

Daisy

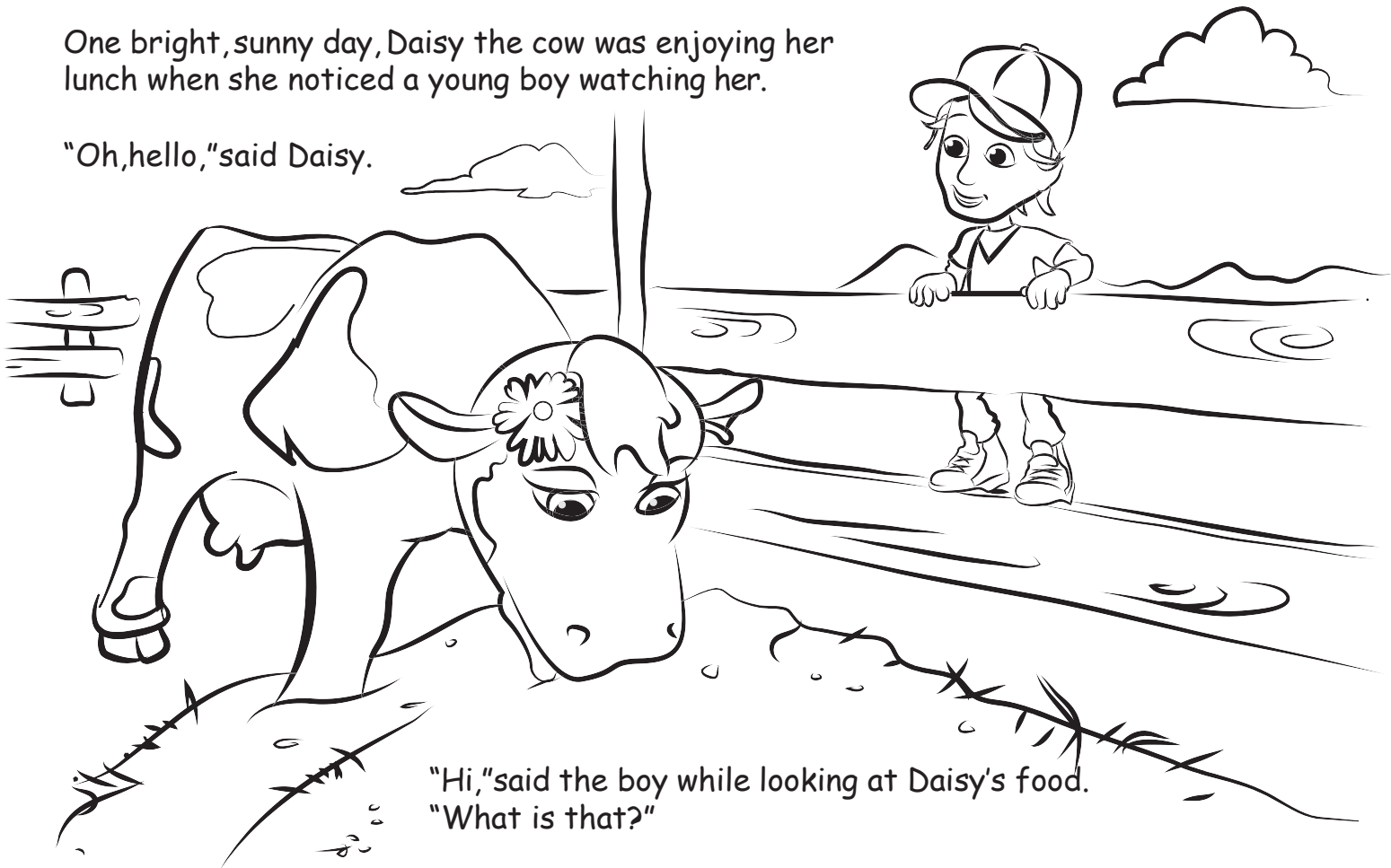
**Follows the Milk
From Farm to Table**



PRESENTED BY  **DAIRY COUNCIL[®]
OF AZ & NV**

One bright, sunny day, Daisy the cow was enjoying her lunch when she noticed a young boy watching her.

"Oh,hello,"said Daisy.



"Hi,"said the boy while looking at Daisy's food.
"What is that?"

"This is lunch. The farmer gives us only the best. We eat grass, hay, corn, and lots of other things to make sure we get everything we need to be healthy. And it's delicious!" said Daisy.



"So what brings you here to the dairy anyway?"



The boy said he was Pete and that his father drives one of the trucks that comes to the dairy every day.

"Nice to meet you, Pete. I'm Daisy. So what's in those big silver trucks, anyway?"

"Oh!" said Pete - proud that he knew the answer. "They're filled with milk!"

