



Activity 3

Water: Supporting Dairy Nutrition

Part 1: Cows need fresh water every day to produce nutritious milk for you to enjoy. Fill in the correct number below to complete each sentence and learn more.

- A. 75 B. 35 C. 90

- Cow's milk is _____ percent water.
- Cows prefer to drink water at a temperature of _____°F.
- A dairy cow drinks approximately _____ gallons of water a day, about the amount in a bathtub full of water.



Milk contains 9 essential nutrients. Your body cannot produce these nutrients by itself. You must get them in your diet. That makes milk a top choice for great nutrition!

Part 2: Milk is full of amazing nutrients your body needs to grow strong and healthy. Just compare the nutrients in fat-free milk with the nutrients in fruit punch. In this chart, the “% Daily Value” columns tell you what percentage of your daily requirement for each nutrient is provided by an 8-oz. serving of that beverage. For example, an 8-oz. serving of fat-free milk provides 16 percent of the total amount of protein you need

each day. Use your math skills to calculate the difference in “% Daily Value” for each nutrient listed in the chart, and write your answers in the blank spaces.

Do you know what milk’s nutrients do for you? Review the benefits listed next to each nutrient. Two are correct. Cross out the incorrect one.

Nutrients	% Daily Value		Difference in % of Daily Value	Benefits For Your Body		
	Fat-Free Milk	Fruit Punch				
Calcium	25%	2%	_____	A. strong bones	B. more energy	C. strong teeth
Vitamin D	15%	0%	_____	A. strong teeth	B. strong bones	C. better digestion
Phosphorus	20%	0%	_____	A. improves hearing	B. strong bones and teeth	C. supports tissue growth
Riboflavin	35%	4%	_____	A. helps turn fats into fuel	B. helps turn protein into fuel	C. helps turn vitamins into fuel
Protein	16%	0%	_____	A. builds muscle tissue	B. repairs muscle tissue	C. improves sleep
Vitamin B-12	50%	0%	_____	A. sharper vision	B. healthy nervous system	C. helps blood function
Pantothenic Acid	20%	1%	_____	A. helps turn carbohydrates into fuel	B. helps turn minerals into fuel	C. helps turn fats into fuel
Vitamin A	15%	0%	_____	A. healthy eyes	B. healthy skin	C. reduces stomach aches
Niacin	10%	0%	_____	A. used for energy metabolism	B. builds strong muscles	C. helps keep body energized



Local milk is available 365 days a year.



AMERICAN DAIRY ASSOCIATION NORTH EAST

