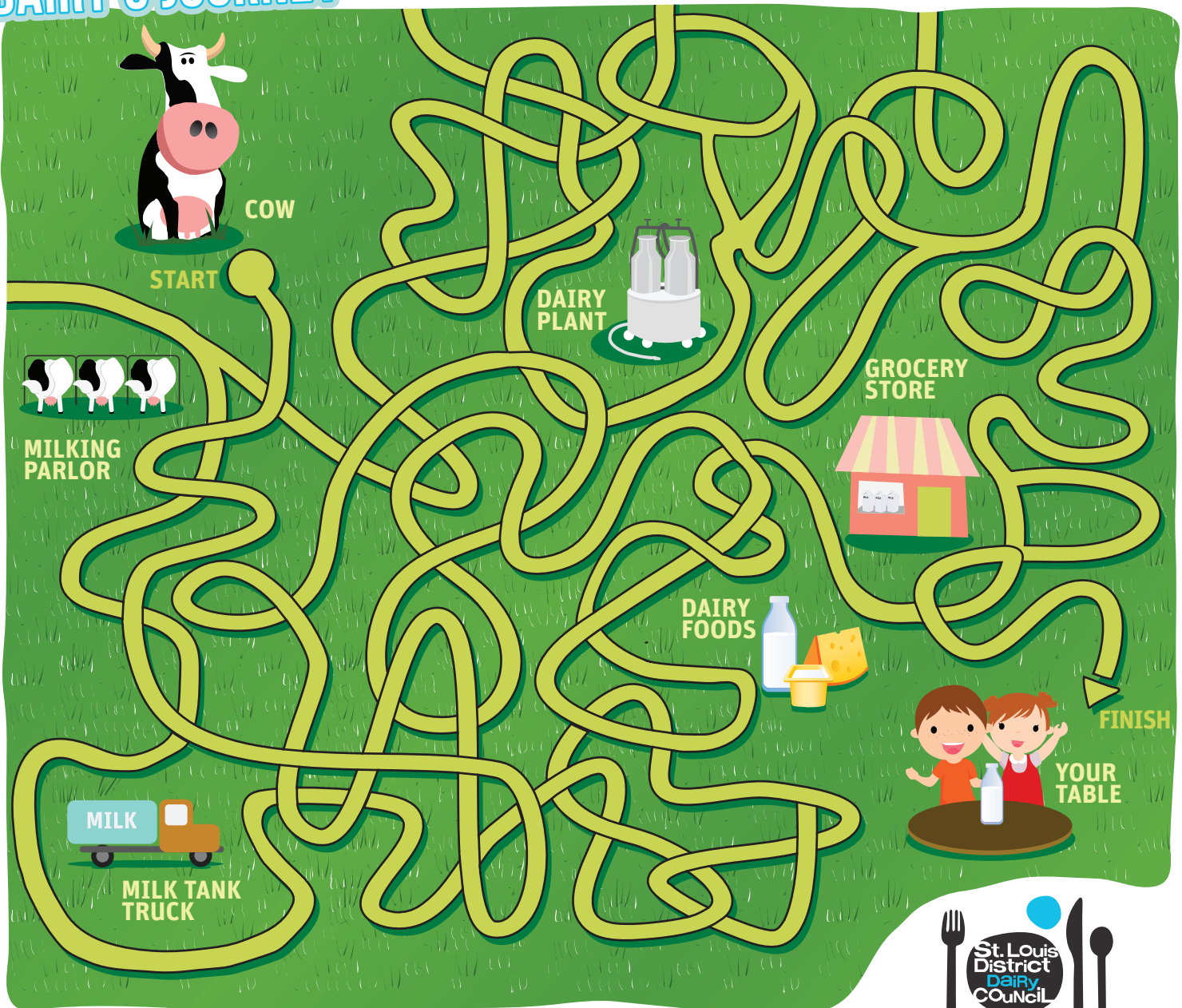


FROM YOUR LOCAL FARMER TO YOU

Calves, cows, and the story of the dairy.

