

# Healthy Cows, Healthy You

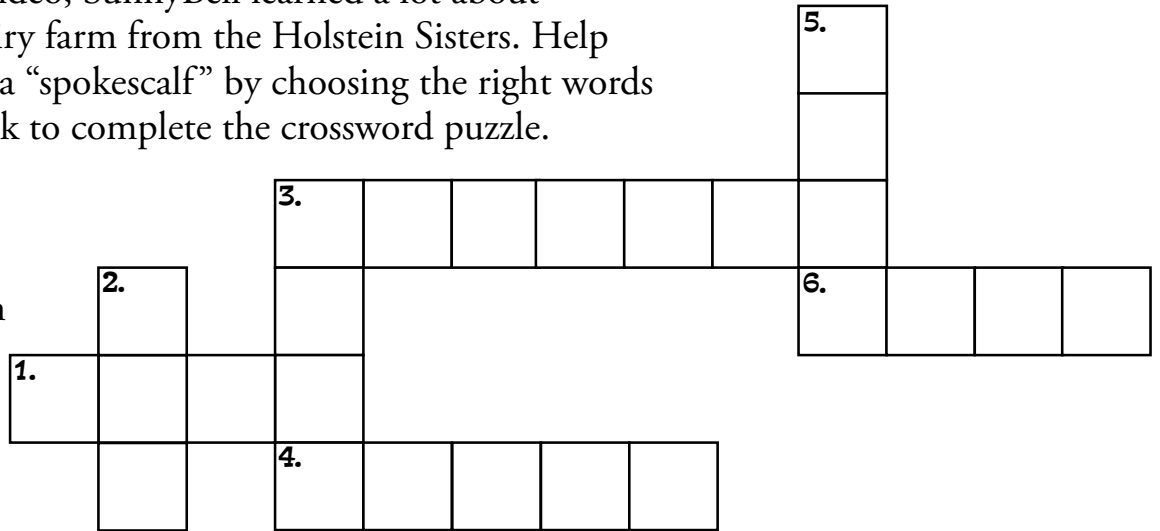


In *SunnyBell and the Florida Dairy “Moo”sical*, you learned how Florida dairy farmers provide cows with the type of care that keeps them healthy and happy. Happy cows give nutritious milk for you to enjoy in school and at home with your family.

**Part 1.** In the video, SunnyBell learned a lot about life on a Florida dairy farm from the Holstein Sisters. Help SunnyBell become a “spokescalf” by choosing the right words from this word bank to complete the crossword puzzle.

### Word Bank

- hay
- barn
- pond
- fans
- dairy
- protein
- soft



### CLUES

#### Across

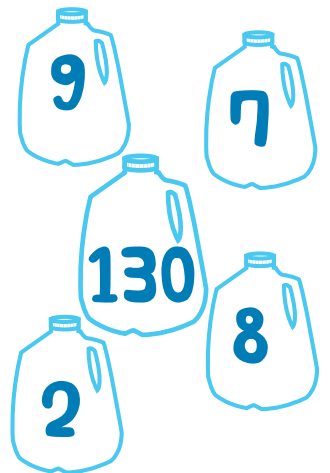
1. A \_\_\_\_\_ gives cows shelter from the weather.
3. The \_\_\_\_\_ from milk provides energy for muscles.
4. Milk is produced at a \_\_\_\_\_ farm.
6. Cows sleep on \_\_\_\_\_ sand at night.

#### Down

2. \_\_\_\_\_ is an important part of a cow’s diet.
3. One way for cows to cool off is to take a dip in the \_\_\_\_\_.
5. When it gets too hot, \_\_\_\_\_ also help the cows cool off.

**Part 2.** Now match the correct numbers with the question by drawing a line from the number to the question.

1. How many gallons of milk does a cow produce on average each day?
2. How many years does it take for a heifer to become a cow?
3. How many family-run dairy farms are there in Florida?
4. How many essential nutrients are there in milk?
5. How many cups of spinach would you need to eat to get the same amount of calcium that is in one glass of milk?



Now you’re ready to help SunnyBell tell everyone about how good — and good for you — Florida milk is!



Local milk is available 365 days a year.