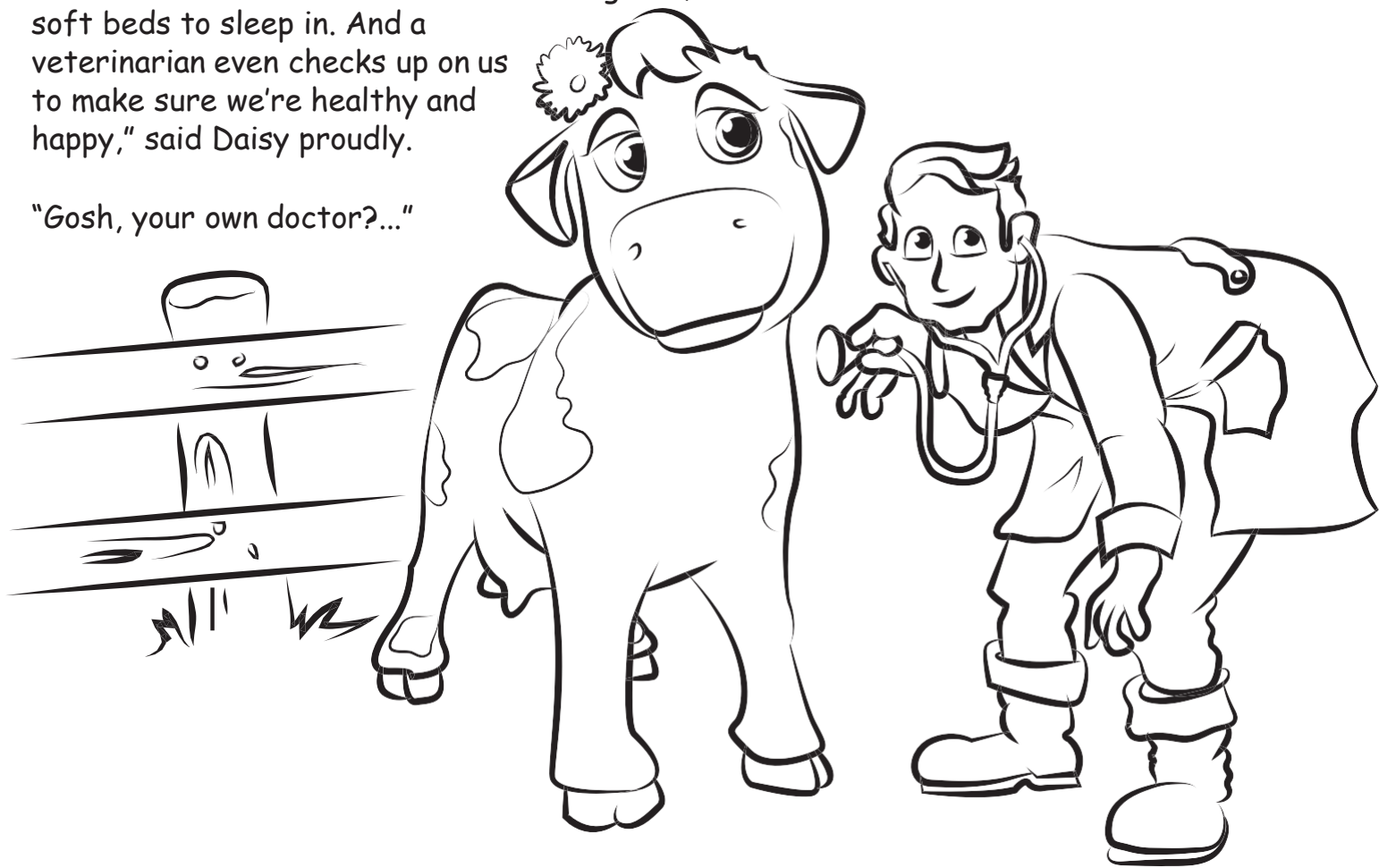
"Milk? I always wondered where all the milk goes.
Did you know a cow can produce around 9 gallons
of wholesome milk every day?"

Pete's eyes went wide. "Wow! That's a lot!"



"It's because the farmer feeds us such great, nutritious food. And we have soft beds to sleep in. And a veterinarian even checks up on us to make sure we're healthy and happy," said Daisy proudly.

"Gosh, your own doctor?..."



"... and what are those?" asked Pete.

"Oh! Those are the misters that the farmer has for us so we can stay cool in the desert heat."

"Wow, I think I wouldn't mind being a cow," said Pete.

Daisy snickered, "Dairy cows are all girls, silly."

"Well, I do like milk," said Pete.



"Oh!" said Daisy, "You drink milk? Do you have a cow at your house?"

"What? No. My Mom picks it up at the store," explained Pete.

