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4-H ONTARIO PROJECT



Milk Makes It Better

RECORD BOOK



The 4-H Pledge

I pledge my Head to clearer thinking,
my Heart to greater loyalty,
my Hands to larger service and
my Health to better living
for my club, my community and my country.

The 4-H Motto

Learn To Do By Doing

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RECORD KEEPING

Record Books are used to document time and money spent, what you have learned, your ideas, memories and what you liked or didn't like. Your Record Book also...

- helps you set goals for this project,
- has space to record important dates, your elected executive and the names and contact information of your leaders and club Members,
- is a great way to get and stay organized.

Down the road when you look back on your 4-H projects these books will be able to remind you what you learned so you can use those skills later in life. It will bring back memories of the project, your 4-H friends, your story and thoughts at the time of the project. You will never forget because this book will act as a reminder! It will also be useful at the Achievement Program, when looking at your progress and when reviewing your accomplishments.

How do I organize my materials?

1. Make your records neat and easy to read. This will make it easier to find information later on, and to share your information with others.
2. Use a three ring binder or duo tang to hold your materials and divide your information into sections using dividers. This will keep things from becoming lost and will it easier to find what you need later on. This will also allow you to add extra pages later.

How do I keep good records?

1. Keep track of activities throughout the meetings, as you complete different parts of the project. It's often difficult to reMember things that happened in earlier meetings.
2. Make sure the information you write in your Record Book is complete and accurate. If you're not sure about something, ask your leader for help before writing it in your book. You can also consult people in your community or do some research on your own. If you borrow information from someone or someplace else, make sure you write down where you found it.

ReMember that this is YOUR Record Book so make it your own! And, reMember to bring your Record Book to every meeting!

RECORD BOOK FOR 20__

Name: _____

Address: _____

Name of Parent or Guardian: _____

Age as of January 1: _____ Number of Years in 4-H: _____

List the other 4-H projects you are currently involved in: _____

Club Name: _____ 4-H Association: _____

Club Members:

<i>Name:</i>	<i>Address:</i>	<i>Email:</i>



Who's Who

Club President:	_____	Ph. #/E-mail:	_____
Vice President:	_____	Ph. #/E-mail:	_____
Secretary:	_____	Ph. #/E-mail:	_____
Treasurer:	_____	Ph. #/E-mail:	_____
Press Reporter:	_____	Ph. #/E-mail:	_____

	<i>Date & Time</i>	<i>Place</i>	<i>Notes:</i> (Things to bring, remember, etc.)
Meeting 1			
Meeting 2			
Meeting 3			
Meeting 4			
Meeting 5			
Meeting 6			
Achievement Program			

<i>Leader Name & Contact Information</i>	<i>Leader Name & Contact Information</i>

Member Expectations and Goals

Why did you join the Milk Makes It Better club?

What is one goal that you want to achieve in this project?

Do you have any ideas for fun things to do during the project?

Do you have any ideas for an Achievement Program for the Milk Makes It Better club? (Keep in mind that an Achievement Program should include the community in some way).

Member Responsibilities:

- Be a current paid Member of 4-H Ontario.
- Attend at least 2/3 of the meeting time allotted for this project.
- Complete the Record Book for this project. Bring it with you to each meeting!
- Put your Record Book in a binder or duo tang so you don't lose any of the pages.
- Complete the required number of recipes as set out by your club leaders.
- Remember the more you put into your 4-H club the more you will get out of it!

Roll Calls - In My Opinion

	<i>Roll Call:</i>	<i>My Answer:</i>
Meeting 1		
Meeting 2		
Meeting 3		
Meeting 4		
Meeting 5		
Meeting 6		



Project Summary – Milk Makes It Better

A. *Member Comments*

1. What did you gain from taking this project?

2. Which meeting or topic was the most/least interesting? Why?
 - a. Most:

 - b. Least:

3. Comment and/or give suggestions for improvements on the overall project (eg. Activities, tours, achievement program plans, Member presentations, special activities, judging information).

4. What interests would you like to explore through future 4-H projects?

B. *Parent/Guardian Comments:*

C. *Leader Comments:*

This project has been completed satisfactorily!

