

Wholesome Food *Made for You*

Farmers are committed to producing wholesome and nutritious food for your family. In this exercise, you'll learn about some of the things dairy farmers do to care for their animals and produce milk as well as some dairy nutrition facts. Fill in the blanks below using the numbers in the Number Bank in the right-hand column. Each number is used only once.

Quality food for your family starts with top-notch animal care. Dairy farmers provide a comfortable habitat where cows will spend approximately _____ hours a day lying down, _____ hours eating, and _____ hours standing or walking around the pen.

A cow needs a properly balanced diet to produce milk. Farmers work with nutritionists to ensure that cows receive all the nutrients they need. Each cow eats approximately _____ pounds of food and drinks _____ gallons of water every day. That means a herd of 100 cows will eat _____ pounds of food and drink _____ gallons of water in a year.

The United States is home to more than _____ dairy farms. _____ percent of these farms are family-owned. The average herd size on each farm is _____ cows.

The serving size for milk is _____ ounces (one cup). Milk provides _____ essential nutrients in every serving. The Dietary Guidelines for Americans recommend you should consume _____ servings of low-fat milk or dairy products each day.

One serving of milk provides _____ percent of your Daily Value of calcium and _____ percent of your Daily Value of Vitamin D. Both of these nutrients are used to build strong bones and teeth.

The average cow will produce _____ gallons of milk every day throughout a typical year. That's enough to provide _____ servings of milk per day.

The maximum level of antibiotics allowed in milk leaving the farm is _____ parts per billion. This standard is set by the Food and Drug Administration and applies to all milk.

When it leaves the farm, milk goes to the dairy plant, where it is pasteurized (heated to a high temperature and cooled quickly) to kill bacteria and protect its fresh flavor. You can also keep your milk fresh at home by making sure it's kept below _____ °F in the refrigerator.

The U.S. ranks number _____ in the world for food affordability. On average, Americans spend about _____ percent of their disposable incomes on food. In contrast, Italians spend _____ and Chinese spend _____ percent.

Number Bank

0

1

3

3

5

7

8

9

10

14

14

25

30

30

33

40

90

97

112

115

51,000

1,095,000

3,285,000