

# Dairy Math!

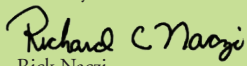
## Dear Educator,


Throughout the unprecedented time our nation experienced this spring, the essential role of our food producers and suppliers, including dairy farmers, became even more evident as they worked diligently to provide our communities with needed items. When we consider the skills that it takes to be a dairy farmer, animal care and agriculture may come to mind. But what about math? As with running any business, numbers are top of mind for dairy farmers as they calculate how much feed their herd will need to stay healthy, how many gallons of milk they will provide to school systems, restaurants, and home consumers, how much energy they can save by using technology effectively, and more.

This free educational program from American Dairy Association North East (ADANE), created in cooperation with the curriculum specialists at Young Minds Inspired (YMI), includes engaging activities built on standards-based math skills that profile a day in the life of a dairy farmer. Students will help the farmer by computing the math needed to provide care for her cows and practice sustainability on her farm. And at the end of the day, students will calculate how the farmer's family can follow the USDA MyPlate guidelines for healthy eating and apply those same guidelines to their families' meals at home.

Please share these materials with other teachers in your school. Although the materials are copyrighted, you may make as many copies as needed for educational purposes. Please use the enclosed reply card or comment online at [ymiclassroom.com/feedback-adane-dairymath](http://ymiclassroom.com/feedback-adane-dairymath) to provide feedback. We look forward to hearing from you.

Sincerely,

  
Rick Naczi  
CEO  
American Dairy Association  
North East

  
Dr. Dominic Kinsley  
Editor in Chief  
Young Minds Inspired



For questions, contact us toll-free at 1-800-859-8005 or by email at [feedback@ymiclassroom.com](mailto:feedback@ymiclassroom.com).

## Target Audience

Elementary school students in grades 2-4 and their families

## Program Objectives

- Explore how dairy farmers use math to manage farm operations
- Raise awareness of the animal care principles that dairy farmers follow
- Inform students about the sustainability practices that help dairy farmers protect the environment
- Inspire students and their families to build and maintain healthy eating patterns based on MyPlate guidelines that include dairy products
- Support math and language arts skills

## Program Components

- This one-page teacher's guide
- Three reproducible activity sheets
- A colorful classroom wall poster
- A reply card for your comments, or comment online at [ymiclassroom.com/feedback-adane-dairymath](http://ymiclassroom.com/feedback-adane-dairymath)

## How to Use This Program

Photocopy the teacher's guide and activity sheets before displaying the poster in your classroom. Students can work individually, in small groups, or as a class to complete the activities. To review program alignment with Common Core standards, visit [ymiclassroom.com/adane-dairymath](http://ymiclassroom.com/adane-dairymath).



## Cow Care Counts

In this activity, students will help the dairy farmer solve math problems as she cares for her cows. Healthy cows ensure that the milk that reaches our schools, restaurants, and homes provides the nutrition recommended by USDA's MyPlate guidelines for dairy consumption (2½ servings of dairy per day for 4- to 8-year-olds, and 3 servings for children 9 and older).

Distribute the activity sheet. Tell students that farmer Kim Nelson needs their help as she begins the day caring for her cows. Have them read the directions on the activity sheet, and then complete the math problems. When students are finished, discuss the answers, pointing out that caring for cows is a 24/7/365 job that requires care and dedication. No days off! **Answers:** 1: 450 square feet; 2: 64 pints; 3: 5 minutes; 4: 15 minutes; 5: 5 hours of rest; 7 more hours; 6: 42 hours. Bonus: 960 teeth.

**Extension Activity:** Help students see that calculating the amount of feed needed for dairy cows is just like making sure their pets have enough feed on hand at home. Challenge them to calculate how much feed their pet(s) eat in a week, based on one day's worth. If they don't have a pet, they can partner with someone who does. Compare and contrast different pet needs.



