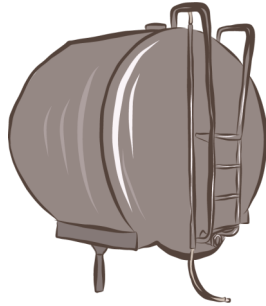


# DAIRY COWS

## Mama Milk

Before a cow can give milk she must give birth to a calf. A cow is pregnant for nine months. Once a cow gives birth, her milk production will steadily increase for the first two to three months, and then it decreases gradually until it is time for her rest period.



## Safety First

Once the milk leaves the farm it goes to a dairy processing plant. The dairy plant has a very clean, temperature-controlled environment. All milk has to be pasteurized before it can be consumed by humans. Pasteurization involves heating the milk to a very high temperature so that there are no harmful bacteria left. After the milk is heated it is very quickly cooled. The pasteurization process does not change the flavour, colour, or taste of the milk.

Dairy cows wear pedometers to track their steps. Farmers can tell if a cow might be sick if she doesn't take her usual number of steps in a day.



Dairy cows give an average of **30** litres of milk per day. That's **126** glasses of milk!



## Nutritious!

A cup of milk contains:

- More calcium than 12 sardines with their bones.
- As much protein as a Grade A large egg.
- More thiamine, riboflavin, and niacin than one slice of 100% whole wheat bread.
- Close to  $\frac{3}{4}$  of the amount of vitamin A that is in a cup of broccoli.
- 45% of our daily requirement for vitamin D.
- A total of 25 measurable nutrients.

Cows eat 3 suitcases full of hay and drink a bathtub of water every day!