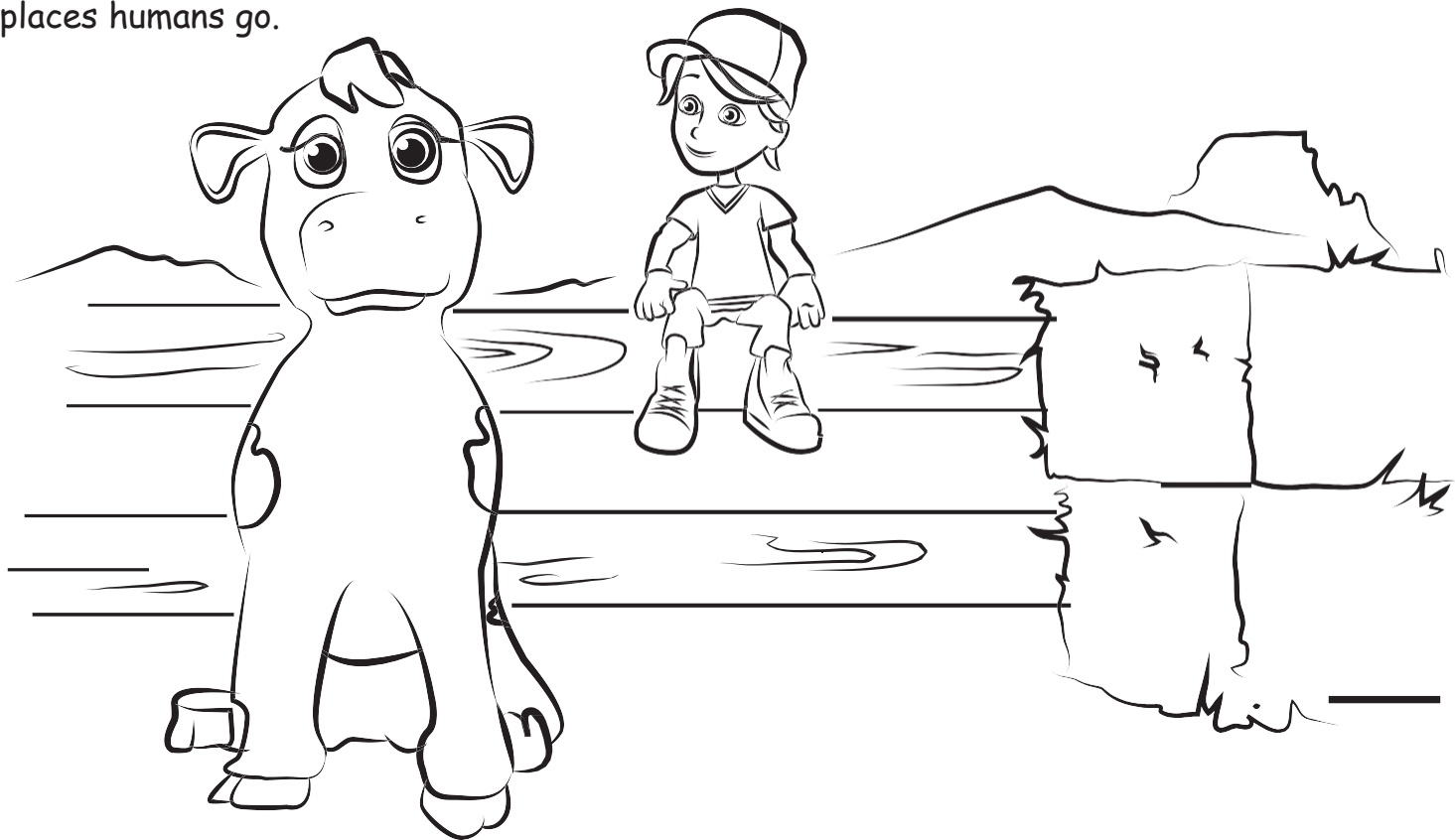
"The store...? How does our milk get to the store?"

"Well, I know my Dad takes it from the dairy in a big silver truck, but after that... who knows?" said Pete with a shrug. "He says I'll see when we leave here and go to the next place."



Daisy started coming up with a huge plan. She would go with Pete and his dad so she could find out where the milk goes. And what's a store? So many questions...

Daisy explained her plan to Pete. They would have to dress Daisy up as a human so she can go places humans go.



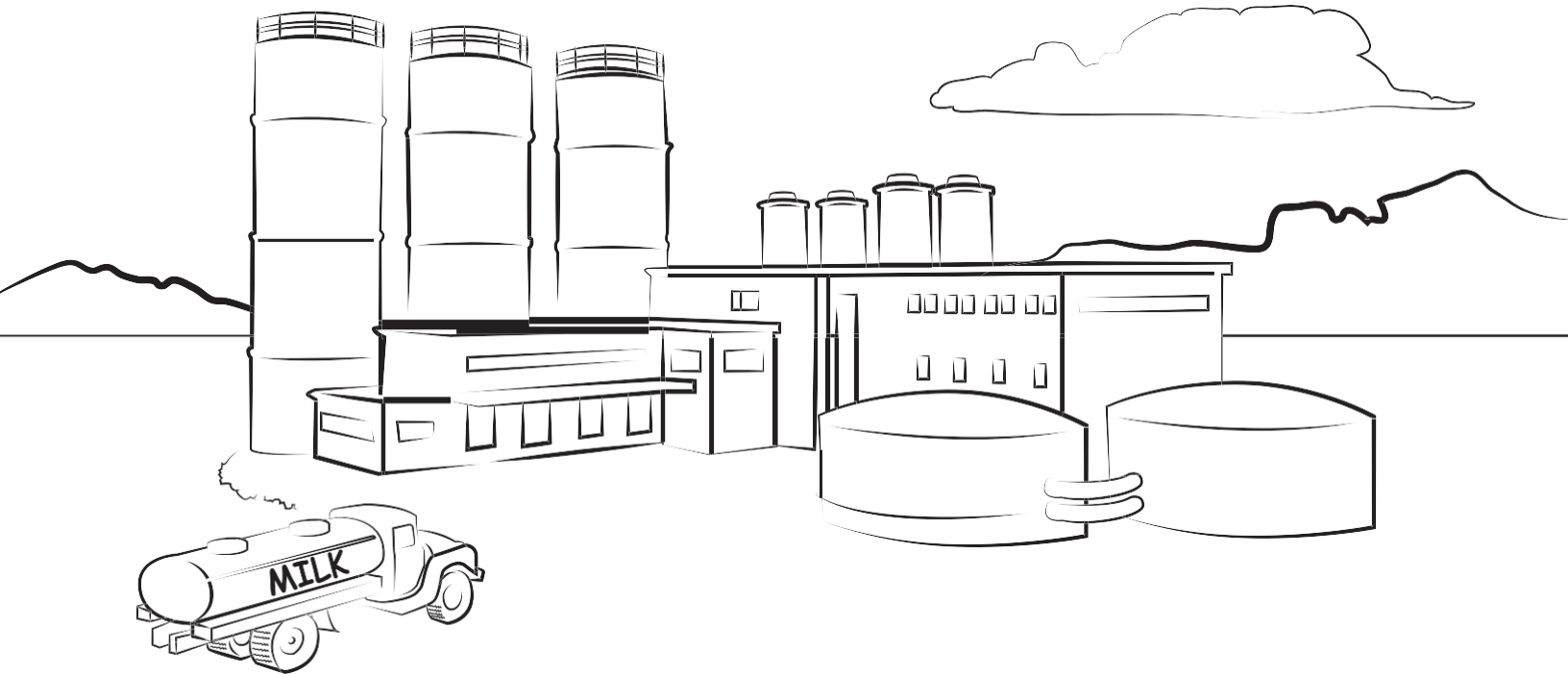
"Hey, Dad! This is my new friend Daisy! Can she come along?" asked Pete nervously.

