Cheese

A piece of cheese the size of an adult’s thumb has the same amount of calcium as one cup of milk.

Big Cheese
Wisconsin is home to 141 cheese plants that produce more than 600 varieties, types and styles of Wisconsin cheese—almost double any other state.

Agriculture
For more than 180 years, agriculture has driven the state’s economy.

Cheese Curds
People in Green Bay eat more cheese curds than anywhere else in the United States.

Dairy Farm
Wisconsin's more than 6,500 dairy farms produce over 14% of all milk and 26% of all cheese in the United States.

Milk
Milk has calcium and twelve other nutrients needed for good health.

Colby Cheese
Colby Cheese is named after a city in Clark County.

Dairy Cow
Wisconsin is home to more than 1.27 million dairy cows.

Wisconsin
makes more cheese than any other state, making more than one of every four pounds produced in the United States.
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Welcome to Our DAIRY FARM

Today there are more than 6,500 dairy farms in Wisconsin. Most of these farms are family owned and operated. Dairy farmers are proud to care for their animals, produce high-quality milk and take care of the environment.

Take a close look at this dairy farm. See if you can find 18 cows, 8 waving farmers, 20 wheat stalks, 8 milk chugs and 14 apples.
1. What game do cows play at parties?

2. Why did the cow cross the road?

3. Why can't dairy cows dance?

4. How did the cow soccer team win the game?

5. What did the cow say to her best friend?

6. Have you heard the joke about butter?

7. How do you make a pancake smile?

8. What did the ghost put on his bagel?

9. What do you call cheese that isn’t yours?

10. What is a pirate’s favorite cheese?

11. How fast is milk?

12. How did the cow get to Mars?

13. What does a cow watch?
Wisconsin is home to more than 1.27 million dairy cows – that means there are more cows than school kids in Wisconsin! Dairy farmers give their cows plenty of good feed, clean water and a comfortable place to live. Cows are milked two or three times each day.

All About COWS

Choose a word from the word list to complete each sentence. Write the words in order from left to right along the cownga line, one letter in each cow. Then, write the numbered letters in order to solve the riddle.

Word List  drink  milk  eating  weigh  four  pounds

Fill in the blank statements:

1. When full grown the average dairy cow will ________________ about 1,400 pounds.

2. Dairy cows eat about 100 ________________ of feed and ________________ a bathtub full of water each day.

3. Cows have a stomach with ______ compartments to help them digest their food.

4. Wisconsin cows produce an average of nearly seven gallons of ________________ each day. That’s enough to fill about 112 eight-ounce glasses or cartons.

5. Dairy cows spend an average of six hours each day ________________ and eight hours chewing their cud. (Cud is food that is regurgitated from the first stomach compartment to the mouth and chewed again.)

What kind of milk is used to make Swiss cheese?

“___ ___ ___ ___” milk

1 2 3 4

Start
The cownga line starts here!

Finish

©2021 Dairy Farmers of Wisconsin
Milk comes from dairy cows. In Wisconsin, there are seven main breeds of dairy cows. Most dairy cows in Wisconsin are Holsteins. One way to tell the breed of a dairy cow is by its color. Which breeds have you seen before?

Holstein
black and white; came from Holland in 1621

Red & White Holstein
red and white; came from Holland

Brown Swiss
solid brown, varying from very light to dark; came from Switzerland in 1869

Jersey
fawn color with black nose and feet; came from the Isle of Jersey in the English Channel in the 1850s

Milking Shorthorn
reddish-brown with small white spots; came from Northeastern England in 1783

Guernsey
a shade of fawn with white markings; came from the Isle of Guernsey in the English Channel in 1831

Ayrshire
light to deep cherry red with white; came from the County of Ayr in Scotland in 1822
Fresh milk from the cow is pumped through a pipe and into an insulated tank, where it is cooled and kept fresh and safe.

To begin milking, a cow’s udder is washed before the milking machine is attached. This happens at least two times a day.

At the dairy plant, the milk is kept cold and tested many times for quality.

Next, the milk is quickly heated, or pasteurized. This is an important step to ensure the milk is safe and wholesome.

The milk is then cooled again, put into containers and stored in a refrigerated room until it can be picked up.

Within two days after milking, the milk is loaded onto refrigerated trucks and delivered to schools, restaurants and supermarkets.

Each day, a special insulated tanker truck comes to the farm to pick up the cold milk and deliver it to the dairy plant.

Milk from Cow to You!
Milk has calcium and twelve other nutrients for good health. Cheese and yogurt are also part of the milk group.
**MILK** is a power drink that supplies your body with nutrients to grow tall, play hard and learn well. Calcium, along with twelve other essential nutrients in milk, will keep you healthy. Remember to drink 3 servings of milk each day for the nutrients you need.

