

Activity

1

It's in the Process



Did you ever wonder how that glass of milk got to you? Sure, you know it comes from cows, but *how*? A lot of hard-working dairy farmers were part of the process. Learn about what happens once the milk leaves their farms.

Part A: Write the milk processing term in the second column of the chart next to the step it describes. Then number each step in the correct order in the third column.

Milk Processing Terms

Packaging Separator Homogenization Pasteurization

| Milk Processing Step | Milk Processing Term | Correct Order |
|--|----------------------|---------------|
| A. This process heats milk to a high temperature to kill any potentially harmful bacteria that might be present. | | |
| B. This process breaks down fat so it stays suspended in the milk. | | |
| C. Milk is packaged into bottles and cartons and delivered to your local grocery store. | | |
| D. This machine helps remove the cream and then reblends the milk into skim, low fat, and whole milk. | | |

Part B: Milk is part of the **MyPlate** dairy group guidelines for healthy eating. Milk contains important nutrients your body needs to build strong bones and muscles and provide energy, like calcium, Vitamin D, and potassium. Other essential nutrients in milk are riboflavin, phosphorous, protein, Vitamin A, Vitamin B12, and zinc.



Milk Nutrition By the Numbers

Draw a line from the fact to the correct number:

Nutrition Facts

- Number of daily servings of milk or milk products recommended for kids ages 4-8
- Number of daily servings of milk or milk products recommended for kids ages 9 and older
- Amount of milk fat in whole milk
- Number of essential nutrients found in milk

Nutrition Numbers

- Three 8-ounce servings (1½ cups)
- 9
- 3.25%, about the same as when it comes straight from the Holstein (black and white) cow!
- Five 8-ounce servings (2½ cups)

Parents! Remember, whether it's whole, reduced-fat, or flavored, milk is an equal opportunity source for great nutrition for your child. The farmers of the American Dairy Association and Dairy Council (ADADC) are pleased to provide fresh quality milk and milk products to help you meet your family's dairy needs.

There's Science in My Milk!

The process of pasteurization is named for



Louis Pasteur, a French scientist who discovered that harmful bacteria can be killed with heat. *Pasteurization* heats milk to a minimum

of 145° F for 30 minutes to kill any potentially harmful bacteria present. Pasteurization does not affect the nutrition or taste of milk — and it also helps to keep milk from spoiling too quickly!