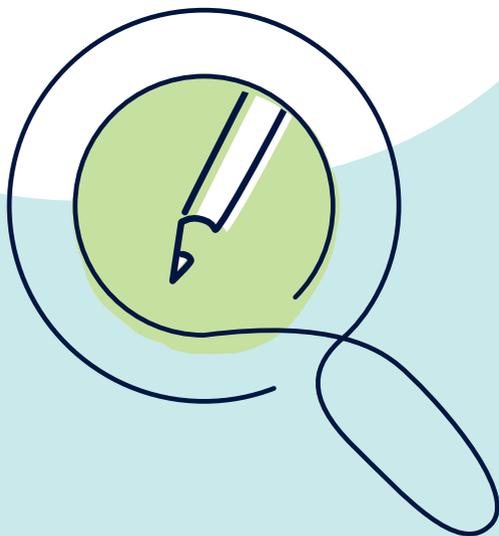


# DISCOVER DAIRY

KIDS ACTIVITY BOOK



# DISCOVER DAIRY FOR HEALTH

Dairy foods are one of the five food groups that are important for good health.

Dairy foods include:

- Milk
- Cheese
- Yoghurt



Have a look at the table below to see how much dairy you need every day.

Minimum recommended number of serves from the dairy food group

	Age (years)	No. of serves per day
Boys	4–8	2
	9–11	2 ½
	12–13	3 ½
Girls	4–8	1 ½
	9–11	3
	12–13	3 ½

Find your gender and age and write in the box how many serves of dairy foods you need every day. Do you have this much every day?



Did you know one serve of dairy is equivalent to:



2 slices  
of cheese  
(40g)



$\frac{3}{4}$  cup  
of yoghurt  
(200ml)



1 cup  
of milk  
(250ml)

HELP FIND  
YOUR DAILY  
DAIRY SERVES



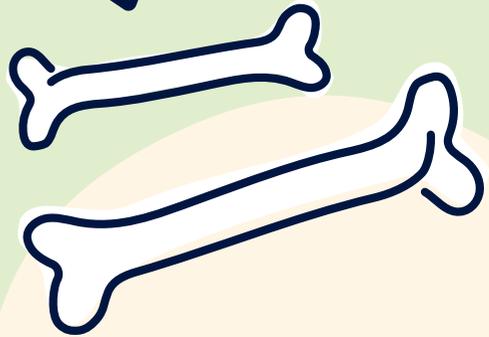
See page 15 for solutions.

# DISCOVER DAIRY FOR GROWTH AND DEVELOPMENT

Did you know you need to grow your milk, cheese and yoghurt intake as you grow?

These foods give you calcium for building strong bones and teeth for life, plus nine other important nutrients growing bodies need.

VITAMIN A  
VITAMIN B12  
RIBOFLAVIN  
CALCIUM  
POTASSIUM  
MAGNESIUM  
ZINC  
PHOSPHORUS  
CARBOHYDRATE  
PROTEIN



**Did you know...**

dairy foods contain protein for growth and development and healthy muscles?

# DISCOVER DAIRY FOR SPORT

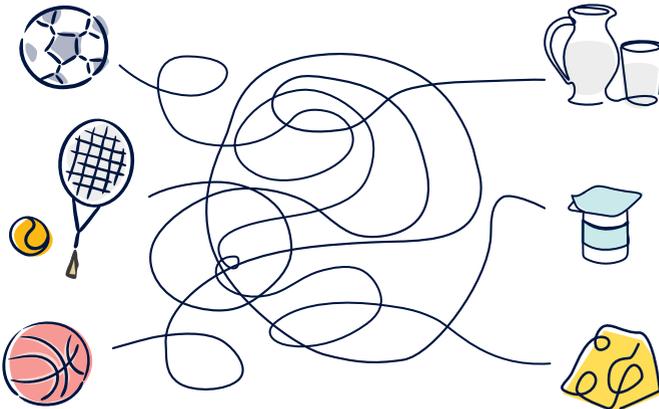
If you play sport, eating the right kinds of foods is important to make sure you have enough energy to play at your best, help your tired muscles recover and stay well hydrated.

## Did you know...

dairy foods contain nutrients to help with all of these?



Follow the sports activity to the dairy food good for after sport (trace each path in a different colour).



CARBOHYDRATES PROVIDE ENERGY FOR YOUR BIG GAME OR TRAINING.