**Unscramble the answers to learn more about the nutrients in milk and their functions in your body.**

Which mineral helps build strong bones and teeth? **MIULACC**

This nutrient keeps your body hydrated and cool and makes up 90% of milk’s content. **TRAEW**

This mineral also helps build strong bones. **ROHPSHOUPS**

Which vitamin helps red blood cells carry oxygen to your muscles? **TANBMMIV-12**

Name an important mineral needed to keep fluid balance in your body. **ATUOPSSIM**

Which two B vitamins found in milk help the body’s cells produce energy? **CNIAN** and **LVFAINROB**

This vitamin is needed to keep your skin and eyes healthy. **TMINAAVI**

Name the major nutrient that helps build muscles for a strong body. **RITENOP**

Sometimes called the “Sunshine Vitamin,” it is needed to help deposit calcium in your bones and teeth. **TMNIADV**

**Search for these foods that taste great with milk:**

- Pancakes, cereal, cheeseburgers, grilled cheese sandwich, lasagna, muffins, bagels, cookies, pasta, peanut butter and jelly sandwich, whole wheat toast, chicken fingers, vegetables, pizza, fruit

**Good nutrition tastes great in all types of milk—low-fat, reduced-fat, fat-free, chocolate or strawberry. They all have the same nutrients. Choose the milk you like the best and drink 3 servings every day.**

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The Art of Cheesemaking in Wisconsin

1. Each day insulated tanker trucks pick up top-quality milk from Wisconsin dairy farms and deliver it to cheese plants.

2. Before cheesemaking begins, the milk is carefully tested, weighed and heated, or pasteurized.

3. Milk is pumped into a large vat. Special ingredients, called starter cultures and enzymes, are added. They thicken the milk and give it the desired cheese flavor. Another enzyme, called rennet, is added to make the milk thicker—like custard.

4. Next, cheesemakers begin cutting the custard-like milk into tiny pieces. This separates the liquid, called whey, from the milk solids, called curd.

5. The curd and whey are stirred and cooked until the curd reaches just the right amount of firmness for the type of cheese to be made. The whey is drained and saved for other uses.

6. Depending upon the type of cheese to be made, the curd is salted and then specially handled by the cheesemaker.

7. The curds are pressed into forms and shapes. The cheese is then moved to a curing room where the temperature and humidity are just right to allow the cheese to age properly.

8. When the cheese has been cured for the desired length of time, it is ready to be wrapped and shipped to cheese lovers everywhere!

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Now that you have learned about the nutrients found in Wisconsin cheese, UNSCRAMBLE the answers to these questions about the nutrient functions in your body.

**Which carbohydrate found in milk is not usually in cheese?**

SOPHILIGOLIIPNID

**Which fat found in cheese and other dairy products helps protect the body against some types of cancer?**

SOOTCLA

**Which vitamin helps your body make red blood cells and is also needed to make DNA?**

LVFAIINROB

**Name a B vitamin that helps the body's cells produce energy.**

TANBMIIV-12

**What mineral helps grow and repair tissues and muscles?**

ZINC

**Which mineral helps build strong bones and teeth?**

CALCIUM

**How tall are you?**

Get a tape measure out and see how much you've grown lately.

**Calcium and other components in cheese may help prevent cavities.**

**Zinc to grow and repair tissues and muscles.**

**Sphingolipids a healthy type of fat needed to protect the body from some types of cancer.**

**Protein to grow and build muscles and other tissues.**

**Calcium for strong bones and teeth.**

**Vitamin A to assist with normal vision and help you see in the dark.**

**Phosphorus to strengthen bones and help cells make energy.**

**Choose Wisconsin cheese for good health.**

Wisconsin cheese supplies calcium and other healthy nutrients and can be part of your three daily servings of dairy foods. Eat cheese for a healthy and hard-working body.
Now that you have learned about the nutrients found in Wisconsin cheese, UNSCRAMBLE the answers to these questions about the nutrient functions in your body.

Which carbohydrate found in milk is not usually in cheese?

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Which fat found in cheese and other dairy products helps protect the body against some types of cancer?

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Which vitamin helps your body make red blood cells and is also needed to make DNA?

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Name a B vitamin that helps the body’s cells produce energy.

LVFAIINROB

What mineral helps grow and repair tissues and muscles?

NICZ

Which mineral helps build strong bones and teeth?

IUMCCLA

One and one-half ounces of natural cheese have the same calcium and protein as an 8 oz. glass of milk.

How tall are you? ___________

Get a tape measure out and see how much you’ve grown lately.

How much do you weigh? ___________

Wisconsin cheese supplies calcium and other healthy nutrients and can be part of your three daily servings of dairy foods. Eat cheese for a healthy and hard-working body.
Working Words on a Dairy Farm

Wisconsin dairy farmers use many words which you may not know. Find the terms listed below in the Word Search box. If you don’t know what some of these words mean, look them up to help you understand more about Wisconsin’s dairy industry.