## Adding Sustainability

In this activity, students will learn about the math associated with farming practices that help promote sustainability. First grab students' attention by crumpling up a piece of paper and casually tossing it onto the floor instead of into the recycling bin. Once students react, lead them to agree that paper should be recycled, and then ask them why. Discuss the importance of recycling and other ways we conserve or save natural resources to take care of the Earth. Explain that this is known as *sustainability*. Practicing sustainability means dairy farmers do more with fewer natural resources, and reuse resources like water and manure effectively to save costs and reduce waste.



Distribute the activity sheet and review the directions. When students are finished, discuss the answers, pointing out that care for the environment, plus care for cows, are key responsibilities embraced by dairy farmers. **Answers:** 1: 66°; 2: 1,750 gallons; 3: 20 gallons; 4: 3,950 gallons; 5: creates energy, replaces fertilizer, is used as cow bedding; 6: 17 million more cows.

**Extension Activity:** Ask students to graph the type and number of tasks and chores they do each day. How does their work compare to that of the dairy farmer? Have them use their data to write word problems they can use to challenge their classmates.



## Nutrition Sums It Up!

In this activity, students will help the dairy farmer and her family enjoy a balanced meal based on MyPlate guidelines.

Ask students to name foods made from milk (yogurt, cheese, ice cream, butter). Explain that these foods are all called "dairy" foods, and they are an important part of a balanced diet.

Tell students that, after a hard day's work on the farm, it's time for the farmer and her family to enjoy a nutritious meal together. But is the family making balanced food choices? As a class, discuss why it is important to eat healthy. Tell students that the USDA provides MyPlate guidelines to help people eat balanced meals that include nutrients needed to maintain good health.

Distribute the activity sheet and review the directions, including the MyPlate guidelines. When students have finished Part 1, discuss the categories students chose. **Answers:** Food groups missing from each meal – 1: whole grains, dairy; 2: vegetables, fruits; 3: vegetables, protein. **Add it up!** – 21 servings of each food group per week.

For Part 2, have students create a nutritious meal that includes their choice of a favorite dairy food such as milk, yogurt, cheese, or ice cream. Ask students to share and explain their choices.

**Extension Activity:** Have students work together to make MyPlate posters to display in the cafeteria to help classmates make healthy food choices.

## Teachers!

Support dairy farm sustainability by using CowPots for a classroom garden. Made from cleaned, processed cow manure, CowPots can be planted directly in the ground where they slowly biodegrade into fertilizer. Just return the enclosed reply card or provide your feedback online at [ymiclassroom.com/feedback-adane-dairymath](http://ymiclassroom.com/feedback-adane-dairymath) to receive a set of 36 Free CowPots and a packet of starter seeds while supplies last.



## Resources

- American Dairy Association North East: [americandairy.com](http://americandairy.com)
- Virtual Farm Tour: [americandairy.com/dairy-in-schools/virtual-farm-tour.stml](http://americandairy.com/dairy-in-schools/virtual-farm-tour.stml)
- Dairy Facts: [americandairy.com/dairy-farms/dairy-facts](http://americandairy.com/dairy-farms/dairy-facts)
- Fun on the Farm: [americandairy.com/news-and-events/dairy-diary/fun-on-the-farm-with-farmer-katie-summer.stml](http://americandairy.com/news-and-events/dairy-diary/fun-on-the-farm-with-farmer-katie-summer.stml)
- How Do Farmers Reuse Water: [usdairy.com/news-articles/ask-a-dairy-farmer-how-do-farmers-reuse-water](http://usdairy.com/news-articles/ask-a-dairy-farmer-how-do-farmers-reuse-water)
- Lessons: [ymiclassroom.com/adane](http://ymiclassroom.com/adane)

# Cow Care Counts

REPRODUCIBLE MASTER



Meet Kim Nelson. Kim is a dairy farmer who owns Kel Vista Holsteins in West Winfield, N.Y. Kim is up with the sun and ready to care for her cows. To get started, she needs to plan for their comfort and productivity. Can you help her by solving the math problems below?

