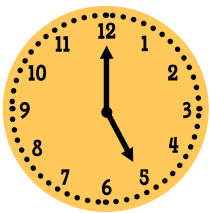


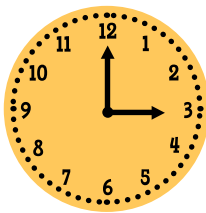
A Day on Cowsville Dairy Farm

Please is growing and becoming more curious about what's going on around her. Like you, *Please* has a daily routine. Let's see how *Please* spends her day.



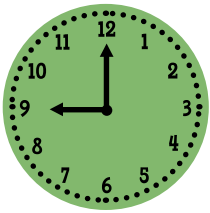
Rise and shine!

Please is an early riser. While you're still sleeping, she and the other calves are enjoying a breakfast of warm milk from a bottle. The dairy farmer gets up early to milk, feed and look after his cows and calves.



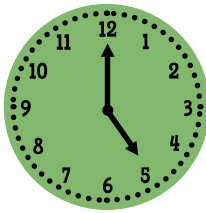
School's out and the farmer is still hard at work.

Today the farmer might have to repair the tractor, mix the grains and grasses with vitamins for feed, pay the bills or help the vet with the cows' check-ups.



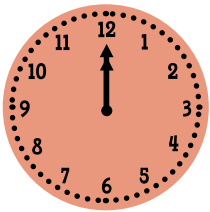
Morning chores!

As your school bell rings, the farmer starts the daily chores. The farmer cleans the alleys in the barn, then makes sure each cow has clean bedding.

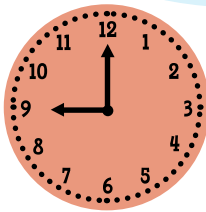


Time to head back to the barn for afternoon milking and feeding.

The farmer milks his cows at the same time every day.



Lunchtime, then more chores. There's always lots of field work for the farmer to do in-between milking times.



Lights out *Please*!

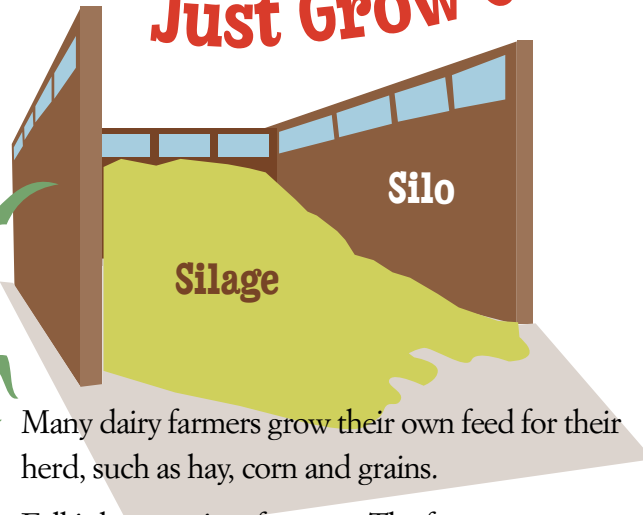
Even when his cows and calves are sleeping, the farmer might have to get up in the middle of the night to help a cow that's ready to give birth.

What time do you go to bed?



Dairy cows don't take weekends or holidays off. They need to be milked and taken care of 365 days of the year. A dairy farmer has a round-the-clock job!

Dairy Farmers Don't Just Grow Cows!



Many dairy farmers grow their own feed for their herd, such as hay, corn and grains.

Fall is harvest time for corn. The farmer uses a machine to harvest and cut each plant up into little pieces then stores it all, along with grass, in a silo. The greens stay moist and make animal feed called 'silage' —a tasty treat for cows.

Keep it Cool, Keep it Fresh

If milk comes from a cow warm, why do we need to keep it cool? All milk contains harmless bacteria. In light and warm temperatures the bacteria become active and can make the milk spoil. Cold slows the bacteria down. That's why we keep milk in the fridge, where it's cool and dark. How cold? Use a thermometer to check the temperature in the fridge - it should always be 4 degrees C or lower.

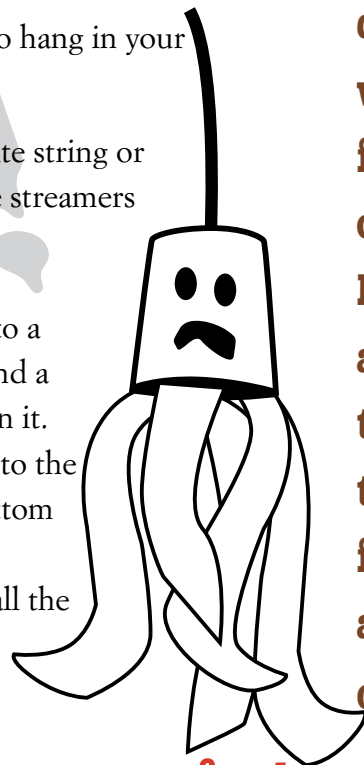


Drink up and Reuse It...

Make some spooky ghosts to hang in your classroom for Halloween.

Materials: empty milk cups, white string or yarn, black crayons, tape and white streamers (or tissue paper cut into strips).

Cut a piece of white construction paper into a rectangle 5 cm wide x 25 cm long. Tape the paper around a cup, turn it upside down, and draw eyes and a mouth on it. Cut the streamer into a few 15 cm strips and tape them to the inside of the cup. Use a pencil to make a hole in the bottom of your cup. Tie a knot to one end of a piece of yarn, push the other end through the hole, then pull it all the way through. Hang your ghosts from the ceiling or a doorway.



feed - food for farm animals • **graze - to feed on grass growing in a field**

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