Pete's father agreed and they all squeezed into the cab of the big, silver milk truck.

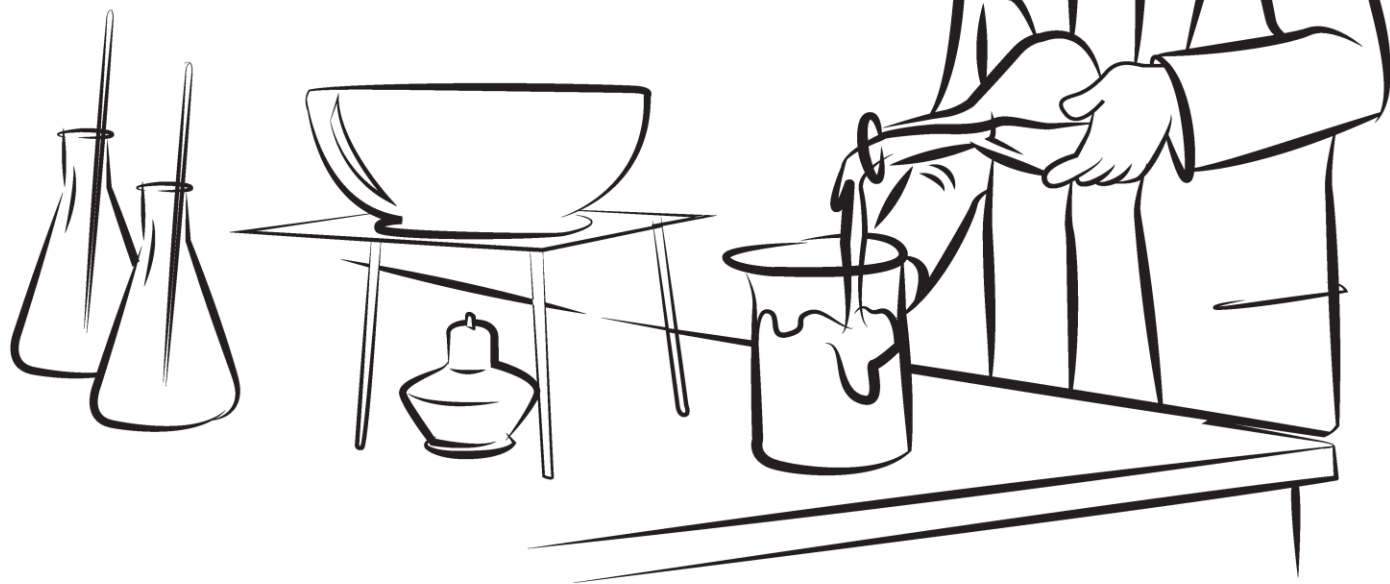


After a while, they saw a glimmering building. "You see," said Pete's father, "after I pick up the milk from the dairy farm, I bring it here to the milk processing plant!"

The three took a short tour of the facility.



