

## Pleased To Meet You, Please!

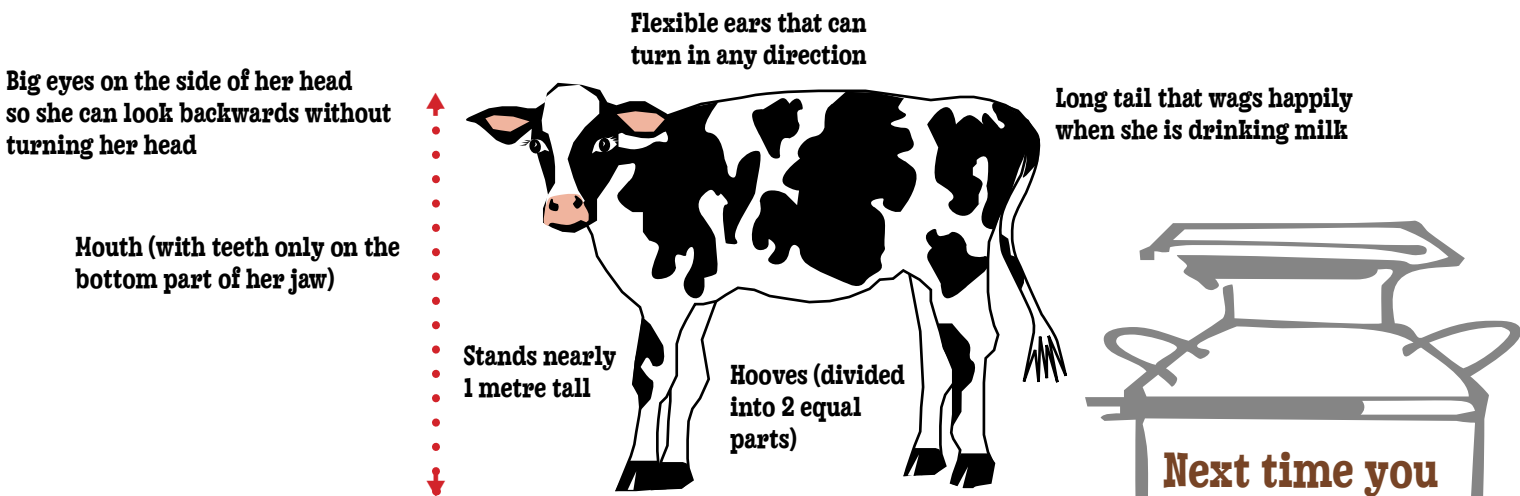
Since we're drinking milk with our snack today we thought it would be fun to learn more about where it comes from. *Please* can help us. *Please* is a newborn calf. Her mother is a dairy cow. Did you know that only the adult female cattle that have had babies are called 'cows'? *Please* lives on Cowsville Dairy Farm with other calves and cows. Together they are called a 'herd'.

## From Moo to Milk

Milk comes from dairy cows like *Please's* mother. Like all mammals her body makes milk to feed her babies. A dairy cow feeds her calf as soon as it can stand up, very soon after it's born. Since her mother produces five times more milk than her calf needs, there's plenty of extra for *Please* to share with us. Dairy farmers look after their herd and milk their cows for people to drink.

*Please* grew inside her mother for nine months before she was born – just like a human baby does! She's a lot bigger. Human babies weigh around 3 kilograms. *Please* already weighs nearly 45 kilograms – that's about the same as a very big dog.

## Before she gets too big, let's look at *Please* from nose to tail...



*Please* drinks her mother's milk for the first few days only. Then the farmer will feed her milk and, when her stomach is ready, other foods too. She'll grow up fast and we'll join her on new adventures on Cowsville Dairy Farm.

Next time you want milk don't forget to say thank you, *Please!*



## How Now Brown Cow

Do brown cows make chocolate milk? No, dairy cows may come in many colours but they only make white milk. We have to add the chocolate flavour in ourselves. Chocolate milk has all the great nutrition of regular milk with the yummy taste of chocolate.

**A cow, like Please's mother, can make enough milk every day to fill over one hundred glasses of milk.**

### Drink up and Reuse It...

After we drink up, we can rinse out our milk cups to make a game...

**Materials:** plastic cup, foil top, yarn, tape, coloured construction paper and crayons.

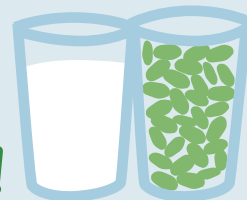
**Cut a piece of construction paper** into a rectangle 5 cm wide x 25 cm long. Decorate it, then tape one end to your cup; wrap it around and tape the other end. Use a pencil to make a hole in the centre of your cup. Cut a piece of yarn to about as long as your arm and tie a big knot on one end. Then, use a pencil to push the yarn end without the knot through the hole, and pull it all the way through. Wrap the foil around the loose end of the yarn and shape it into a ball.

**Now you're ready to play...** Hold the cup in one hand and swing the cup to toss the ball into the air. Try to catch it in the cup on its way down.

We'll be learning lots of new words from **Please** as we enjoy our milk this year. Here are some new milk words from this week's +Milk Scoop.

**cow – adult female • calf – a baby**

**Soy  
for Me  
Please!**



Sometimes it's good to have a choice. That's why some parents have chosen soy beverage instead of milk for their children. Soy beverage looks like milk and has lots of the same nutrients (only if it's fortified). It doesn't come from a dairy cow; it comes from the beans of a plant. We drink the liquid that's left over after soybeans are soaked, finely ground, then strained through a fine cloth. Just like milk, it comes in chocolate flavour too!

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