

# UNDENIABLY DAIRY TRIVIA

Whether you're hosting an event, having game night with friends, or looking for fun facts to share, here are some Undeniably Dairy trivia questions and answers. Learn more at [UndeniablyDairy](https://www.undeniablydairy.com).

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## 1. Some cows wear pedometers, which can track:

- a) How many steps a cow takes
- b) The cow's overall health
- c) How much milk the cow gives
- d) **All of the above**

***All of the above!** New technology isn't just for delivering that delicious pizza to your front door. It also helps dairy farmers track the health of their cows, keeps tabs on the cows' activity levels around the farm and monitors if a cow isn't feeling itself or needs extra attention.*

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## 2. What nutrients in dairy are essential for a healthy brain, strong muscles, and a brighter mood?

- a) Protein and Calcium
- b) **Protein, Vitamin D, Potassium and Calcium**
- c) Vitamin D and Calcium

*The recommended 3 servings of dairy a day will serve your body with **protein, vitamin D, potassium and calcium** – essential for a healthy brain, strong muscles and a brighter mood! Dairy can help you relax, refuel and be ready to crush whatever life throws at you. .*

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## 3. Who used chemistry to help perfect soft-serve ice cream?

- a) Angela Lansbury
- b) **Margaret Thatcher**
- c) Paul Newman

*Long before she was the United Kingdom's Prime Minister, **Margaret Thatcher's** work in chemistry helped perfect soft-serve ice cream.*

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## 4. On average, how many hours in a 24-hour day do dairy cows spend resting?

- a) 2-4 Hours
- b) 6-9 Hours
- c) **12-14 Hours**
- d) None, cows don't rest

*On average, a dairy cow spends **12-14 hours** a day resting. That's why many dairy farms provide seventh heaven sleep conditions. Cow bedding is refreshed daily and barns are decked out with fans, sprinklers and temperature-controlled curtains to keep them cool and comfortable.*

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## 5. Milk really does help ease the burn from spicy foods.

- a) **True**
- b) False

***True!** Milk has just the thing to beat the heat: fat. Since capsaicin, the oily chemical compound in chili peppers, is fat-soluble, rinsing with milk fat helps ease the burn.*

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6. What percentage of the US milk supply is monitored for animal care practices on the farm?

- a) **99%**
- b) 86%
- c) 62%
- d) 33%

*Dairy farms are not the same as they were 100 years ago. Today, **99%** of the US milk supply is monitored for animal care practices on the farm.*

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7. Cows tend to produce more milk while listening to what type of music?

- a) Rock
- b) Country
- c) Pop
- d) **Classical**

*You are not the only one who can get into a steady groove listening to your favorite playlist. Researchers have found that many cows tend to produce more milk when **classical** music is played.*

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8. Which dairy product is proven to refuel tired muscles after physical activity?

- a) Cheddar cheese
- b) **Chocolate milk**
- c) Greek yogurt

***Chocolate milk** provides carbs to help refuel, high-quality protein to help build and repair muscle, and fluid and electrolytes to help rehydrate and replace what is lost in sweat. Chocolate milk is almost twice as effective as commercial sports drinks.*

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9. Cows are nature's upcyclers taking stuff we can't eat and turning it into something awesome - milk?

- a) **True**
- b) False

***True!** Cows eat a variety of byproduct feeds that are indigestible for humans but offer nutritional benefits to cows. This includes cotton seeds from ginning cotton and brewers and distillers' grains from alcohol production.*

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10. How many American households purchase ice cream from a retailer at least once per year?

- a) 33.5%
- b) 67.5%
- c) **82.5%**
- d) 97.5%

*Americans really love their ice cream! We know **82.5 percent** of American households purchase it from a retailer during the year.*

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11. The spots on a cow are unique, and no two spots can be the same.

- a) **True**
- b) False

***True!** Every cow spot is like a snowflake – no two are the same.*

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12. How many licks does it take to finish a single scoop of ice cream?

- a) **50**
- b) 147
- c) 320

*Unlike a Tootsie pop, it takes about **50 licks** to finish a single scoop of ice cream.*

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13. On average, how many times do farmers recycle water on the farm?

- a) Zero
- b) Two Times
- c) Three Times
- d) **Four Times**

*Dairy farmers got eco-friendlier, cutting water use by 30% from 2007 to 2017! Water is recycled up to **four times** to cover uses from chilling the actual milk produced to drinking water for cows to cleaning of stalls and irrigation of crops.*

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14. How far does milk travel from the farm to the store?

- a) 100 miles
- b) 210 miles
- c) **300 miles**
- d) 420 miles

*Believe it or not, milk travels only **300 miles** from the farm to the store! How's that for a light footprint?*

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15. How many gallons of fresh milk does the average food bank client receive each year?

- a) **1 gallon**
- b) 4 gallons
- c) 10 gallons

*Those relying on food banks receive about **one gallon** of milk a year. Milk is one of the top five most in-demand items at food banks.*

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16. American fighter pilots made ice cream using their planes during WWII.

- a) **True**
- b) False

***True!** To pass the time, American fighter pilots in WWII attached pairs of 5-gallon cans of milk and cream to their planes. The cans were fitted with a small propeller that spun the mixture as the planes flew, and the higher altitudes froze it. By the time they landed, ice cream was ready!*

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17. What percentage of U.S. farms are family-owned?