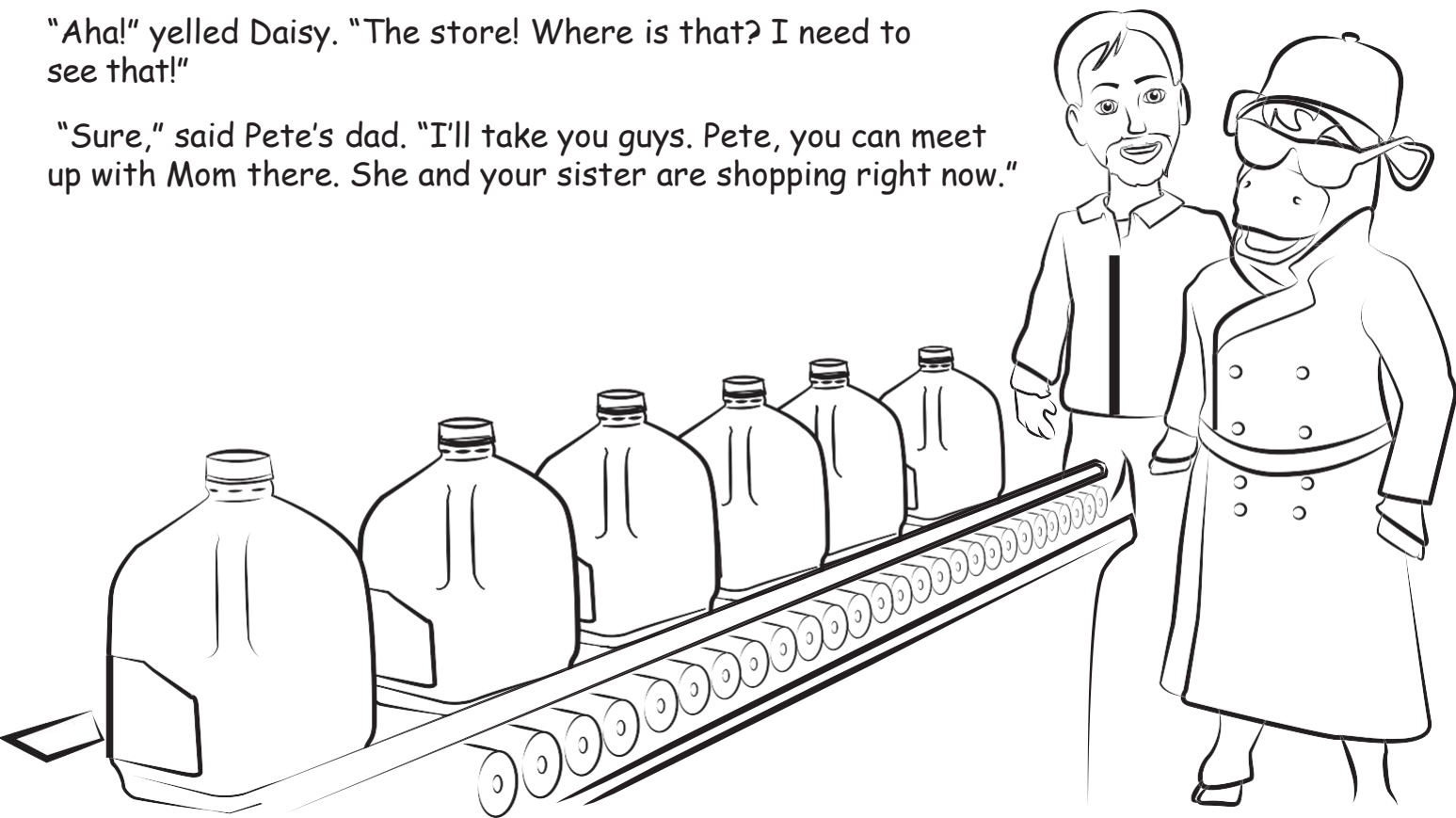
Pete's father explained how every tanker of milk is tested in a laboratory to make sure it's safe and the best quality milk available.



"Then they put it in bottles, label it and it's off to the stores," said Pete's dad.

"Aha!" yelled Daisy. "The store! Where is that? I need to see that!"

"Sure," said Pete's dad. "I'll take you guys. Pete, you can meet up with Mom there. She and your sister are shopping right now."



"Wow! We're actually here! The grocery store!" Daisy was amazed at all the different products made with milk. "Look at this Pete! Whole milk... 2% milk... low-fat milk!"

"Not only that, but cheese of all kinds," joined in Pete. "Sour cream, yogurt, and my personal favorite... chocolate milk! You make all this stuff possible, Daisy!"

Daisy smiled proudly.

