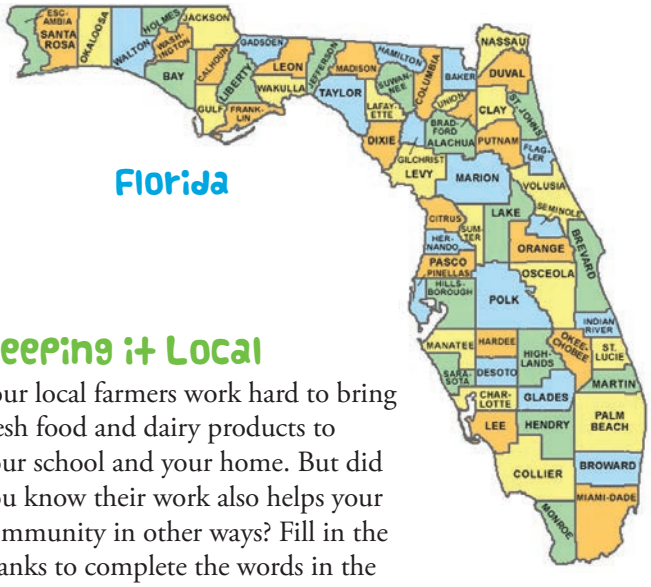
Activity 1

From Farm to Table—A Local Journey

Reproducible Master



Florida

Do you know where the food you eat comes from? How about the milk you drink at lunch? You might be surprised to learn that most of the dairy products in your school cafeteria and in your kitchen at home come from local dairy farms—even if you live in a city! Take this quiz to learn more. Just circle the letter of each correct answer:

1. Approximately how many family dairy farms are there in Florida?
A. 75 B. 100 C. 130 D. 250

2. If you were in Disney World, how far would you have to travel to find a dairy farm?
A. 200 miles C. 20 miles
B. 50 miles D. 400 miles

3. On average, how long does it take fresh milk to travel from a dairy farm to a school in Orlando?
A. one hour C. 48 hours
B. 10 days D. one month

4. An average dairy cow can produce about how many school milk cartons of milk a day?
A. 10 C. 200
B. 90 D. 160

5. How much does a typical Holstein cow (the black and white ones) weigh?
A. 500 pounds C. 1,400 pounds
B. 850 pounds D. 6,000 pounds

6. Which of these are locally grown fruits used in dairy products like yogurt and ice cream? (Choose all that apply.)
A. oranges D. cherries
B. bananas E. cranberries
C. blueberries F. strawberries

Keeping it Local

Your local farmers work hard to bring fresh food and dairy products to your school and your home. But did you know their work also helps your community in other ways? Fill in the blanks to complete the words in the following paragraph.

Farmers help take care of a__i__als and the land. Some dairy farmers help the en__iron__ent by re__yc__ __ng the waste from dairy cows with a ma__ __ine called a methane digester. This machine turns the w__st__ into energy to produce elec__ __icity. The liquids and solids from the digester can be used to fe__tili__e plants, which helps produce the f__uits, ve__eta__ __es, and __ __ains we eat along with dairy products to stay h__alt__y. These foods go into the school lun__ __es you eat each day.

Why Eat Locally?

- **It Tastes Great!** Locally grown foods do not have to travel far, so they can be harvested later, when they are ripe and their flavor is at its best, meaning tastier eating.
- **It's Good for the Environment.** Buying foods grown by local farmers helps preserve farmland and open space.
- **It Keeps Your Community Strong.** The money earned by local farmers stays in your community instead of going to food producers in another city, state, or country.
- **It Keeps You Connected.** Even if you live in a city, you can visit your local farmer's market and meet the farmers who have grown the food you eat.

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FLORIDA DAIRY FARMERS

Local milk is available 365 days a year.