



COWS COME FIRST!

REPRODUCIBLE MASTER

The delicious, nutritious milk you drink every day starts with cows raised on dairy farms near you. In the video, you heard Farmer Kati explain that cows are like a part of the family on her dairy farm, and that keeping them happy and healthy is the farmers' top priority.



Part 1:

Think about what you learned in the video and then answer these questions.

1. Why is it important for cows to be healthy and happy?

2. What does Kati mean by a "cow salad"? Why do farmers feed cows these ingredients?

3. How does the cows' bedding help them stay comfortable?

4. How does the Gervais family protect their younger cows so they stay healthy?

Part 2:

Now that you have heard some of the ways cows are cared for, think about what in your own life keeps *you* happy and healthy. Then answer these questions.

1. What do you eat and drink that keeps you healthy?

2. What things in your life help you get a good night's sleep and how?

3. Who or what helps you figure out that you're staying healthy?

4. What is something you'd like to do more of to stay healthy?