1. First, it's time to milk the cows! The cows live in a cool, comfortable barn with open space where they can move around and stalls where they can rest. The average farmer in the Northeast has 120 cows. To stay healthy, each cow needs about 15 square feet of stall space. How much space would 30 cows need?

square feet

2. When cows are ready to be milked, they make their way from the barn to the milking parlor. Dairy cows produce about 8 gallons of milk per day. There are 8 pints in one gallon. How many pints of milk will each cow produce every day?

pints

3. Several cows may be in the milking parlor at the same time. One cow starts being milked at 5:15 a.m., and is finished at 5:20 a.m. This is the average time it takes for milking. How long did it take for the cow to be milked?

minutes

4. Some cows are milked three times a day. How many minutes total will each cow spend being milked in a day? Use your answer from question 3 to solve this problem.

minutes

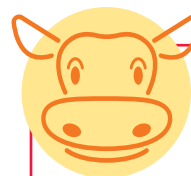
5. In between milkings, cows have plenty of time to eat and rest. Cows rest on average for about 12 hours per day. If one cow rests from 7:30 a.m. to 10:30 a.m., then again from 3 p.m. to 5 p.m., how many hours of rest is this? How many more hours will this cow rest today after 5 p.m.?

hours of rest

more hours

6. Cows can eat and drink all they want. A cow spends about 6 hours a day eating. How many hours is that each week?

hours



## Bonus!

Did you know that cows have 32 teeth? They only have teeth on the bottom of their mouths. How many teeth do 30 cows have?

teeth



Local milk is available 365 days a year.



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ASSOCIATION  
NORTH  
EAST



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# Adding Sustainability

REPRODUCIBLE MASTER

There's a lot to do on a dairy farm in addition to taking care of the cows. For one thing, dairy farmers try to follow sustainability practices. That means finding ways to conserve resources like water and energy. Do the math to help Duane and Marilyn Hershey of Ar-Joy Farm in Cochranville, Pa., achieve their farm's sustainability goals.

1. Water is an important resource on a dairy farm. To conserve water, dairy farmers use a special recycling system. Cow's milk starts at a temperature of 101°. A plate cooler uses cold water to cool the milk to the optimal temperature of 35°. The water gets warm in the process. Dairy farmers reuse this warm water to water their cows. With the help of the cold water and plate cooler, what is the difference between the milk's starting and ending temperatures?

degrees

2. Dairy farmers know that each cow will drink about 35 gallons of water each day. That's enough to fill a bathtub! They need to be sure water is always on hand. How many gallons of water will 50 cows drink in one day?

gallons

3. A cow must drink about 4 gallons of water to produce one gallon of milk. How many gallons of water does it take to produce 5 gallons of milk?

gallons

4. Dairy farmers reuse water in many other ways. When it's hot, they use water to cool off their cows. They also use it to clean the barn, and to water their crops. Dairy farmers are experts at reusing water! If the farm uses a total of 5,000 gallons of water each day, and the cows drink 1,050 gallons of water, how much water does that leave for other uses?

gallons



5. Now it's time for the dairy farmers to check the farm's methane digester. This is a system that recycles the methane gas in cow manure to create energy. The liquid part of the manure is used as fertilizer for crops. The solid part is recycled and dried to make cow bedding. You've just learned the ways that water is used on the farm. Now list the ways manure is used. Together, these practices help dairy farmers achieve sustainability.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

6. These sustainability practices and others have allowed dairy farmers to produce more milk with fewer cows. For example, in 1944 it took 26 million cows to produce the same amount of milk as 9 million cows do today. How many more cows were needed in 1944 to produce milk than are needed today?

cows

### Cows are the ultimate recyclers!

Their feed creates byproducts from manure and their milk creates delicious dairy products.