Member: _____

Leader: _____

Date: _____

Leader: _____

MEETING 1 ACTIVITIES

1. Nice Meeting You!

1. Someone who lives on a dairy farm _____
2. Someone who ate a dairy product for breakfast _____
3. A person who likes chocolate ice cream _____
4. Someone who ate cheese today _____
5. A person who drinks milk every day _____
6. Someone who makes yogurt at home _____
7. Someone who likes frozen yogurt _____
8. A person who is or knows someone who is lactose intolerant or allergic to milk _____
9. Someone who eats processed cheese _____
10. Someone who likes whipped cream or buttermilk _____



How Well Are You Feeding Your Bones?

Yes, I ate	Food	How Many Points?	Points I Get
	50g Gruyere, Swiss, goat, low fat cheddar or low fat mozzarella cheese	40	
	250mL buttermilk	40	
	250mL goats milk, fortified	35	
	250mL milk (whole, 2%, 1%, skim or chocolate)	30	
	250mL soy or rice beverage, fortified with calcium	30	
	24g (4 Tbsp.) dry powdered milk (makes 250mL of milk)	30	
	50g processed cheese slices (Swiss, cheddar)	30	
	50g cheddar, Colby, edam, gouda, mozzarella or blue cheese	30	
	175g yogurt, plain	30	
	125mL ricotta cheese	30	
	75g sardines with bones	30	
	150g tofu, prepared with calcium sulfate	30	
	175g yogurt, fruit bottom	25	
	200mL yogurt beverage	20	
	175g yogurt, soy	20	
	125mL orange juice, fortified with calcium	20	
	125mL collards, frozen, cooked	20	
	75g salmon, canned with bones	20	
	75g anchovies, canned	20	
	15mL blackstrap molasses	20	
	250mL cottage cheese	15	
	125mL spinach, frozen, cooked	15	
	125mL turnip, frozen cooked	15	
	125mL collards, cooked	15	
	125mL ice cream	10	
	125mL turnip greens, cooked	10	
	125mL kale, frozen, cooked	10	
	175mL beans (white, navy) canned or cooked	10	
	175mL baked beans	10	
	60mL almonds, dry roasted, unblanched	10	
	250mL broccoli	10	
	15mL sesame seeds	10	

Sources: "Canadian Nutrient File" www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/cnf_aboutus-approposdenous_fcen-eng.php and the Dietitians of Canada www.dietitians.ca

Scoring

Total your points for the day. Then add 10 points to your score for minor sources of calcium not listed on the chart. To convert your score into milligrams, multiply your score by ten. For example, a score of 80 would equal 80mg per day.

My score is _____

How much calcium should you have each day? _____

MEETING 2 ACTIVITIES

2. Learning About Labels

Use the sample milk carton label provided to help you answer the following questions:

1. What is the suggested serving size listed on the label? _____
2. Does the suggested serving size seem reasonable for an average student. Why or why not?
3. The label provided is from a carton of 2% milk fat (M.F.) partly skimmed milk. Explain the significance of the "2% M.F."?
4. Give two examples of types of milk with different fat contents.
5. Explain the meaning of "% Recommended Daily Intake."
6. List five nutrients that milk is a good source of.

Nutrition Facts	
Valeur nutritive	
For 1 serving (250 mL)	
Par portion de 250 mL	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories/Calories 130	
Fat / Lipids 5.0 g	8 %
Saturated / Satures 3.0 g + Trans / Trans 0.1 g	16 %
Cholesterol / Cholesterol 20 mg	
Sodium / Sodium 120 mg	5 %
Carbohydrate / Glucides 12 g	4 %
Fibre / Fibres 0 g	0%
Sugars / Sucres 12 g	
Protein / Proteines 9 g	
Vitamin A / Vitamine A	10 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	30 %
Iron / Fer	0 %
Vitamin D / Vitamine D	45 %

MEETING 3 ACTIVITIES

3. Milk Jingle Contest

Members will work in groups and will be given approximately 10 minutes to make up a song about anything related to milk and perform it for the rest of the Members in the club. Members can use the tune of an already existing song or make up a new tune.

Use this page to capture your creative ideas!

