

Cow Crossing

Products:

Butter
Calcium
Cheese
Ice Cream
Milk
Yogurt

Needs:

Barn
Cow
Cud
Grain
Hay
Heifer
Pasture
Ruminant
Water

Breeds:

Ayrshire
Brown Swiss
Guernsey
~~Holstein~~
Jersey
Red and White
Shorthorn

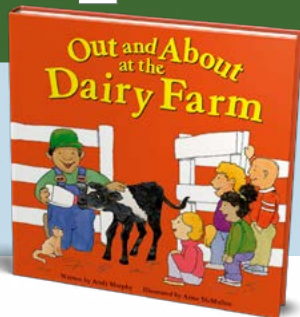


Complete the crossword above using the breeds, needs and products of dairy cows.

Win This Book

www.pfb.com/4Kids

- Enter the free book drawing
- Find answers to all activities
- Answer the P4K! Ag Question
- Learn more about dairy farms and foods



Provided by

Pennsylvania Friends of Agriculture Foundation
A Charitable Organization Supported by Pennsylvania Farm Bureau

Last Issue Winner
Andrew Bosworth
Columbia County

Positively 4 Kids!

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Dairy is Pennsylvania's top agricultural commodity. The dairy industry provides 52,000 jobs and \$14.7 billion to our economy. Pennsylvania dairy farm families work hard everyday to ensure we have locally produced nutritious milk available year-round. Milk is goodness that matters for good nutrition, better health, stronger farm families and a strong economy.

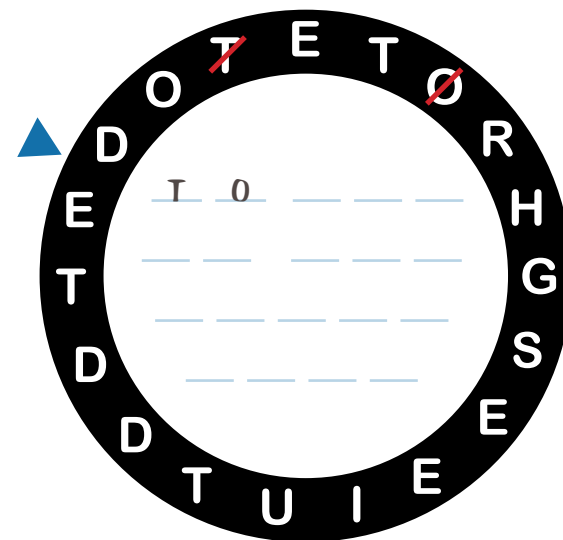
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Dairy Round-About

To solve this riddle, start at the arrow. Then count around the wheel to every 3rd letter. Fill in the spaces in order.

Why did the cow cross the road?



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Andrew Bosworth
Columbia County

Choices we have Here...

Choose Dairy:

Choose 3 dairy foods a day to get calcium, which strengthens your bones, along with 8 other essential nutrients.

Choose Chocolate:

Choose chocolate milk, with carbohydrates and protein, to refuel after exercising instead of sports drinks.

Choose Whole:

Choose whole milk, which is 97% fat-free, as studies show it can provide several nutritional benefits.

Choose Local:

Choose products with the PA Preferred logo or plant code 42 (above the sell by date) to support our PA dairy farmers.



Start with choices farm families make Here.

Choose Animal Care:

Farmers choose to give their cattle the best care. They provide access to pastures, where cattle can graze; clean beds, where they can rest; plenty of feed and water; and regular health checks.

Choose Nutrition:

Farmers choose nutritious foods for their cows, so each cow can produce 7 gallons of milk daily. A single dairy cow consumes 90 pounds of hay and grains and 55 gallons of water each day.

Choose Breed:

Farmers choose the breed, or mix of breeds, that they believe will produce the best for them. There are 7 main breeds of dairy cows with some producing more milk and others producing milk with more butterfat.

Choose Milking Style:

Farmers choose to milk their cows 2-3 times per day. Cows were first milked by hand, but today, farmers may milk their cows mechanically or with robotic milkers in parlors or on carousels.

CHOOSE PA DAIRY

goodness that matters