

Water Smarts!

Part 1: Did you know that kids ages 5 to 13 should drink 5 to 8 cups of water a day (you need more as you get older)? Drinks that are mostly water count too. Water helps keep us hydrated. Just like humans, dairy cows also need clean water to stay hydrated and to produce milk.

Milk is actually about 90% water. Milk also has nutrients like calcium, Vitamin D, and protein that help keep us healthy — and hydrated!

A cow produces about 8 gallons of milk a day.
How many cups is that? Here are a few hints:



1 gallon = 16 cups

2 gallons = 32 cups

4 gallons = 64 cups

8 gallons = _____ cups



How can you make sure that you drink enough water every day?



Part 2: It's time for lunch! But there's a problem. The lunch bags are mixed up. Can you figure out who gets which lunch?

Read the names and lunch descriptions on the chart. Then read the clues. When you find a match, go across the name row and down the lunch column. Place a checkmark ✓ in the box where the name and lunch meet. Then fill the rest of the lunch column with Xs. If you can rule out a match, put an X in the box where the name and lunch meet. Be on the lookout — there's one trick here!

Clues

- Jamie is allergic to strawberries.
- Raul does not like hot food for lunch.
- Bessie is a cow.
- Henry doubles up on his dairy at lunch.
- Emma's favorite fruit is bananas.



	Lunch 1 salad apple water milk	Lunch 2 turkey sandwich banana water milk	Lunch 3 soup yogurt water milk	Lunch 4 pasta salad strawberries water milk	Lunch 5 grass corn orange pulp water
Raul					
Bessie					
Emma					
Jamie					
Henry					



Raul					
Bessie					
Emma					
Jamie					
Henry					

These kids are having milk and water at lunch. Here's a fun fact: Milk has 13 nutrients we need.



Dairy Farming Fact!

Water is important to dairy farmers. They care about their cows, so they make sure that their cows have plenty of water to drink. They also conserve water because they care about the environment. This means that they don't waste water. Many dairy farmers collect rainwater to use on the farm. They also reuse water. For example, water that is used to chill milk can be used again to feed the cows, clean equipment, and water crops.



Local milk is available 365 days a year.



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