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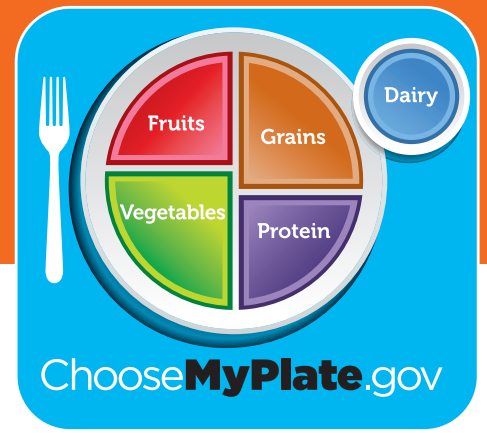


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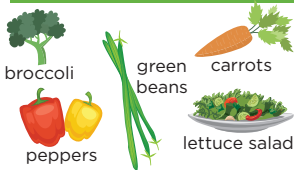
# Nutrition Sums It Up!

REPRODUCIBLE MASTER

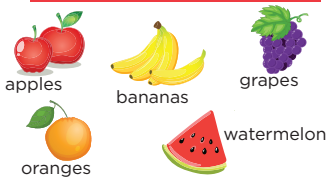


It's been a busy day on the dairy farm, and now farmers are looking forward to enjoying a tasty meal with their family. Can you help the family make balanced food choices? Follow the USDA's MyPlate guidelines for nutritious eating to create balanced meals.

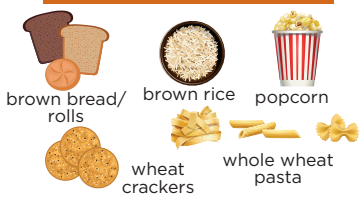
## Vegetables



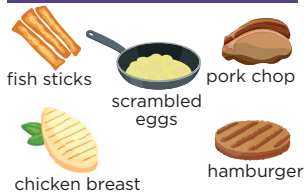
## Fruits



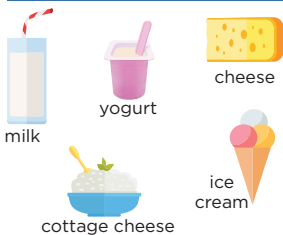
## Whole Grains



## Protein



## Dairy



**Part 1:** The MyPlate graphic shows that a balanced meal should include five food categories — fruits, vegetables, whole grains, lean protein, and a serving of dairy, such as a glass of milk or cup of creamy yogurt.

First read the descriptions of what each family member recommends for dinner below. Check the food categories they have chosen. Then select foods from the column on the left to complete the meal so that it is balanced.

**1. Mom's meal suggestion:** pork chop, broccoli, and an apple. Is this a balanced meal? Check off the MyPlate food groups included in her meal:

vegetables     fruits     whole grains     protein     dairy

What foods can she add to the meal to make it balanced?

**2. Dad's meal suggestion:** pork chop, a whole grain roll, and two slices of cheddar cheese. Is this a balanced meal? Check off the MyPlate food groups included in his meal:

vegetables     fruits     whole grains     protein     dairy

What foods can he add to the meal to make it balanced?

**3. Kids' meal suggestion:** grapes, popcorn, and a large glass of milk. Is this a balanced meal? Check off the MyPlate food groups included in this meal:

vegetables     fruits     whole grains     protein     dairy

What foods can they add to the meal to make it balanced?

## Add it up!

It's important to include foods from all five food groups for a balanced meal. If you eat three balanced meals every day, how many servings from each food group will you eat in a week?

\_\_\_\_\_ servings of each food group per week

**Part 2:** Now it's your turn to make healthy food choices! Draw your own meal on the other side of this sheet, choosing from the foods listed in the column. Make sure half your plate is vegetables and fruits, and don't forget to include your favorite dairy product such as milk, yogurt, cheese, or ice cream — a tasty reward for helping on the farm. Then share your meal choices with your classmates and explain why you chose what you did.

