

ONLINE FARM EXPERIENCE

GRADES 3-6 DISCUSSION GUIDE

Time: 30 minutes to complete tour and questions.
Additional activities can add 5+ minutes.



Instructions: Visit www.midwestdairy.com/farm-life/ for a 10-stop (11-video) tour to help you experience how milk from real cows, on a real Midwestern farm, becomes the fresh, naturally nutrient-rich dairy foods you love.

INTRO/WELCOME

Have you ever wondered where milk comes from?

What is a dairy food?

Answer: Any food made with milk, such as cheese and yogurt.

Note: Foods such as margarine and eggs are not dairy foods.

What dairy foods do you eat regularly?

What is the name of the dairy?

Answer: Classic Dairy.



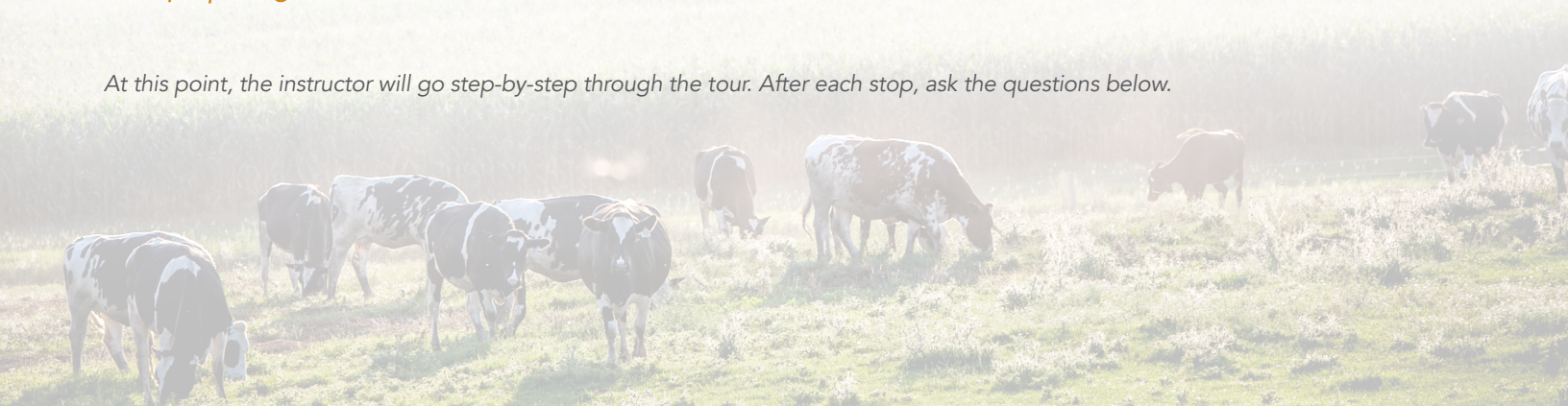
What foods are made from milk?

Answer: Cheese, yogurt, butter, sour cream, cottage cheese, cream cheese, ice cream, whipped cream, etc.

Why is it important for you to drink milk and eat dairy foods?

Answer: Dietary guidelines recommend nutrient-rich foods for a balanced diet. Milk, cheese and yogurt provide a unique package of nine essential nutrients.

At this point, the instructor will go step-by-step through the tour. After each stop, ask the questions below.



FAMILY

Have you visited a dairy farm in real-life? If yes, what was your favorite part? If no, what would you expect to see on the farm?

Does your family drink milk? What meals do you drink milk with your family?

KITCHEN

What happens in the kitchen area?

Answer: This is where the feed the cows eat is mixed and prepared.

What do dairy cows eat on the farm?

Answer: They eat a combination of corn (or small grains), hay, silage, vitamins and minerals.

How do the dairy cows stay healthy?

Answer: Farmers make sure feed is available to the cows all day. They also work with animal nutritionists to balance the cow's diet.

VACATION

How do you like to rest?

Why is it important that cows rest?

Answer: The cows are not being milked so they can prepare to give birth to a calf.

How many months do the cows rest?

Answer: Three months.

RECYCLING

Do you recycle at your house?

What materials do dairy farmers use again?

Answer: Water, sand and manure.

Why do the farmers put the manure back into the surrounding pasture and crop land?

Answer: To fertilize and irrigate the crops.

DAIRY BREEDS

How many different dairy cow breeds are there in the U.S.?

Answer: Seven.