4. Eat Right Journal! Am I getting enough milk and alternatives in my diet?

Keep track of your milk and alternatives intake for one week. Put a check mark in the column in the centre for every milk and alternative you ate that day. In the column on the right, record what milk and alternatives you ate.

<i>Week Day</i>	<i>Number of Milk & Alternatives</i>	<i>Milk & Alternatives that I ate today</i>
<i>Monday</i>		
<i>Tuesday</i>		
<i>Wednesday</i>		
<i>Thursday</i>		
<i>Friday</i>		
<i>Saturday</i>		
<i>Sunday</i>		

MEETING 4 ACTIVITIES

5. Judging Cheese – Judging Card

Criteria

1. Appearance: 15 points
 - Does the cheese look appealing?
 - Is it colourful?
2. Texture: 15 points
 - What is the texture like?
 - Is it smooth or crumbly?
3. Taste: 20 points
 - What does it taste like?
 - Does it have a nice flavour?
 - Do you want more?

Format for Giving Reasons:

I place this class of cheese _____, _____, _____, _____.

Placing cheese sample # _____ first because _____

Placing cheese sample # _____ over cheese sample # _____ because _____

Placing cheese sample # _____ over cheese sample # _____ because _____

Placing cheese sample # _____ over cheese sample # _____ because _____

Placing cheese sample # _____ at the bottom today because _____

For these reasons, I place this class of cheese _____, _____, _____, _____.

MEETING 5 ACTIVITIES

6. Unscramble the words!

	<i>Scrambled Word</i>	<i>Unscrambled Word</i>
1.	NESBO	
2.	CACMULI	
3.	URYOTG	
4.	SEECEH	
5.	TFA REFE	
6.	FDOO	
7.	UTETBR	
8.	RSUO MCERA	
9.	LYHAEHT	
10.	LIMK	
11.	ZIZPA	
12.		

7. The Melt Test

How can you tell the quality of ice cream? One way is obviously the price. Premium (highest quality) ice cream is usually more expensive, partly because it contains less air. It therefore takes longer to melt.

Experiment:

Place a small scoop of regular ice cream in one bowl and the same sized scoop of premium ice cream in another. Using a stop watch, check the samples every 5 minutes. Observe the samples and write down your findings.

Minutes elapsed:	Observations:	
	Regular Ice Cream:	Premium Ice Cream:
5		
10		
15		
20		
25		
30		
35		
40		
45		
50		
55		
60		

8. Ice Cream Quiz

1. Is there a specific date on which ice cream was invented?
2. In the 1600's, who would be found eating ice cream?
 - (a) Children
 - (b) The poor
 - (c) The nobility
3. In the beginning, ice cream was actually_____?
 - (a) Frozen fruit juices
 - (b) Frozen milk
 - (c) Frozen chocolate bars
4. Which of the following was never a name for ice cream:
 - (a) Ice milk
 - (b) Cream ice
 - (c) Yellow ice
5. Was the French book L'Art de Faire des Glaces the first ice cream recipe book?
6. What did George Washington reportedly spend hundreds of dollars on in a single summer during the 1770's?
7. What did Nancy Johnson invent in 1845 that made ice cream available to everyone?
 - (a) The kitchen freezer
 - (b) The commercial ice cream maker
 - (c) The hand-crank freezer
8. In what year was the first wholesale ice cream plant opened?
 - (a) 1851
 - (b) 1387
 - (c) 1995
9. Why was ice cream classified as an essential food during World War I?
 - (a) Because there was nothing else to eat
 - (b) Because the industry needed to qualify for sugar rations
 - (c) Because there was an ice cream mob running the government

10. Why did most people stop eating ice cream during the Great Depression?
11. Where did people get their ice in the old days?
12. Did people in the old days buy their ice cream or make it themselves?
13. Name two things you need to make ice cream.
14. Name three things you can add to ice cream to change the taste.
15. What three flavours of ice cream make up one of the most popular kinds?
16. What are two of the ingredients in Heavenly Hash ice cream?
17. Is strawberry ice cream usually made with whole or squashed strawberries?
18. What kind of pie is usually eaten with vanilla ice cream?
19. Name the five common ingredients in a sundae.
20. What do you call the drink that tastes like ice cream?
21. What three other animals on the farm can make milk for ice cream?
22. What do you call an ice cream dish/bowl you can eat?
23. What animal's milk is most used in Canadian ice cream?