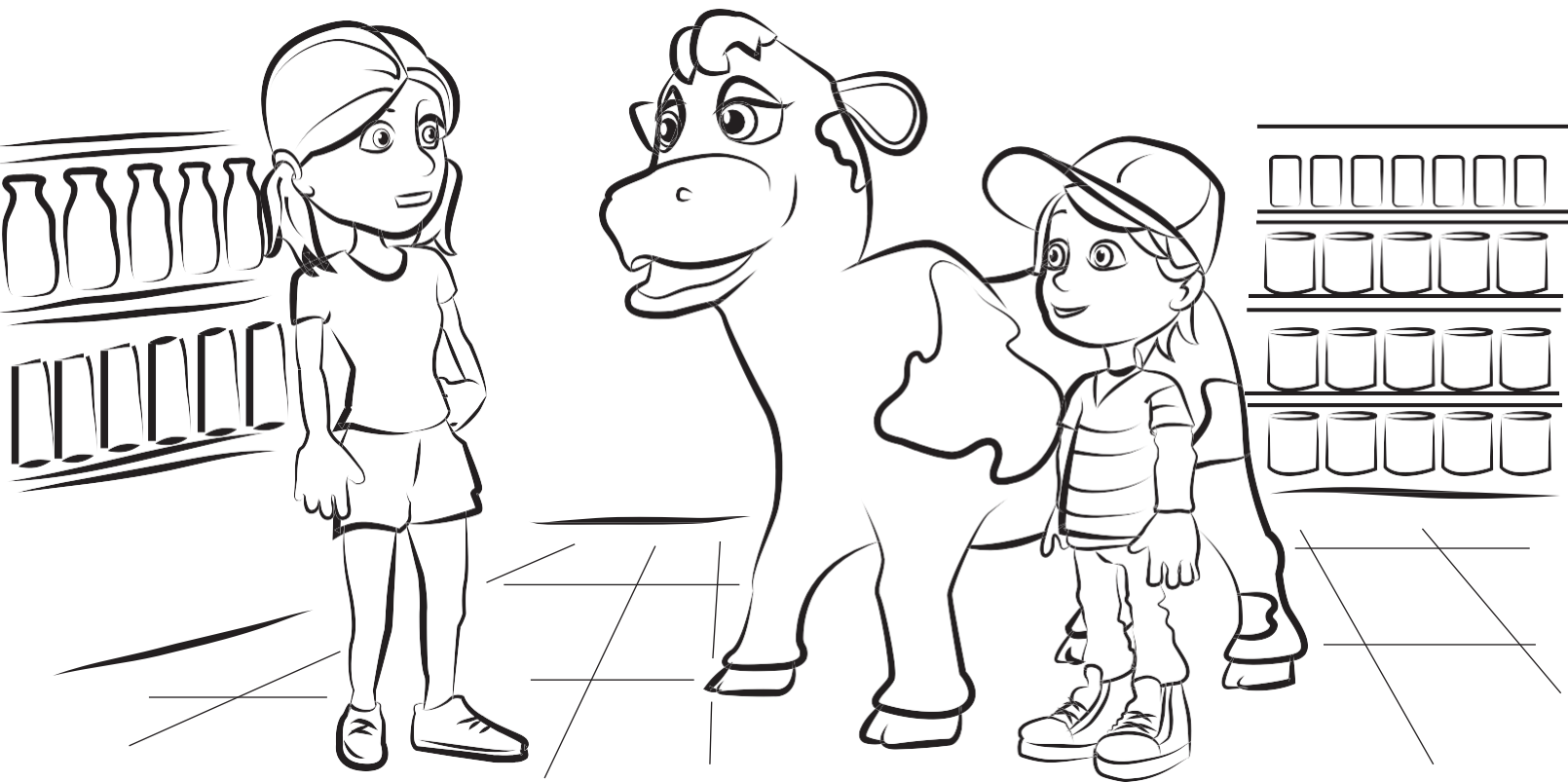


"Hey! There's my sister!" yelled Pete. "Daisy, I'd like you to meet Abigail."

"Hello Abigail," said Daisy pleasantly.

"Umm, hi. How did you get a cow in here?" she asked.

But Daisy was full of questions. "Do you like milk, too, Abigail? Why do you kids drink milk?"



Abigail knew a lot about health and nutrition. She proudly explained that milk is very good for humans. It has protein to help build muscle. It has calcium to build strong bones and teeth. Milk is full of vitamins and nutrients.

"Well, then..." said Daisy slyly, "all I can say is.... you're welcome!"

Daisy, Pete and Abigail all laughed.

"You're right, Daisy," giggled Pete.

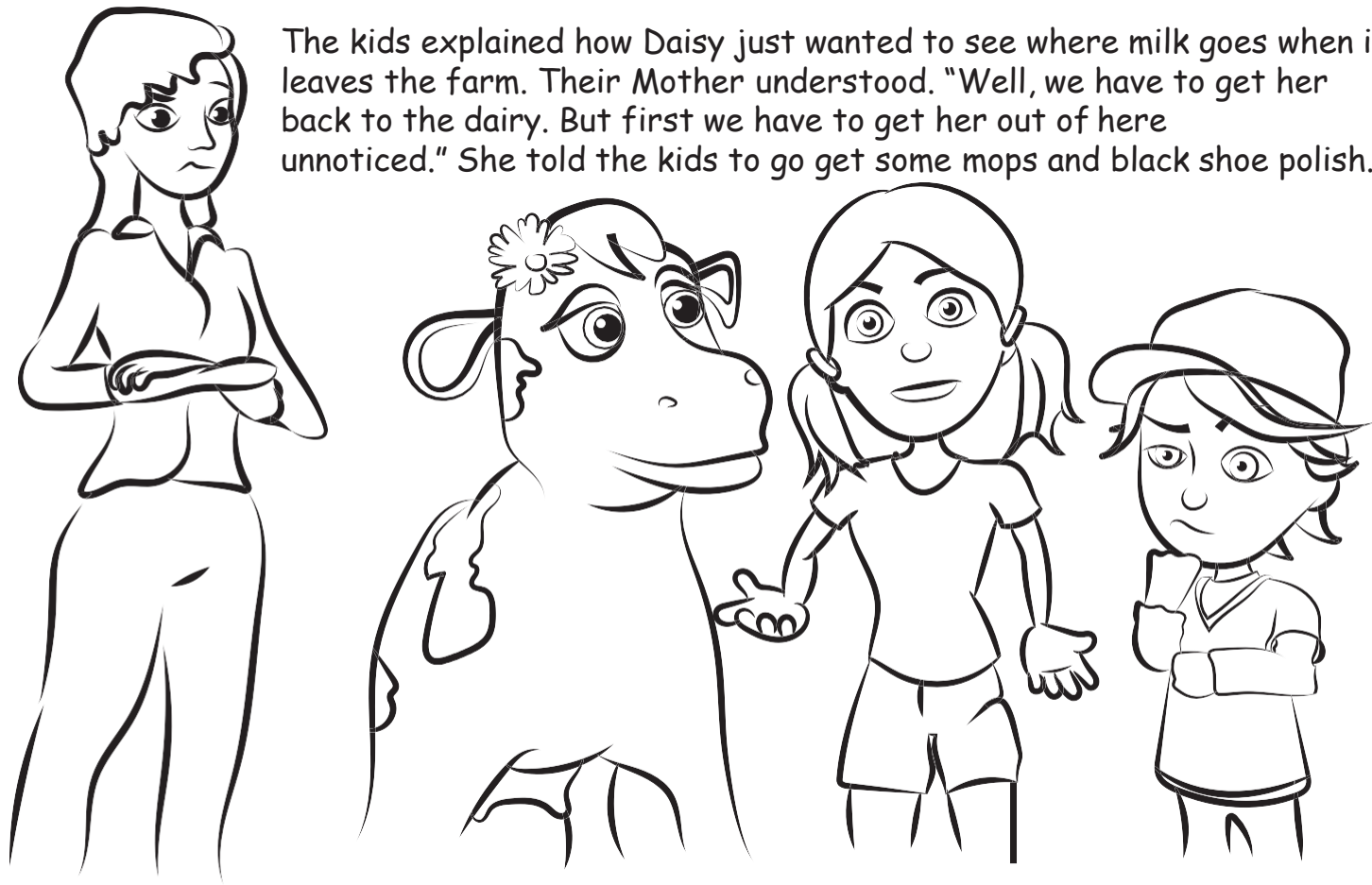
"Thank you very much for your service!"