PROTEIN HELPS REPAIR TIRED MUSCLES.

FLUID AND ELECTROLYTES HELP KEEP YOU HYDRATED.



## Did you know...

that weight-bearing exercises like running, jumping and dancing are good for strong bones?

# DISCOVER DAIRY FOR TEETH AND BONES

Did you know...

Calcium is the central building block of bones. Bones also act as a storage bank for calcium.

The longest and heaviest bone in our body is the femur or thigh bone.

Bones are living, growing tissue. Throughout our lifetime old bone is removed and new bone is added to the skeleton.

Bones form a frame for our body and give it shape. They help us to move and protect our organs and keep them in place.

99% of calcium in our body is found in bones and teeth. It is important to get enough calcium from foods in our diet to build strong bones.

Casein, found in cheese, forms a coating on the surface of the tooth, so it helps protect it against acids from foods.

The bone in our back is made up of 26 bones to enable it to bend.

An adult human has 206 bones in his or her body.

Do you know which foods contribute the most calcium in our diet?

Every person has a set of teeth as unique as fingerprints, and even the "dental fingerprints" of identical twins are different.



WHAT TIME WAS THE  
VAMPIRE'S DENTAL  
APPOINTMENT?  
...  
TOOTH-HURTEE!

WHAT DID THE SKELETON  
SAY WHEN HE ANSWERED  
THE DOOR?  
...  
"THERE'S NO BODY HOME!"

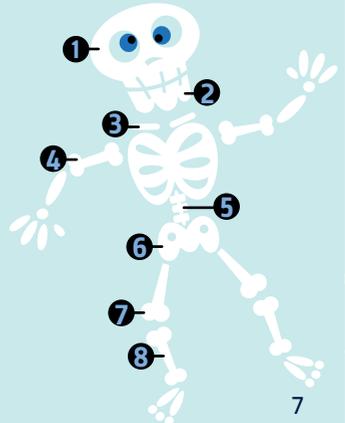


### Scrambled bones

Find the scrambled names  
of the bones on the skeleton.

See page 15 for solutions.

- |   |           |        |
|---|-----------|--------|
| 1 | miucnar   | c..... |
| 2 | biledman  | m..... |
| 3 | vaclilec  | c..... |
| 4 | emurshu   | h..... |
| 5 | raberteve | v..... |
| 6 | pivels    | p..... |
| 7 | ferum     | f..... |
| 8 | baiti     | t..... |