24. How do you know when your ice cream is done if you make it by hand?
25. What is in the ice cream that makes it sticky?
 - (a) Candy canes
 - (b) Sugar
 - (c) Glue
26. Do cows eat ice cream?
27. What is done to milk and cream before we can eat it that kills all the bacteria?
28. From what liquid does the cream separate?
29. Why is salt added to the ice when making ice cream?
30. Does the ice ever come in contact with the ice cream?
31. Why do we use a metal cylinder and a wooden bucket?
32. When is the fruit added to the ice cream?
 - (a) When you add the other ingredients
 - (b) Before it starts to freeze
 - (c) Once it's mostly frozen
33. What milk is the best for ice cream?
 - (a) Guernsey
 - (b) Holstein
 - (c) Jersey
34. What is the average number of licks needed to polish off a single scoop of ice cream?

35. The first ice cream cone was made of:
- (a) A pancake
 - (b) A waffle
 - (c) A cardboard cone
36. A popular ice cream flavour in Asia is:
- (a) Green tea
 - (b) Red bean
 - (c) Sweet corn
 - (d) All of the above
37. Were ice cream sundaes ever only sold on Sunday?
38. One of the first ice cream sandwiches was sold in San Francisco during the 1920's.
Was it made of:
- (a) Oatmeal cookies and vanilla ice cream
 - (b) Chocolate wafers and mint ice cream
 - (c) Peanut butter cookies and chocolate ice cream

Judging Card – Judging a set of Menus

Criteria	Points
1. Does it follow Canada's Food Guide?	30
2. Does it include just a few high fat foods or a lot?	25
3. Does it include just a few high calorie, low nutrient foods or a lot?	10
4. Have some good sources of fibre been included (whole grains, vegetables and fruit)?	25
5. Attractiveness:	10
a) Is it colourful?	
b) Do the flavours go well together?	
c) Are there a variety of textures, i.e. soft, crisp, chewy, crunchy?	
d) Has the menu used a variety of food in each meal?	

Total Points: 100

Format for Giving Reasons:

I place this class of menus _____, _____, _____, _____.

Placing menu _____ first because _____

Placing menu _____ over menu _____ because _____

Placing menu _____ over menu _____ because _____

Placing menu _____ over menu _____ because _____

Placing menu _____ at the bottom today because _____

For these reasons, I place this class of menus _____, _____, _____, _____.

ADDITIONAL ACTIVITIES

10. Find the Hidden Words

C T R U G O Y Y U N R V Z B V M
 Q M F V M A C A R O N I O L U U
 R E T T U B H E O G U N Q D H I
 I E F P X Y E V I G E H S B L C
 J L O C O K A J D S A S H B F L
 B S O F Q A L M O N D S C A E A
 A W D C C M T M A R Z Y A Z S C
 V N Q F C E H Q E D C B N Z Y F
 B P Y I C O Y H W D R H I I D Q
 D N O I T I R T U N Y H P P U O
 E E F K X K G B Q Q H G S U T R
 S Z L V M I L K S H A K E I H Z
 E U F T F A T F R E E H R Y M W
 E T O R T I L L A S O R G D A Q
 H I C E C R E A M Q U N Y U Q L
 C Z T N X I P D D B J F J A Z J

- almonds
- bones
- broccoli
- burrito
- butter
- calcium
- cheese
- fat free
- food

- healthy
- ice cream
- macaroni
- milkshake
- nutrition
- pizza
- spinach
- tortillas
- yogurt

11. Advertising Milk!

Take a look through magazines for advertisements relating to products that fit the milk and alternatives group as well as for products that are disguised as milk products (eg. frozen desserts). Create a collage, in the space provided below, to display the ads and, on the back of the page, discuss how the advertisers have used words and images (photos, art) to entice you to buy their products.

Talk about it: Does a good-looking ad mean the food must be good for you? If time permits, have each Member (or have them work in groups) to create an advertisement for a milk or alternative product that is healthful. Students should use words and images that really “sell” their products.