PROTEIN
CALCIUM
VITAMINS



"Wait a minute!" said Abigail. "How are we going to get Daisy back home to the dairy?" And suddenly their Mom was standing right behind them.

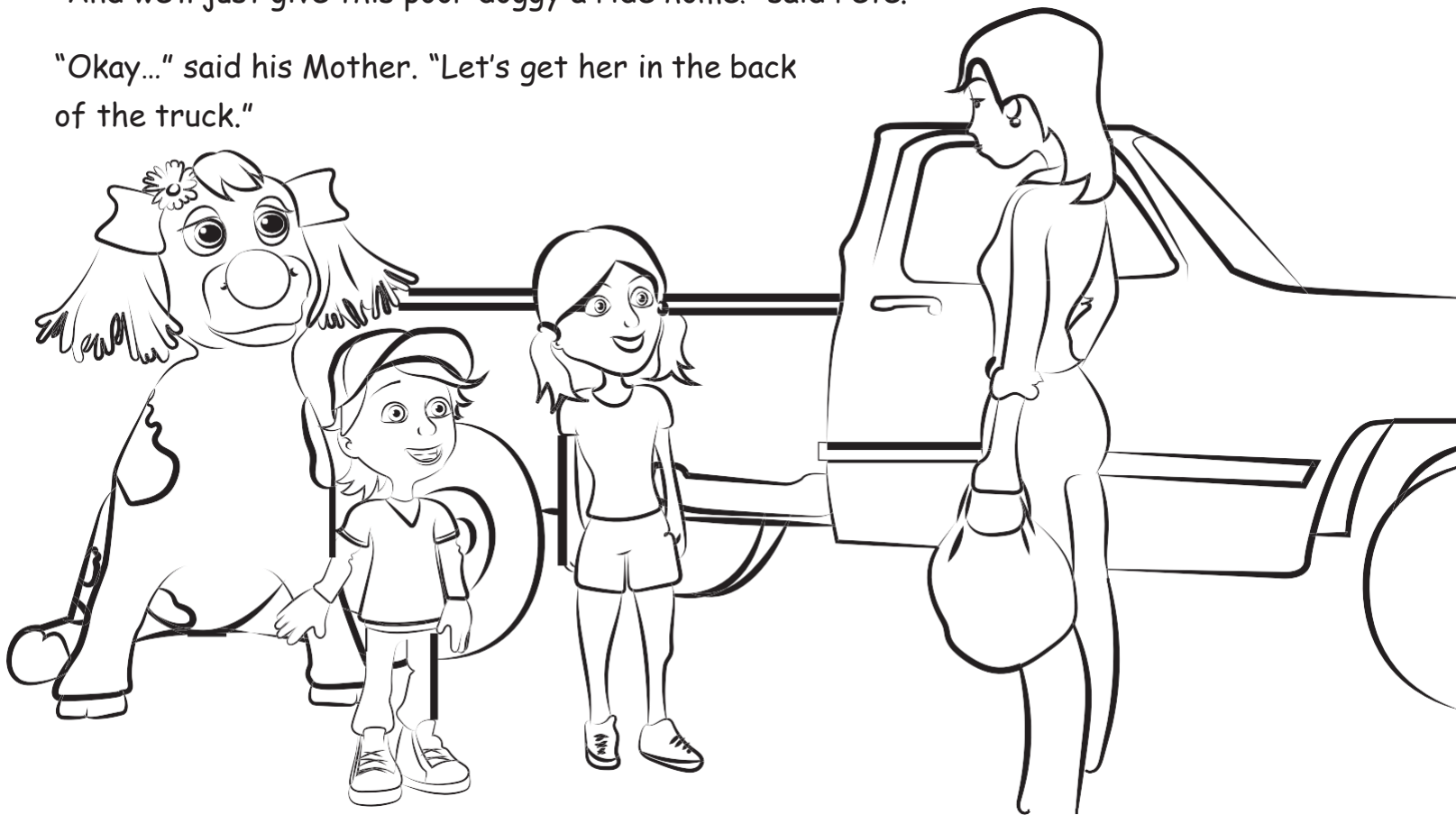
The kids explained how Daisy just wanted to see where milk goes when it leaves the farm. Their Mother understood. "Well, we have to get her back to the dairy. But first we have to get her out of here unnoticed." She told the kids to go get some mops and black shoe polish.



"There!" said Pete's Mom. "Now she's just a dog that belongs to the dairy farm."

