



MOO-VING Milk From Cow to You

After the cow is milked she can head back to the barn to eat, drink and rest in her comfortable stall bedded with dry sawdust. What about the milk? Let's follow the milk from cow to you...



1

Making milk



2

Farmer milks the cow

3

The raw milk flows through pipes to a bulk cooling tank in the barn

4

A special refrigerated truck, called a milk tanker, comes to the farm every second day to pick up the raw milk



8

The milk you are drinking at school today could have come from a cow 2 days ago!



7

The milk is bottled and delivered to stores

6



Raw milk is pasteurized

5



The raw milk is pumped into storage tanks

The milk tanker driver does more than drive the truck. It's the driver's job to make sure that the milk is fresh, clean and high quality. The driver checks the temperature and measures, inspects and smells the milk before pumping it into the tanker and delivering the milk to the milk processing plant.



Raw milk from a cow is just as warm as the cow's body temperature. Warm milk spoils quickly though, so as soon as it leaves the cow it is cooled to refrigeration temperature (4°C) and kept cold at all times. From cow to cup, milk is all natural - nothing is added except Vitamins A and D.



Please is Growing Up

She's six months old and no longer a calf. Until she's about 2 years old and gives birth to her first calf, she's called a 'heifer'. It's still winter, so *Please* and the other heifers stay indoors in the dry barn where they have plenty of room to stand up, lay down and socialize. The heifers hang out in small groups so they learn to get along with each other – it's like cow elementary school.

Please weighs about 180 kilos, she'll weigh twice that when she's fully grown.

Please has a really long tongue that feels like sandpaper. It comes in handy for pulling long grass and hay to eat. Cows can even clean their noses with their tongues!



Do Cows Take Baths?

Cows are healthier when they are kept clean, but a dairy farmer would need a pretty big bathtub, and lots of water to give the cows a bath. Instead, farmers use large brushes that the cow walks through and rub against. It's like a 'cow car wash'. A daily brushing keeps her coat healthy, shiny and clean. In the summer it keeps pesky flies away.

That feels moo-velous!



Drink up and Reuse It...

Let's use our milk cups to make bird feeders.

Materials: cleaned milk cups, a mix of bird seed, sunflower seeds, suet or lard and string for each cup cut into 30 cm lengths.

In a large pan, melt the lard or suet and transfer to a mixing bowl. Stir in seeds until blended together. Let cool slightly. Using a spoon, fill each cup with mixture and let it cool and harden – about an hour. Using scissors, cut 2 small holes across from each other just below the rim of the cup. Knot one end of the string then push it through the holes to form a loop for hanging the feeder. Knot the other end to hold it in place.

Take your feeders outside and hang them on a nearby branch so you can watch the hungry birds come and enjoy a tasty snack.



Raw milk - milk that comes straight from the cow

Pasteurization - heating and cooling raw milk quickly to kill harmful bacteria

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