12. Rhyming Riddles – What am I!

Have Members create rhyming riddles about their favourite milk and milk alternative products. For example (rhyme is for bananas):

I'm yellow and I'm sweet.
I'm what monkeys like to eat.
I grow in trees.
Serve me with peanut butter, please!

What am I? _____

Write your rhyme here!

13. Impromptu Speeches!

It is time to put your speaking talents to the test! Select a “mystery” item from the bag and then talk about that item for a minimum of 30 seconds focusing on topics such as why that particular milk product should be included in a healthy meal plan and one recipe that it can be used in. Use the space provided below to write your comments on how you did!

14. What Animal Am I?

Start by saying “My name is _____, and if I were an animal I’d be a _____ because.... (and give a reason why you would be that animal).

For example: “My name is Mrs. H., and if I were an animal, I’d be a turtle, because I’m always rushing around. Sometimes I wish I could slow down.”).

The next person then says “My name is _____, and if I were an animal I’d be a _____ because.... and this is Mrs. H and she is a turtle.” The activity continues and gets longer for each person, finishing with the person who started the activity, who has to repeat every name involved in the activity.

Be creative, to be different and unique!

15. Dairy Trivia

(developed by the Ontario Farm Animal Council (OFAC))

1. Eating, chewing and burping can take up a lot of a cow's day. Cows regurgitate their breakfast and chew it two or three times. True or False?
2. What do most dairy farmers use to milk their cows?
 - a) Milking machines
 - b) Vacuum cleaners
 - c) Their hands
 - d) Old MacDonald comes and does it
3. What do cows eat?
 - a) Hay, grasses and grains
 - b) Jersey milk chocolate bars
 - c) TV dinners
4. How often do most farmers milk their cows?
 - a) Once a week
 - b) Once a month
 - c) Twice a day
5. Most cows have ear tags so...
 - a) The farmer can identify each animal
 - b) They look fashionable
 - c) They aren't mistaken for wild animals
6. How many litres of milk does an average cow produce in one day?
 - a) 1
 - b) 30
 - c) 80
7. Dairy cows are usually bedded with...
 - a) Flannelette sheets
 - b) Quilts
 - c) Straw
8. Holstein cows are...
 - a) Green & white
 - b) Black & white
 - c) Blue & white

9. Which of the following is made from milk?
- a) Cheese
 - b) Glossy paper
 - c) Yogurt
 - d) All of the above
10. A ruminant is an animal that...
- a) Has 4 stomachs
 - b) Can eat grasses
 - c) Helps the environment
 - d) All of the above
11. When does a cow begin to produce milk
- a) When she is born
 - b) When she is full grown
 - c) When she is full grown and after she has had a calf
12. A farmer could find out how large an individual cow stall should be by checking the...
- a) Dictionary
 - b) Recommended Code of Practice for the Care and Handling of Dairy Cattle
 - c) "Better Barns and Pastures" magazine
13. How soon does a cow turn hay into milk?
- a) It takes a month
 - b) In 24 hours
 - c) It takes a week
14. What part of a cow is full of vitamins, proteins, fats, minerals and water and is where milk forms?
- a) The cow's udder
 - b) The cow's tail
 - c) The cow's mouth
15. What is a heifer?
- a) A full grown pig
 - b) A type of farm equipment
 - c) A young female dairy or beef animal

16. One method of milk cows uses a “milking parlour.” This means....
- a) The cows join the farmer in the parlour for tea in the evening
 - b) The milk is used for ice cream only
 - c) The cows are moved to a special area of the barn to be milk
17. What is a milkhouse?
- a) A separate part of the barn where the milk is stored and the milking equipment is kept
 - b) The area where the cows sleep
 - c) The place where the farmer lives

ACTIVITY ANSWERS

2. Learning About Labels

Use the sample milk carton label provided to help you answer the following questions:

1. What is the suggested serving size listed on the label?

250mL

2. Does the suggested serving size seem reasonable for an average student. Why or why not?

The suggested serving size on the label is the same as the recommended serving size from “Eating Well with Canada’s Food Guide.”