## Attention Parents!

Check out [americandairy.com/news-and-events/dairy-diary/fun-on-the-farm-with-farmer-renee.html](http://americandairy.com/news-and-events/dairy-diary/fun-on-the-farm-with-farmer-renee.html) to discover some of Farmer Renee's favorite "dairy delicious" recipes!



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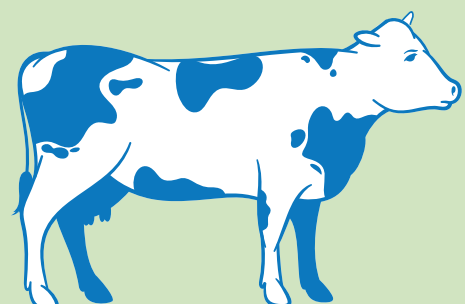






# Dairy Math!

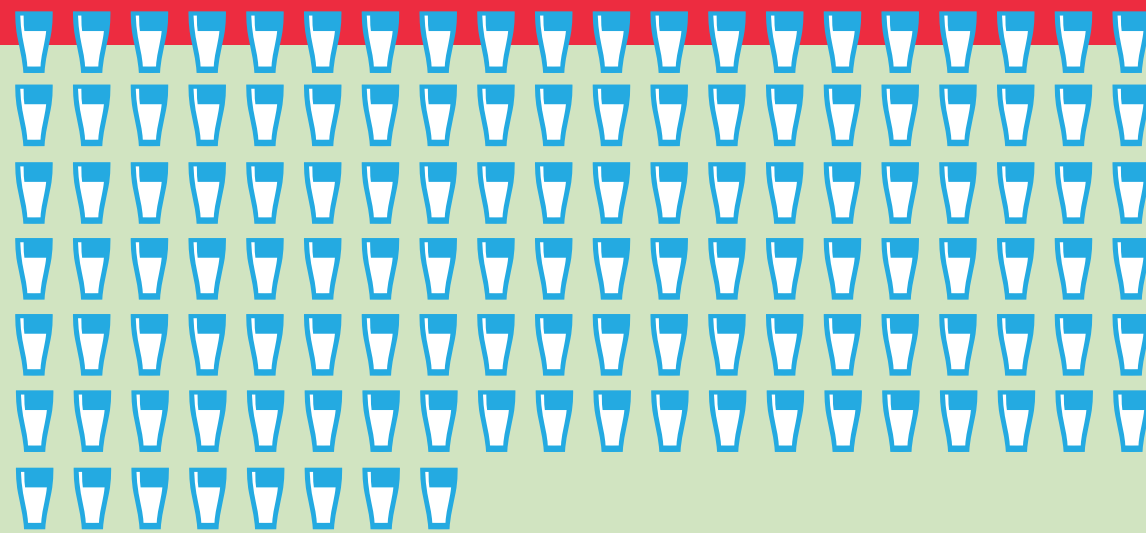
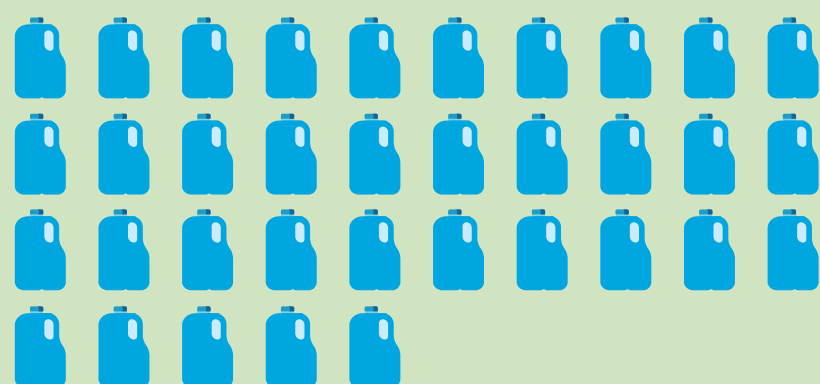
Discover some math facts about dairy cows, dairy farms, and nutrition!



