



NEW MEXICO
FARM & RANCH
HERITAGE
MUSEUM

ALL ABOUT DAIRY



NEW MEXICO DEPARTMENT OF
CULTURAL AFFAIRS





All About Dairy

Grades Pre-K and K

Vocabulary:

Dairy Cow

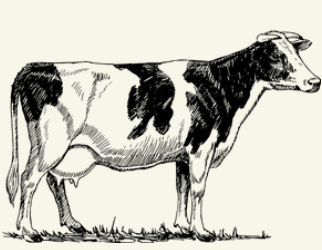
Udder

Calcium

Veterinarian

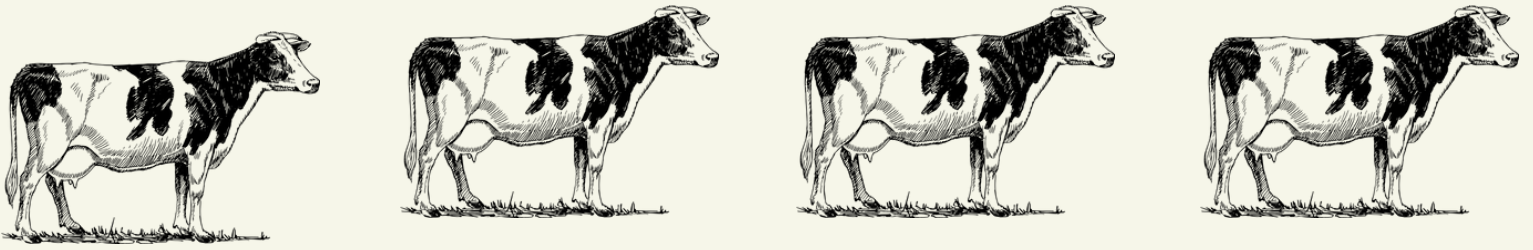
Do you like ice cream?
Or cheese? Students in
this activity will learn
about dairy products,
facts about dairy cows,
and why dairy is
important to us.





Dairy Facts:

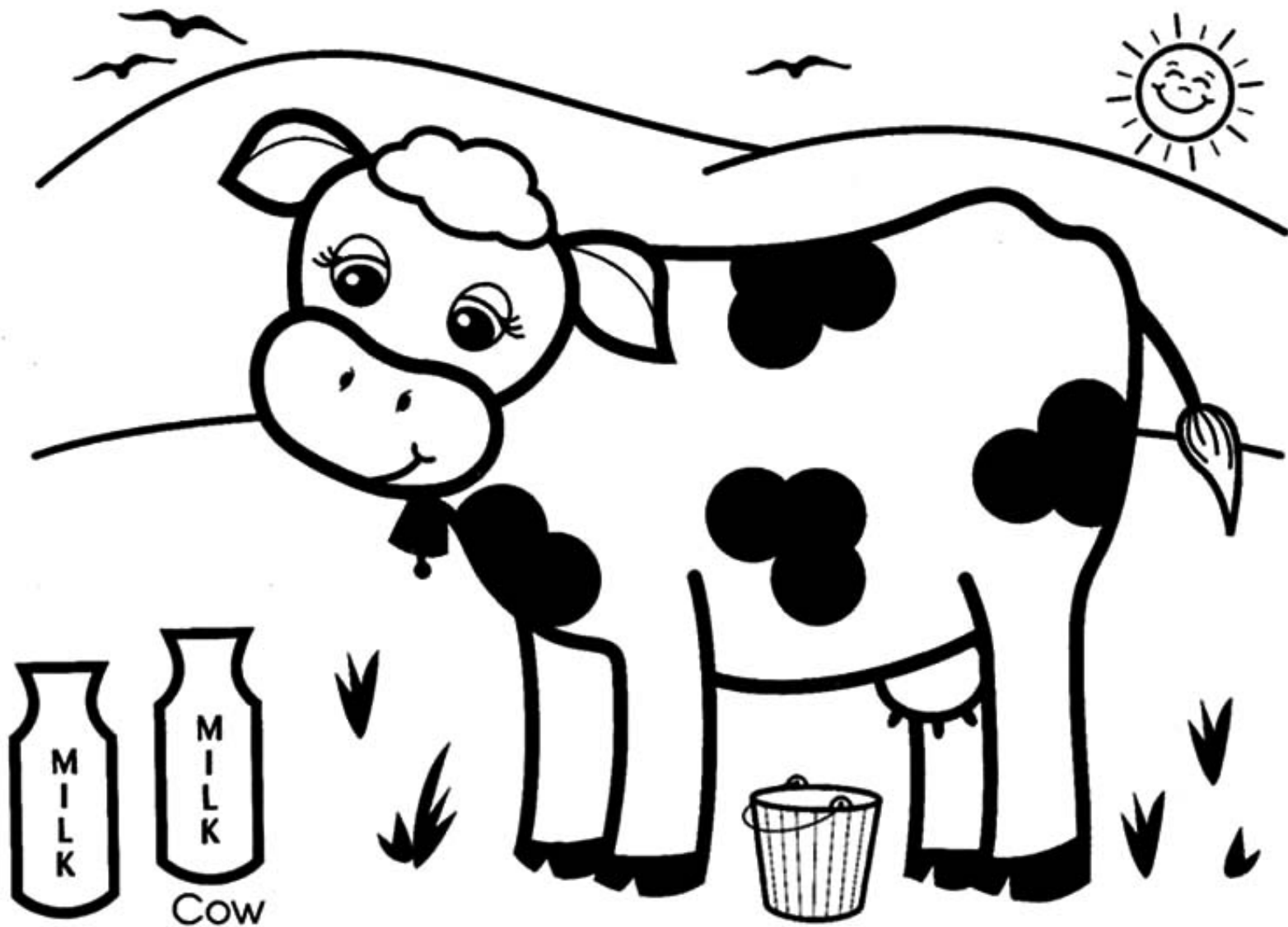
- **Dairy cows make milk. Butter, Cheese, Cream, Yogurt, and Ice Cream are made from milk.**
- **A dairy cow weighs about 1,500 pounds. How much do you weigh?**
- **Dairy cows eat grass, hay, and grain.**
- **Cows make milk for their babies. We can drink their milk too.**
- **Cows make 100 glasses of milk a day.**
- **Cows have a special bag called an udder where they keep their milk. The farmer takes the milk out of the cow's udder. Cows can be milked two or three times a day.**
- **Veterinarians are doctors that take care of cows and give them medicine when they need it.**
- **Milk is good for us. It contains calcium which helps build strong bones.**



Questions:

1. Where does milk come from?
2. What is your favorite dairy product?
3. What kind of doctor takes care of cows?
4. What comes from milk and helps build strong bones?
5. What do cows eat?





TIN-CAN ICE CREAM

Ice cream without an ice-cream maker!!

1 cup milk

1 cup whipping cream

½ cup sugar

½ teaspoon vanilla extract

Nuts or fruit as desired



Put all ingredients in a 1-pound coffee can with a tight fitting plastic lid on can. Place can with ingredients inside a 3-pound can with a tight fitting plastic lid.

Pack larger can with crushed ice around smaller can. Pour at least ¾ cup of rock salt evenly over ice. Place lid on 3 pound can. Roll back and forth on a table or cement slab for 10 minutes. Open outer can. Remove inner can with ingredients. Remove lid. Use a rubber spatula to stir up mixture, scrape sides of can. Replace lid. Drain ice water from larger can. Insert smaller can and pack with more ice and salt. Roll back and forth 5 more minutes. Makes about 3 cups.