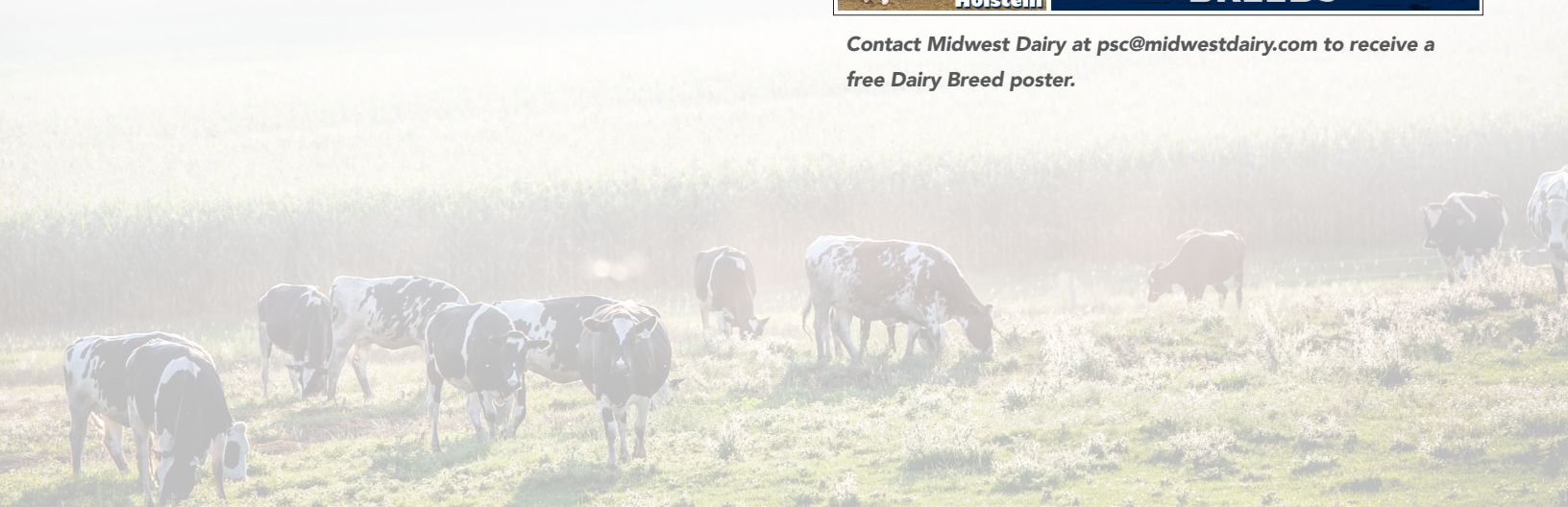
Can you name all the different dairy breeds?

Answer: Holstein, Jersey, Guernsey, Brown Swiss, Ayrshire, Milking Shorthorn, and Red and White Holstein.

Which dairy cow type is your favorite and why?



Contact Midwest Dairy at psc@midwestdairy.com to receive a free Dairy Breed poster.



NURSERY

Who lives in the nursery?

Answer: Calves.

What do the dairy calves do in the nursery?

Answer: Eat and drink so they can grow up healthy and strong.

Have you ever bottle-fed a dairy calf?

HOME

What is another name for the dairy cows' home?

Answer: Free stall barn.

What do the cows do in this area?

Answer: Eat, drink, socialize, rest and sleep.

What kind of bedding do the cows sleep on?

Answer: Sand.

TRANSPORT

What do the tanker trucks do?

Answer: Bring the milk from the farm to the processing plant.

How long does it take for the milk to get to your grocery store?

Answer: About 48 hours.

WORK

What do the dairy cows do when they go to "work"?

Answer: They're milked by machines that gently squeeze the milk from their udders.

How many times are the cows milked per day?

Answer: Two or three times per day.

How much milk does a cow produce each day (in terms of gallons)?

Answer: Seven to 10 gallons each day.

FRIDGE

What kinds of dairy foods are in your fridge at home?

What is your favorite flavor of milk, cheese or yogurt?

STUDENT ACTIVITIES

3 minutes:

Discuss the question, "What is your favorite dairy food and why?"

Pick your favorite area of the farm, draw it and tell us why it is your favorite.

Share your favorite place to drink milk and describe why you like that place.

5 minutes:

No two cows have the same pattern of spots. Create your own unique cow.

10 minutes:

Create a bingo card filled with names of dairy foods and dairy farm words. (i.e. milk, string cheese, ice cream, yogurt, etc.) As a class, students can help determine a list of dairy words. Then students fill in their unique bingo cards and play. The winner(s) can select from a variety of dairy-themed prizes. (i.e. Cow stickers, pencils, or small treats)