Dairy cows can weigh **1,500 pounds** when fully grown.



Cows drink about **35 gallons of water** a day — that's enough to fill a bathtub. And they eat about **50 pounds of food** per day.



A dairy cow produces more than **8 gallons of milk** each day. That's about **128 glasses of milk!**



Cows rest on average **12 hours** per day.

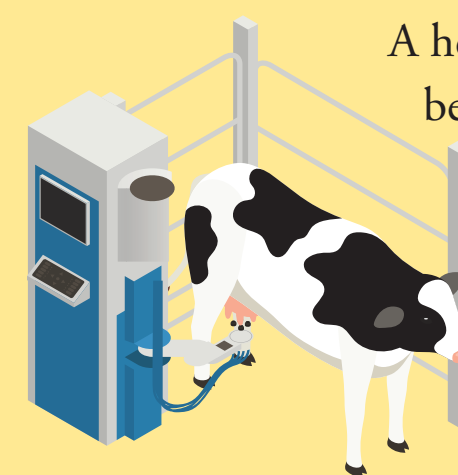
It takes less than **5 minutes** to milk a cow using a milking machine.



Each year, the dairy farmers of the American Dairy Association North East (ADANE) region produce **28,127,000,000 pounds of milk** with **1,281,000 milk cows** on nearly **10,000 dairy farms**.



The Kenny family of Enon Valley, Pa., operates one of the 10,000 dairy farms in the region.



A herd of dairy cows must be milked 2 to 3 times every day. That means **dairy farmers work 365 days every year!**

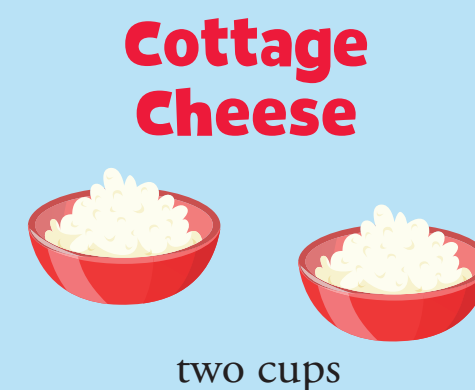
MyPlate guidelines recommend children 9 and older have **3 servings of dairy products each day** (2½ servings for children ages 4 to 8).



How much is a serving of dairy? Here are some examples:

One cup of milk has **9 essential nutrients:**

- Calcium
- Protein
- Pantothenic Acid
- Phosphorus
- Vitamin A
- Vitamin D
- Vitamin B12
- Riboflavin
- Niacin



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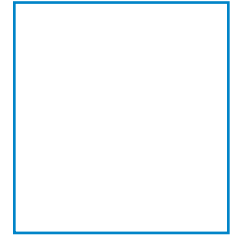






605 Washington Avenue, North Haven, CT 06473

Look inside for another FREE educational program!



# Dairy Math!

Show your students  
how dairy farmers use  
math every day to  
provide families  
with fresh,  
nutritious milk



**Open Today!**

Meets Common Core  
Language Arts  
Standards

# Please fill out and return this response card to receive FREE YMI programs in the future.

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for your classroom while supplies last.



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(Please print clearly.)

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Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

I teach grade(s) \_\_\_\_\_ Subjects \_\_\_\_\_

Number of teachers using this program \_\_\_\_\_ Number of students using this program \_\_\_\_\_

Please rate this program's appeal to students:       Excellent     Good     Fair     Poor

Please rate this program's educational effectiveness:       Excellent     Good     Fair     Poor

I would like to serve on YMI's Educator Advisory Panel for future programs.     Yes     No

**Your opinion of this program is important to us. Please take a moment to comment.**

\_\_\_\_\_

\_\_\_\_\_



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