- a) **94%**
- b) 76%
- c) 68%
- d) 54%

*Keep on grabbing those gallons of milk, knowing they're probably from a family just like yours. **94 percent** of dairy farms are family-owned and operated, and the farmers care about providing the best products possible to families everywhere.*

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**18. Cheese is a great snack to eat after meals to help reduce tooth decay.**

- a) True
- b) False

*True, cheese is great for your chompers! Research shows that eating cheese right after a meal or as a snack helps reduce tooth decay. If you're willing to give it a try, reach for Cheddar, Swiss, Monterey Jack, blue, Brie, Gouda or processed American cheese.*

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**19. What is the approximate cost of milk per glass?**

- a) 32 cents
- b) 61 cents
- c) 75 cents

*Milk is a nutritional bargain, costing about 61 cents per 8-ounce glass. Few foods deliver milk's 13 essential nutrients in such an affordable, delicious and accessible way.*

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**20. What percentage of greenhouse gas emissions is attributed to dairy?**

- a) 10 percent
- b) 5 percent
- c) 2 percent
- d) 20 percent

*Dairy's contribution to total U.S. greenhouse gas emissions is just 2 percent. Thanks to increasingly modern and innovative dairy farming practices, the environmental impact of producing a gallon of milk in 2017 shrunk significantly, requiring 30% less water, 21% less land and a 19% smaller carbon footprint than it did in 2007. That's the same as the amount of carbon dioxide removed from the atmosphere by half a million acres of U.S. forest.*

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**21. If you have lactose intolerance, you cannot consume dairy.**

- a) True
- b) False

*False! There are lots of low lactose or lactose-free dairy options that are tolerated by individuals with lactose intolerance such as hard cheeses, Greek yogurt, and lactose-free milk. Find out more [here](#).*

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**22. How much milk does an average dairy cow produce per day?**

- a) 1 to 2 gallons
- b) 3 to 4 gallons
- c) 6 to 8 gallons
- d) 10 to 12 gallons

*The average dairy cow produces anywhere from 6 to 8 gallons of milk per day, or about 125 glasses. The average dairy cow produces more than 2,000 gallons of milk every year.*

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**23. Vanilla ice cream was the first flavor ever created.**

- a) True
- b) False

*False. Chocolate ice cream was invented about 50 years before vanilla and was inspired by hot chocolate.*

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24. How many states have dairy farms?

- a) 10
- b) 17
- c) **50**
- d) 48

All **50 states** have dairy farms. Milk is locally produced in every state, so it doesn't travel far from farm to store. Even if you live in a big city, you usually live 300 miles or less from a local dairy farm.

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25. How many pounds of milk does it take to make one pound of butter?

- a) 5 pounds
- b) **21 pounds**
- c) 40 pounds

It takes **21 pounds** of milk to make one pound of butter.

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26. Fat-free and whole milk have the same nutrients.

- a) **True**
- b) False

**True!** The same thirteen nutrients are found in whole milk and fat free milk: calcium, potassium, phosphorus, protein, vitamin A, vitamin D, vitamin B12, riboflavin and niacin. Find out more [here](#).

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27. What were the original flavors of Neapolitan ice cream?

- a) Vanilla, Strawberry and Chocolate
- b) Vanilla, Cherry and Chocolate
- c) **Vanilla, Cherry and Pistachio**

Neapolitan ice cream wasn't always the strawberry, chocolate and vanilla trifecta we know today. Originally, it was made up of **vanilla, cherry and pistachio**, in honor of the Italian flag.

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28. Which country first invented ice cream?

- a) **France**
- b) United States
- c) Italy
- d) United Kingdom

Back in the day, ice cream was a popular luxury dessert. The Italian noblewoman Catherine de Medici introduced the frozen delicacy to the people of **France** in 1553.

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29. Flavored milk makes up how much of children's added sugar intake?

- a) **Less than 3-5%**
- b) 7%
- c) 15%
- d) Kids don't like flavored milk

Flavored milks have their place in a well-balanced diet making up **less than 3-5%** of a child's added sugar intake. They provide the same nine essential nutrients as white milk, and research shows that children who drink flavored milk have higher total milk intakes compared to those who drink exclusively white milk.

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**30. How many servings of dairy do Americans consume each day?**

- a) One
- b) Two**
- c) Three

*On average, Americans consume about **two dairy servings** of dairy a day. Adding just one more serving of dairy would help fill the average American's nutrient gap.*

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**31. Dairy cows contribute to a sustainable food system.**

- a) True**
- b) False

***True!** There are many ways that dairy cows contribute to a sustainable food system. For example, Cow manure can serve as a fertilizer, cow manure can be converted into electricity, and cows can eat and use food that people can't.*

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**32. How much have dairy farmers reduced their carbon footprint by from 2007 to 2017?**

- a) 2%
- b) 13%
- c) 19%**
- d) 24%

*Dairy farmers are putting in the work to achieve greenhouse gas neutrality by 2050. They reduced their carbon footprint by **19%** between 2007 & 2017.*

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**33. Milk is the top food source for which key nutrient(s)?**

- a) Calcium
- b) Protein
- c) Vitamin D
- d) All of the above**

***All of the above!** Milk is a delicious and nutritious source for calcium, protein and vitamin D. Learn more at [usdairy.com](http://usdairy.com)*

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**34. What state was the first to serve ice cream in America?**

- a) Massachusetts
- b) Maryland**
- c) Vermont
- d) Virginia

*Ice cream was first served in the United States in **Maryland** in 1744, when Governor Thomas Bladen gave it to his guests for dessert.*

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**35. On average, how many pounds of cheese do Americans eat per year?**

- a) Just over 10 pounds
- b) Just over 20 pounds
- c) 23 pounds**
- d) Just over 150 pounds

*Americans love cheese! The average American eats about **23 pounds** of cheese each year.*