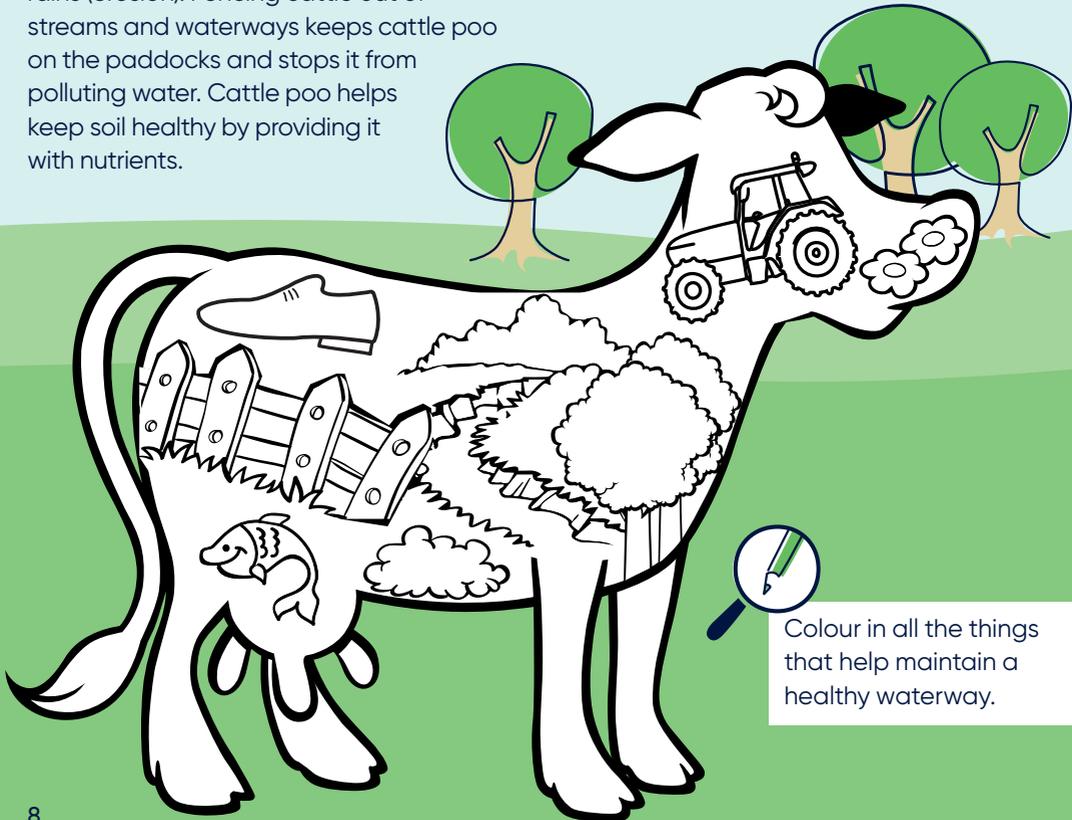
# DISCOVER DAIRY ON FARM

Dairy farmers do lots of things to care for the environment and maintain healthy farms and healthy cows. An example is how they manage and protect water on the farm.

By planting trees and shrubs near rivers and streams farmers help stop the soil from washing away when it rains (erosion). Fencing cattle out of streams and waterways keeps cattle poo on the paddocks and stops it from polluting water. Cattle poo helps keep soil healthy by providing it with nutrients.

WHEN THE SOIL STAYS PUT, ALL THE GOODNESS AND NUTRIENTS ARE LOCKED INTO IT AND THE GRASS GROWS PERFECTLY.

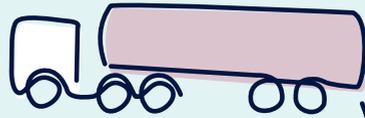
WHEN SOIL WASHES INTO A RIVER AFTER IT RAINS, THE WATER BECOMES MURKY. THIS STARVES THE FISH AND PLANTS IN THE WATER OF OXYGEN AND THEY CAN DIE.



Colour in all the things that help maintain a healthy waterway.

These days dairy farming is a highly mechanised industry, but for hundreds of years cows were milked by hand. This was extremely hard work because the whole herd would have to be rounded up and milked by hand twice a day. Cows still need to be milked at least twice a day, but the method is a bit different. Nowadays, milk is collected from the cow's udder by a milking machine with suction cups. The farmer gently places the cups on each of the cow's four teats. From here the milk travels through a series of stainless steel pipes to a large refrigerated vat where it is stored and cooled. Within hours the milk is collected by a refrigerated tanker and transported to the factory.

THE MILK IS TAKEN FROM THE DAIRY FARM TO THE FACTORY IN A REFRIGERATED MILK TANKER.



AT THE FACTORY THE MILK IS PASTEURISED AND PUT INTO CARTONS AND PLASTIC BOTTLES.



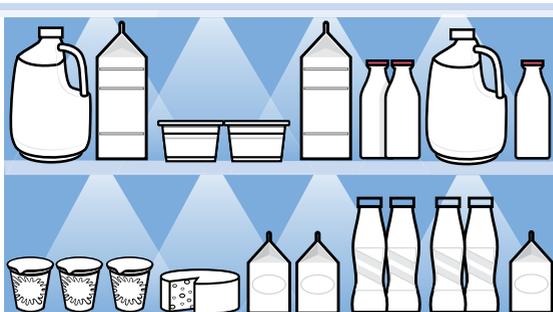
MILK IS ALSO USED TO MAKE (CREAM, BUTTER, YOGHURT, ICE CREAM AND CHEESE). ALL THESE PRODUCTS ARE KNOWN AS DAIRY FOODS.



DAIRY PRODUCTS ARE TRANSPORTED FROM THE FACTORY TO SUPERMARKETS, SHOPS AND CANTEENS WHERE YOU CAN BUY THEM.



Can you find some dairy foods to fill the shopping trolley? Colour these in and draw arrows to place them in the trolley.



