

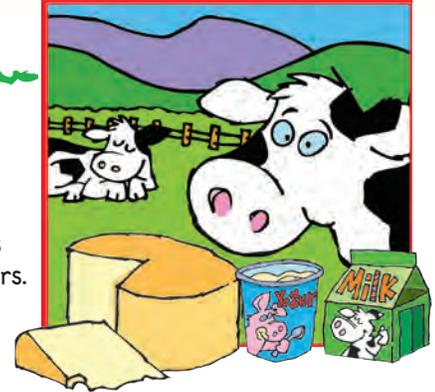
Why Is Dairy Important?

Powerhouse Foods

Dairy foods pack a powerhouse of protein, vitamins, and minerals. They're among the healthiest foods a person can eat. Dairy foods include milk and foods made from milk. Cheese, yogurt, and milk are the most nutritious foods in this group.

Experts advise eating three servings of dairy foods each day. Luckily, there are many yummy dairy foods. This means you have lots of choices! For example, more than 300 types of cheese are made in the United States. Yogurt also comes in a variety of types and flavors. So does milk and ice cream. There are low-fat and fat-free varieties of dairy foods, too.

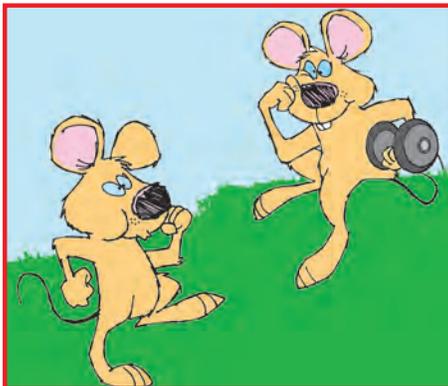
Dairy foods are loaded with nine important nutrients that every body needs. Five of these are calcium, magnesium, potassium, protein, and vitamin D. These nutrients work together to keep your bones and teeth strong. They also help your muscles, blood, and nervous system stay healthy. Studies show that people who eat lots of dairy products tend to eat healthier.



Calcium Is King!

Calcium is the number one bone-building nutrient in dairy foods. Right now your bones are growing fast. The more dairy foods you eat, the better! In fact, kids and teens who load up on dairy tend to have healthier bones as adults. Adults who do not get enough calcium early in life can end up with bones that break easily. You don't want this to happen!

But what if dairy foods upset your stomach? This could mean you are *lactose intolerant*. This means your body can't digest lactose, the natural sugar found in milk. The good news is naturally aged hard cheeses like cheddar do not contain lactose. Also, lactose-free milk and yogurt are sold in grocery stores. This means you can still enjoy three servings of dairy a day.



The Exercise Connection

Growing strong bones and muscles takes more than good food. You must stay active too. Each day you need at least 60 minutes of exercise. This doesn't mean you have to do push-ups. Have some fun! Dance, shoot hoops, skip rope, or take your dog for a walk. Play catch with a friend or kick a soccer ball around. The best activities are ones that stretch and exercise your entire body.

Snacking for Health

Snacking on dairy foods between meals is an easy way to get in your three servings a day. You can drink a glass of milk, eat a slice of your favorite cheese, or enjoy a serving of yummy yogurt. Here's even more good news! People who eat plenty of dairy products tend to weigh less than people who do not. So snack away!

Write the answers.

1. What are the three most nutritious dairy foods? _____
2. What is the most important bone-building nutrient in dairy products? _____
3. Why is it important for kids and teens to get plenty of dairy? _____

4. Can a person who is lactose intolerant eat dairy? Explain. _____

5. How many daily servings of dairy and how many minutes of daily exercise are suggested for good health? _____

Bonus: What are five nutrients that work together to keep your bones and teeth strong?



Answer Key
“Why Is Dairy Important?”
Grade 4 (RI.4.10)

1. cheese, yogurt, and milk
2. calcium
3. Their bones are less likely to break when they are adults.
4. yes; Explanations will vary.
5. 3 servings of dairy and 60 minutes of exercise every day

Bonus: calcium, magnesium, potassium, protein, vitamin D

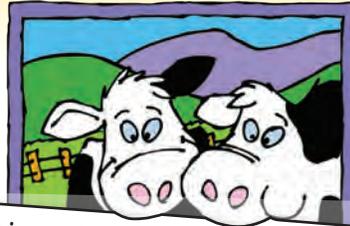


“Cow-abunga”!

Solve for each dairy farm.

Show your work.

Use these facts.



A Holstein cow gives about 90 pounds of milk a day.
 A Jersey cow gives about 60 pounds of milk a day.
 It takes ten pounds of milk to make one pound of cheese.
 It takes 22 pounds of milk to make one pound of butter.

Big Udder Dairy Farm

Home to 100 Holstein cows.

- How much milk is collected in a single day at Big Udder Dairy Farm?
- How much milk is collected during seven days at Big Udder Dairy Farm?
- How many pounds of cheese can be made using two days' milk from Big Udder Dairy Farm?
- Can 500 pounds of butter be made using one day's milk from Big Udder Dairy Farm? Explain.
- How many days of milk from Big Udder Dairy Farm are needed to make 500 pounds of butter and 1,600 pounds of cheese?

Moo Masters Dairy Farm

Home to 50 Holstein cows and 50 Jersey cows.

- How much milk is collected in a single day at Moo Masters Dairy Farm?
- How much milk is collected during seven days at Moo Masters Dairy Farm?
- How much cheese can be made using two days' milk from Moo Masters Dairy Farm?
- Can 300 pounds of butter be made using one day's milk from Moo Masters Dairy Farm?
- How many days worth of milk from Moo Masters Dairy Farm are needed to make 840 pounds of cheese and 300 pounds of butter?

Have You “Herd”?

Calcium not only helps you
 grow strong bones and teeth.
 It also keeps your brain and
 body working properly!



Answer Key
“ ‘Cow-abunga’!”
Grade 4 (4.0A.A.3)

1. 9,000 pounds of milk
2. 63,000 pounds of milk
3. 1,800 pounds of cheese
4. No; Explanations will vary.
5. 3 days of milk
6. 7,500 pounds of milk
7. 52,500 pounds of milk
8. 1,500 pounds of cheese
9. Yes; Explanations will vary.
10. 2 days

