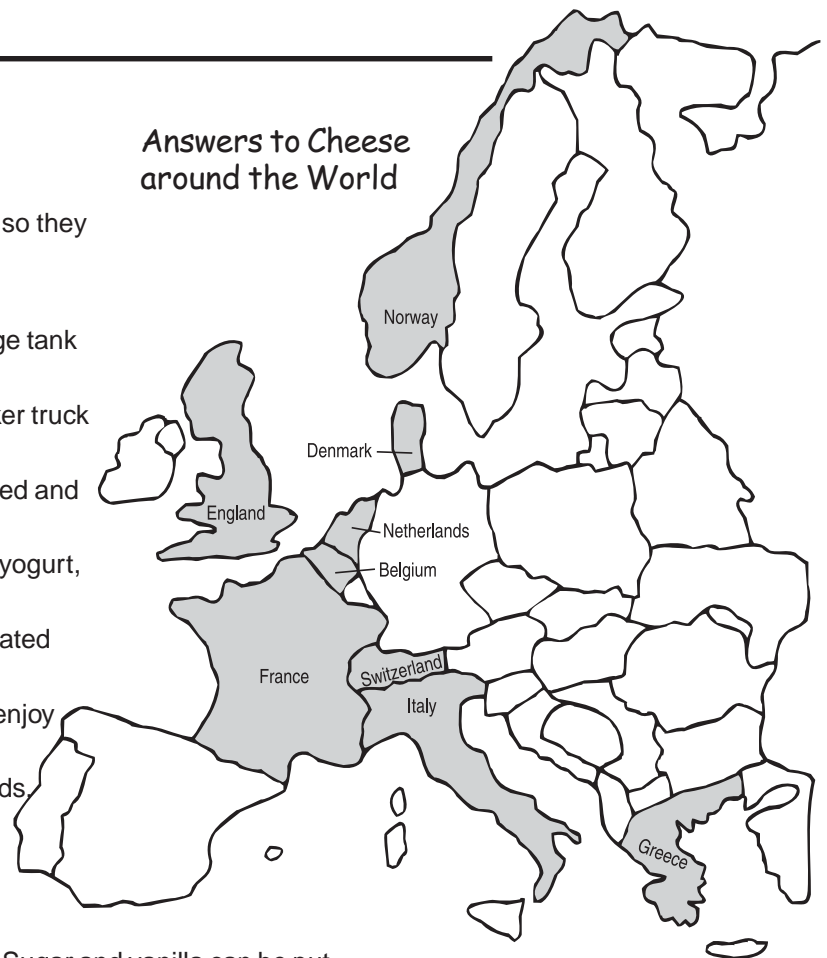


## Dairy Distribution

### Answers to The Journey of Milk

1. Cows eat nutritiously and drink lots of water so they can produce milk.
2. Cows are milked 2 or 3 times each day.
3. The milk is pumped into a refrigerated storage tank on the farm.
4. The milk is transported in a refrigerated tanker truck to the processing plant.
5. The milk is tested for quality and homogenized and pasteurized if it's to be sold as liquid milk.
6. Some of the milk is processed into cheese, yogurt, ice cream and other dairy products.
7. The dairy products are delivered with refrigerated trucks to stores, schools and restaurants.
8. You purchase dairy products at the store or enjoy them at school or at restaurants.
9. You enjoy the taste and nutrition of dairy foods.

### Answers to Cheese around the World



## Dairy Consumption

**Idea:** Check out Nutrition Explorations at [www.nutritionexplorations.org](http://www.nutritionexplorations.org) for fun food games from the National Dairy Council and Kids Nutrition at [www.ext.nodak.edu/food/kidsnutrition/](http://www.ext.nodak.edu/food/kidsnutrition/) from the NDSU Extension Service.

**Idea:** Have students play the MyPyramid Blast-off game at the U.S. Department of Agriculture's [www.MyPyramid.gov](http://www.MyPyramid.gov).

**Idea:** Squeeze Freeze

#### Supplies:

Liquid measuring cup  
Measuring spoons  
– tablespoon, ½ teaspoon  
Paper towels

#### Needed for each child:

Small zip-lock plastic bag  
Large zip-lock plastic bag  
Plastic spoon  
½ cup whole milk  
1 tablespoon sugar  
½ teaspoon vanilla  
Ice, crushed or cubes  
1 tablespoon salt

**Setup:** Sugar and vanilla can be put in small plastic bag ahead of time. Salt can be put in large plastic bag ahead of time.

**Procedure:** Give each child a small bag containing the sugar and vanilla. Have each child hold open the bag while an adult pours in the ½ cup whole milk. Remove as much air from the bag as possible. Seal bag. It is important bag is sealed properly.

Have the children drop the small bag into the large plastic bag with the salt in it. Add 18-20 ice cubes or crushed ice. Remove as much air as possible from the large bag. Seal properly.

Children should knead the bags about 10 minutes. When a soft ice cream is formed, give spoons to eat out of the bag.

**Note:** It is important to use whole milk. Other types of milk take too long to freeze. Salt is also very important. Without it, the ice cream will not freeze. One pint of half and half can be added to a gallon of whole milk. This makes the ice cream richer, and it will freeze faster.

**Idea:** Homemade Butter

#### Ingredients and Equipment:

½ cup whipping cream  
Plastic jar or container  
Salt  
Crackers

#### Procedure:

Pour whipping cream into a clean plastic jar. Screw the lid on tightly. Shake the jar vigorously.

After about 10 minutes, yellow clumps will form as the butterfat particles stick together. The clumps will be surrounded by a white liquid. The liquid is sweet buttermilk.

Drain the liquid from the clumps. Rinse the clumps under cold water. Add a pinch of salt if you like. Serve on crackers.

From *Dairy Helper's Guide, 4-H Cooperative Curriculum System*

**Idea:** Have students compare the labels of butter and margarine. What are the differences? What are the similarities?