DAIRY'S JOURNEY

It takes a lot of work to get dairy from cows to you. Travel through the maze and see all the steps it takes!



TheNutritionEducationPeople

CRACK THE CODE

Did you know every glass of milk contains a secret? Use the code below to match the letters with the numbers, and find out what it is!

1 = A	7 = G	12 = L	17 = Q	22 = V
2 = B	8 = H	13 = M	18 = R	23 = W
3 = C	9 = I	14 = N	19 = S	24 = X
4 = D	10 = J	15 = O	20 = T	25 = Y
5 = E	11 = K	16 = P	21 = U	26 = Z
6 = F				

5 22 5 18 25 7 12 1 19 19
 15 6 13 9 12 11 8 1 19
 20 8 5 22 9 20 1 13 9 14 19
 25 15 21 14 5 5 4 6 15 18
 8 5 1 12 20 8 25
 2 15 14 5 19 20 5 5 20 8
 1 14 4 13 21 19 3 12 5 19

WORD SEARCH

We've hidden a bunch of dairy words in the field of letters below—see if you can find them! Words can be up and down, left to right, or diagonal.

Z O T X A S Z D C A A Z M I Y
 S R O B E Q Q N V H Q U S G O
 M E G V Z V A J W M E F M R G
 V Z L B T N Q C X L W E P Y U
 X A B M Z C A P G T Q A S F R
 C G H V R Q D Y Q K D S X E T
 B U T T E R A X Y V F H B U T
 U N R C G H F A R M A Z D Y Y
 U C D B A D T I C E C R E A M
 D O Z Y K L L F V D W C V N W
 D W A L D Q F K M N K S D D Y
 E F I K B A F L A X Z G F R X
 R M F K Z N I Y X T V Q B R A
 D N P K X Y M R M M R C R F W
 Q T Z X Y Y K V Y O B J I K A



- COW
- CALF
- CALVES
- DAIRY
- FARM
- HAY
- UDDER
- MILK
- BUTTER
- CHEESE
- ICE CREAM
- YOGURT

WORD SCRAMBLE

In the video, you learned some new words for different things on the dairy farm. Use the clues to unscramble the words. Then, use the letters in the circles to find the answer to the joke!

Who keeps dairy cows happy and healthy? **SRRMFAE**

— — — — — ●

Where do baby cows live when they're little? **UTHCH**

● — — — — —

What is a baby cow called? **FLAC**

— ● — — —

Where do cows go to be milked? **LIIKGNM ALPRRO**

— — ● — — — — —

What is a group of cows called? **REDH**

— ● — — —

SOLVE THE RIDDLE:

What do you call a cow in an earthquake?

A milk — — — — — !

WHIP UP SOME DAIRY

Dairy products aren't just good for you—they're delicious! Here's a recipe for a yummy smoothie that gives you all sorts of dairy goodness!

Ingredients:

- 1 banana
- 1/2 cup of your favorite fruit—peaches, strawberries, whatever you'd like!
- 3/4 cup of low-fat yogurt
- 1 cup skim milk

Directions:

1. Peel the fruit and cut it up into small pieces. Ask a grown-up for help with knives.
2. Pour the fruit and the rest of ingredients into a blender. Add some ice if you want your smoothie extra cold.
3. Blend the ingredients until they're smooth.
4. Drink Up! Yum!
5. Try other combinations of fruits! Add fruit juice, honey, even peanut butter, for new flavors and extra vitamin power!

For more information, visit us online at STLDAIRYCOUNCIL.ORG

ANSWER KEY:
 CRACK THE CODE: Every glass of milk has the vitamins you need for healthy bones, teeth, and muscles!
 WORD SCRAMBLE: FARMERS / HUTCH / CALF / MILKING PARLOR / HERD / A MILKSHAKE!