Bovine
Calcium
Conservation
Cream
Cud
Fertilizer
Harvest
Heifer
Homogenize
Lactation
Nutrients
Pasteurize
Silage
Tillage
Udder
Whey

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Dairyland Code

Use the code below to answer these brain teasers!

Who brought the first dairy cow to America?
3 8 18 9 19 20 15 16 8 5 18 3 15 12 21 13 2 21 19

What product uses approximately 90% of Wisconsin’s milk?
3 8 5 5 19 5

What is milk mostly made of?
23 1 20 5 18

Which state is #1 in cheese production?
23 9 19 3 15 14 19 9 14

Cows spend an average of six hours each day doing what?
5 1 20 9 14 7

What is the most popular ice cream flavor?
3 8 15 3 15 12 1 20 5

90% of all dairy cattle in Wisconsin are what breed?
8 15 12 19 20 5 9 14

The average cow produces nearly 2,500 _______ of milk each year.
7 1 12 12 15 14 19

What breed of cow am I?
Are you making good choices when it comes to eating?
One way to find out is to go to www.ChooseMyPlate.gov

This food icon helps us build a healthy plate at meal times and reminds us to include low-fat dairy, fruit, vegetables, protein, and grains. All of these foods help our bodies grow and be healthy.

Use the Food List below to fill your plate with healthy choices at mealtime!

Food List:
- Apples
- Steak
- Carrots
- Muffin
- Grapes
- Yogurt
- Cherries
- Pasta
- Fish
- Milk
- Bread
- Corn
- Bagel
- Cereal
- Cheese
- Broccoli
- Beans
- Chicken
- Bananas
- Strawberries

Build a Healthy Plate at Meal Times!
REFUEL with Chocolate Milk!

Low-fat chocolate milk has the right mix of nutrients to keep student athletes healthy—and tastes great, too!
Dairy Word Power Puzzle

Answer questions 1-20 “across” to reveal the highlighted “down” answer to the following question:

Who works in America’s Dairyland, raising crops and cows, to produce milk?

1. The average Wisconsin dairy____ gives 112 glasses of milk each day.
2. Drink milk _____ cold.
3. Milk, cheese and yogurt are one of the Five Food ________.
4. Top off a bowl of fruit with whipped ________.
5. Guess_____ says “moo”?
6. Calcium is one of the____________ found in milk.
7. Calcium helps keep your____ and teeth strong.
8. The opposite of “REAL” is________________.
9. It takes____ pounds of milk to make one pound of cheese.
10. Most children should______ 3 glasses of milk each day.
11.________________ cheese is used to make pizzas.
12. Chocolate is America’s favorite _____ ________.
13.___________ is a special ingredient in cookies.
14. Creamy______is often flavored with fruit.
15. Some people use_______ &_______ in their coffee.
16. The__________ breed of cow is white with light to deep cherry red patches.
17. ____________ cheese is yellow and good in sandwiches.
18. All dairy foods are made from__________.
19. More than 600 varieties, types and styles of______are made in Wisconsin.
20. The “________________” means a food was made from “real” Wisconsin milk.

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Help Wanted!

You don’t have to come from a farm to choose a career in the dairy industry. There are dairy-related jobs everywhere for anyone. With more than 300 different careers associated with Wisconsin’s progressive dairy industry, the possibilities are numerous.

2 Across
I am a scientist who studies microorganisms.

7 Down
I design and construct machines.

1 Down
I help you choose healthy foods to eat.

6 Down
I raise cows on a farm.

10 Across
I make your food in a restaurant.

3 Across
I know how to grow plants and take care of the soil.

5 Down
I take care of animals.

12 Across
I make cheese from milk.

11 Across
I design pages on the internet.

8 Across
I’m good with numbers.

9 Across
I know the law.

4 Down
I help you learn.

Word List
- Accountant
- Agronomist
- Attorney
- Cheesemaker
- Chef
- Dairy Farmer
- Dietitian
- Engineer
- Microbiologist
- Teacher
- Veterinarian
- Web Designer

1 Across
I help you learn.

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5 Down
I take care of animals.

12 Across
I make cheese from milk.

4 Down
I help you learn.

9 Across
I know the law.

8 Across
I’m good with numbers.
1. Moo-sical chairs!
2. To get to the udder side.
3. They have two left feet
4. By milking the clock
5. You’re my butter half
6. I better not tell you, it might spread
7. Butter it up!
8. SCREAM cheese
9. Nacho cheese!
10. Ched-arrrgh!
11. It’s pasteurized before you know it
12. It flew through udder space
13. Moo Tube

Welcome to Our DAIRY FARM

Today there are more than 3,500 dairy farms in Wisconsin. Most of these farms are family owned and operated. Dairy farmers are proud of care for their animals, produce high-quality milk and take care of the environment.

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