

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. Find more at DairyGood.org.

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.*

2. 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.*

3. 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.*

4. How far is the nearest local dairy farm to most people?

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

Believe it or not, most people usually live within 100 miles or less from a local dairy farm, which means the milk you enjoy every day is fresh and local. A win-win!

5. 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. Learn how you can help by visiting [The Great American Milk Drive](https://TheGreatAmericanMilkDrive.org).*

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6. 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.*

7. What is the approximate cost of milk per glass?

- a) 10 cents
- b) **25 cents**
- c) 75 cents

*Milk is a nutritional bargain, costing about **25 cents** per 8-ounce glass. Few foods deliver dairy's powerhouse of nutrients in such an affordable, delicious and accessible way.*

8. At any given time, what percent of Americans have ice cream in their freezer?

- a) 40%
- b) 67%
- c) **87%**

*Americans really love their ice cream! We have it in our freezer at any given time about **87 percent**.*

9. 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. Learn more about on-farm sustainability practices.*

10. 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!*

11. 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 100 miles or less from a local dairy farm.*

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12. 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.

13. 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. The carbon footprint of a gallon of milk has been reduced by nearly two-thirds in the last 60 years. Dairy farmers are working on ways to reduce the figure even more. Learn more at the Innovation Center for U.S. Dairy at USDairy.com.

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

- a) 97%
- b) 76%
- c) 68%
- d) 54%

Keep on grabbing those gallons of milk, knowing they're probably from a family just like yours. 97 percent of dairy farms are family-owned and operated, and the farmers care about providing the best products possible to families everywhere.

15. 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.

16. 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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17. 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.*

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

- a) True
- b) False

***True!** The same nine 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](#).*

19. What was 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.*

20. How many dairy farms are there in the US?

- a) 17,000
- b) 25,000
- c) **42,000**

*Raise your milk glass to the nearly **42,000** dairy farms responsible for contributing nutrient-rich milk to local schools and communities!*

21. 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.

22. 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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23. Approximately what percent of Americans have lactose intolerance?

- a) 2%
- b) 10%
- c) 35%
- d) 50%

Lactose intolerance doesn't mean dairy intolerance and only about 10% of Americans are lactose intolerant. People who have difficulty digesting lactose can still enjoy dairy, making sure they don't miss any essential nutrients. A cup of milk contains about 12 grams of lactose. Lactose-free milk is one of your best options — it's real milk, just with the lactose removed. Other dairy foods natural lower in lactose are cottage cheese, Swiss and mozzarella cheese, and yogurt. Learn more about lactose intolerance [here](#).

24. 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.

25. 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.

26. 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.

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

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

Chocolate milk contains an optimal ratio of carbohydrates-to-proteins. It helps refuel tired muscles. Chocolate milk is almost twice as effective as commercial sports drinks.

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28. In the U.S., how much of a cow's feed is grown right on the farm?

- a) 1/4
- b) 1/3
- c) 1/8
- d) 2/3

*Like food that's locally sourced? Dairy cows do, too. In the U.S., over **one-third** of a cow's feed is grown right on the farm – the rest is grown by nearby crop farmers whose products meet quality and sustainability standards.*

29. 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 DairyGood.org and NationalDairyCouncil.org.*

30. 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.*

31. 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. If you break it down per day, it's only about 1 oz., which fits well within the recommended number of daily dairy servings.*