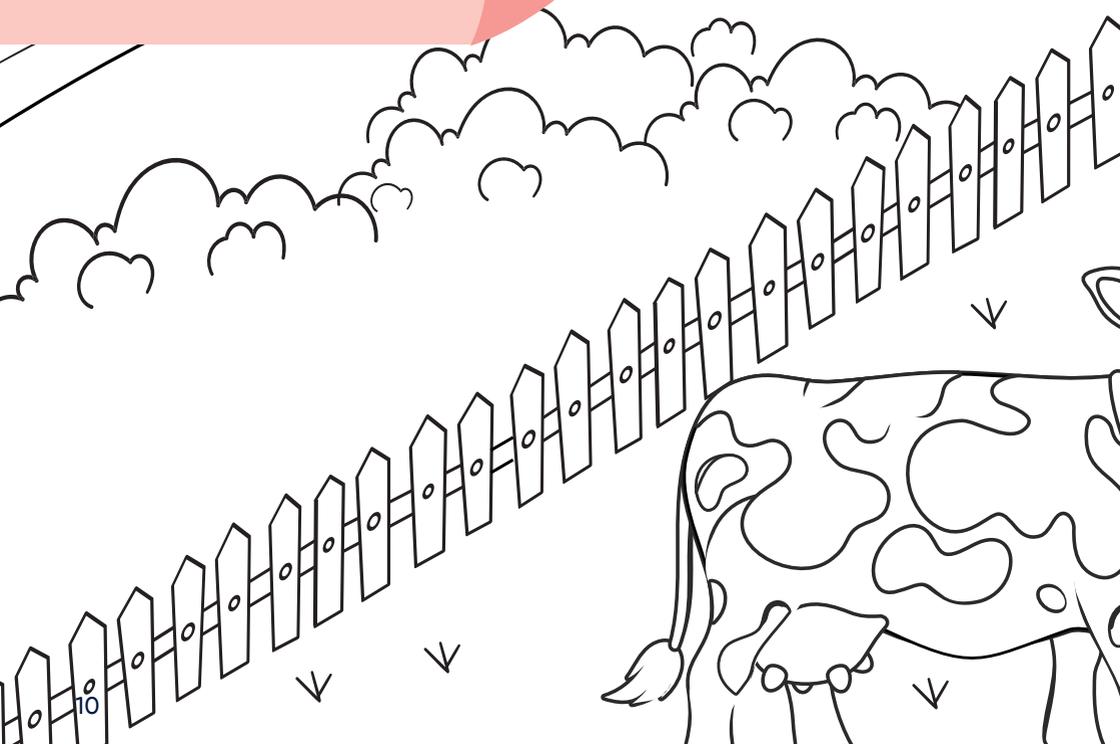
# DISCOVER DAIRY JOBS

There's much more to life on a dairy farm than milking cows.

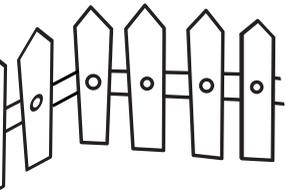
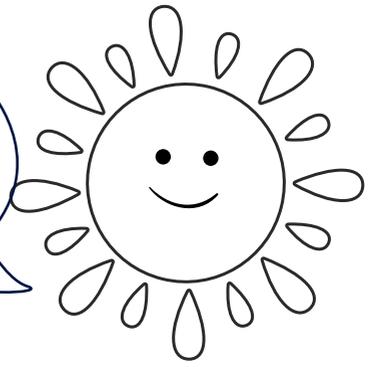


Put a tick next to the jobs a dairy farmer would most likely do on a dairy farm. Cross out the jobs they wouldn't have to do.

See page 15 for solutions.



COLOUR IN THE  
DAIRY SCENE!



### To Do

- FEED COWS
- REPAIR SHOES
- FEED SHARKS
- MILK COWS
- BOOKKEEPING
- LAY CARPET
- MAKE HAY
- LOOK AFTER SICK CALVES
- BAKE BREAD
- HAND-FEED CALVES
- FIX FENCES
- PAINT PICTURES
- PLANT TREES



# DISCOVER DAIRY RECIPES

## Mexican taco pizza

Makes 6 small pizzas

### Ingredients

- 6 corn tortillas
- ¾ cup mild Mexican salsa
- 1 cup drained, canned red kidney beans
- 1 cup grated Australian mozzarella cheese
- 2 avocados
- 3 large iceberg lettuce leaves
- ½ cup Australian natural yoghurt

- 1 Ask an adult to preheat the oven to 180°C. Line oven trays with baking paper, then place tortillas onto the paper making sure they don't overlap.
- 2 Spread salsa onto each tortilla, (make sure you keep a gap around the edges!) then sprinkle pizzas with beans and cheese.
- 3 Ask an adult to put the pizzas into the oven and bake them at 180°C for 10–15 minutes or until cheese is melted and golden.
- 4 While the pizza is cooking, ask an adult to help chop up the avocado and shred the lettuce.
- 5 Use a spatula to move the hot pizzas onto serving plates. Top with avocado, a sprinkling of lettuce and a dollop of yoghurt.