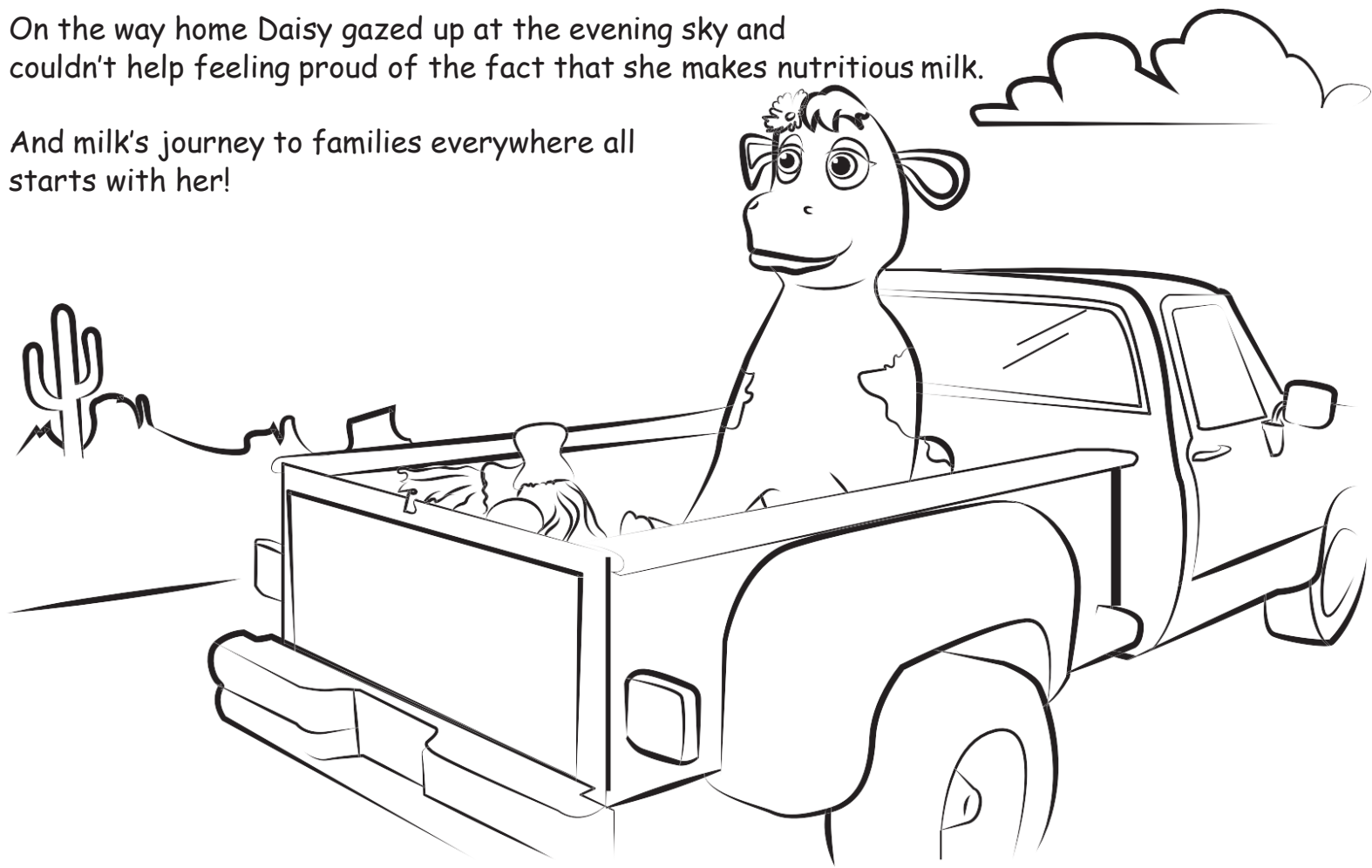
"And we'll just give this poor doggy a ride home!" said Pete.

"Okay..." said his Mother. "Let's get her in the back of the truck."



On the way home Daisy gazed up at the evening sky and
couldn't help feeling proud of the fact that she makes nutritious milk.

And milk's journey to families everywhere all
starts with her!



Connect the DOTS



WORD LIST:

ABIGAIL

CHEESE

CHOCOLATE

CREAM

DAIRY

DAISY

GRASS

HAY

MILK

PETE

STORE

TRUCK

YOGURT

Find the words!

I	Z	W	W	H	S	T	O	R	E
C	H	O	C	O	L	A	T	E	P
M	U	D	C	R	E	A	M	H	Z
I	A	C	Y	V	D	T	Y	B	J
L	B	X	Y	N	A	R	O	P	G
K	I	V	R	Y	I	U	G	Q	R
P	G	S	I	K	S	C	U	A	A
E	A	Y	A	H	Y	K	R	V	S
T	I	G	D	N	Q	H	T	W	S
E	L	Y	W	C	H	E	E	S	E





Pete's Crossword Puzzle!

Across

3. Where Daisy and Pete see milk for sale
4. Water fan to keep Daisy cool
8. Pete's sister
9. What Daisy produces

Down

1. You can top a hamburger with this
2. Creamy dairy product
4. Pete's father drives one
5. One of the things Daisy eats
6. Number of gallons of milk a cow can produce
7. Where Daisy lives



Daisy's Farm Fresh Smoothie

1 cup frozen fruit of your choice

1 cup low fat or 2% milk

1/2 cup low fat vanilla yogurt

2 tsp honey (optional)

Place all ingredients into a blender and puree until smooth.

Pour smoothie into 2 glasses and enjoy!

Makes 2 servings

This activity booklet is provided courtesy of
dairy farmers in Arizona and Nevada,
who produce fresh, wholesome, local dairy products for you to enjoy.



www.arizonamilk.org • **www.nevadamilk.com**