**Then get them while they're hot!**



SOUR CREAM CAN BE USED INSTEAD OF YOGHURT AND SMALL PITA BREADS OR FLOUR TORTILLAS CAN BE USED INSTEAD OF CORN TORTILLAS.



TRY USING (CHEDDAR CHEESE IN PLACE OF MOZZARELLA, OR A COMBINATION OF BOTH!



## Double decker strawberry yoghurt cups

Makes 4

### Ingredients

1 punnet strawberries

2 teaspoons gelatine

$\frac{1}{4}$  cup water

2 cups Australian vanilla yoghurt

1 sachet natural raspberry or strawberry flavoured jelly crystals

- 1 Wash the strawberries and take off the green tops. Use a butter knife to slice the strawberries into 3 slices.
- 2 Mix gelatine and water in a small bowl, then microwave for 30 seconds (ask an adult to help you). Stir until the gelatine is dissolved.
- 3 Put  $\frac{3}{4}$  of the strawberries, the yoghurt and the gelatine mixture in a big bowl, mix until combined. Spoon mixture into 4 cups, then refrigerate until nearly set.
- 4 Meanwhile, ask an adult to help you make the jelly according to packet instructions. Cool to room temperature.
- 5 Decorate the set mixture with remaining strawberries and carefully pour the cooled jelly into each cup. Cover and refrigerate until set.

# DISCOVER HOW COWS TURN GRASS INTO MILK

## How does a cow turn grass into milk?

Cows have a most unusual system for turning grass into milk. They have not just one, but four stomachs – each of which performs a special function.

### The Rumen

When cows graze on grass they swallow it half chewed and mix it with water in their first stomach called the Rumen. It is here that the digestion process starts.

### The Reticulum

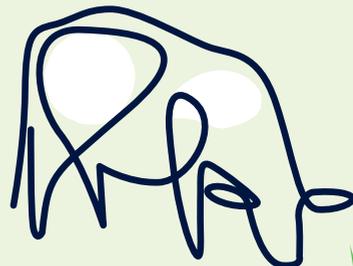
In the Reticulum the grass is formed into small wads called 'cuds'. Each cud is then returned to the mouth where the cow chews it 40 to 60 times for about one minute.

### The Abomasum

The grass then passes to the fourth stomach, called the Abomasum where it is digested. Finally it passes through the intestines where the cow takes out everything she needs to keep her healthy and strong and make milk.

### The Omasum

The chewed cud is swallowed into the third stomach, the Omasum, where it is pressed to reduce water and broken down further.



# DISCOVER DAIRY ANSWERS



Page 3 *Dairy maze*



Page 5: Soccerball and cheese, tennis ball and milk, basketball and yoghurt

Page 7: The names of the scrambled bones are:

1. cranium; 2. mandible; 3. clavicle; 4. humerus; 5. vertebrae; 6. pelvis; 7. femur; 8. tibia.

Page 8: The following should be coloured in: fences, trees, shrubs, fish

Page 11: feed cows, milk cows, bookkeeping, make hay, look after sick calves, hand feed calves, fix fences, plant trees



# DISCOVER DAIRY

dairy.edu.au

## HEY KIDS!

FOR MORE FUN ACTIVITIES CHECK OUT  
THE DISCOVER DAIRY WEBSITE

[dairy.edu.au](http://dairy.edu.au)

The information provided in this booklet is intended to be used as a guide only. Dairy Australia recommends that all persons seek independent medical advice and, where appropriate, advice from a qualified dietitian, before making changes to their dietary intake. Whilst all reasonable steps have been taken to ensure the accuracy of the information contained above, to the fullest extent permitted by Australian law Dairy Australia disclaims all liability for any inadvertent errors and for any losses or damages stemming from reliance upon the content. For further information on any of our resources, visit <http://www.dairy.edu.au/discoverdairy>, or call our consumer line on 1800 817 736. © Dairy Australia Limited (ACN 105 227 987) of Level 4, HWT Building, 40 City Rd, Southbank, Victoria, 3006, Australia. This booklet may be photocopied for non-profit or non-commercial applications. All other rights reserved. March 2019