3. The label provided is from a carton of 2% milk fat (M.F.) partly skimmed milk.

Explain the significance of the “2% M.F.”?

2% M.F. (milk fat) means that fat makes up 2% of the total weight of one cup of milk. When the milk comes out of the cow, there is approximately 3.25% M.F.. At the dairy, they separate the milk from the cream and then add back the right amount of cream (fat) so that they can package and market milk products with various fat contents.

4. Give two examples of types of milk with different fat contents.

1% M.F. and homogenized milk (3.25% M.F.) milk are two examples of types of milk with different fat contents. 1% milk fat means 1 per cent of the total weight of one cup of milk is fat and homogenized milk has 3.25% milk fat.

5. Explain the meaning of “% Recommended Daily Intake.”

“% Recommended Daily Intake” tells you how much of a particular vitamin or mineral is in a product. For example, one serving of milk has 29 per cent of the total amount of calcium you should have in a day.

6. List five nutrients that milk is a good source of.

Milk is a good source of protein, carbohydrate, calcium, vitamin D, vitamin B12.

6. Unscramble the words!

	<i>Scrambled Word</i>	<i>Unscrambled Word</i>
1.	NESBO	Bones
2.	CACMULI	Calcium
3.	URYOTG	Yogurt
4.	SEECEH	Cheese
5.	TFA REFE	Fat Free
6.	FDOO	Food
7.	UTETBR	Butter
8.	RSUO MCERA	Sour Cream
9.	LYHAEHT	Healthy
10.	LIMK	Milk
11.	ZIZPA	Pizza
12.		

8. Ice Cream Quiz

1. Is there a specific date on which ice cream was invented?

No

2. In the 1600's, who would be found eating ice cream?

- (a) Children
- (b) The poor
- (c) The nobility**

3. In the beginning, ice cream was actually _____?

- (a) Frozen fruit juices**
- (b) Frozen milk
- (c) Frozen chocolate bars

4. Which of the following was never a name for ice cream:
 - (a) Ice milk
 - (b) Cream ice
 - (c) **Yellow ice**

5. Was the French book L'Art de Faire des Glaces the first ice cream recipe book?
Yes

6. What did George Washington reportedly spend hundreds of dollars on in a single summer during the 1770's?

7. What did Nancy Johnson invent in 1845 that made ice cream available to everyone?
 - (a) The kitchen freezer
 - (b) The commercial ice cream maker
 - (c) **The hand-crank freezer**

8. In what year was the first wholesale ice cream plant opened?
 - (a) **1851**
 - (b) 1387
 - (c) 1995

9. Why was ice cream classified as an essential food during World War I?
 - (a) Because there was nothing else to eat
 - (b) **Because the industry needed to qualify for sugar rations**
 - (c) Because there was an ice cream mob running the government

10. Why did most people stop eating ice cream during the Great Depression?
People could not afford ice cream or its ingredients to be able to make it.

11. Where did people get their ice in the old days?
From a frozen lake or pond. They kept it in a cold storage container or in wood chips.

12. Did people in the old days buy their ice cream or make it themselves?
They usually made it themselves.

13. Name two things you need to make ice cream.
Two of: Cream, ice, salt, milk, sugar.

14. Name three things you can add to ice cream to change the taste.
Any of the following (and more): berries, chocolate, honey, etc.
15. What three flavours of ice cream make up one of the most popular kinds?
Chocolate, strawberry and vanilla are all in Neopolitan ice cream
16. What are two of the ingredients in Heavenly Hash ice cream?
Marshmallows and nuts (almonds).
17. Is strawberry ice cream usually made with whole or squished strawberries?
Squished
18. What kind of pie is usually eaten with vanilla ice cream?
Apple Pie
19. Name the five common ingredients in a sundae.
Ice cream, sauce, whipping cream, nuts and a cherry.
20. What do you call the drink that tastes like ice cream?
Milkshake
21. What three other animals on the farm can make milk for ice cream?
Horses, sheep and goats.
22. What do you call an ice cream dish/bowl you can eat?
Ice cream cone.
23. What animal's milk is most used in Canadian ice cream?
Cows
24. How do you know when your ice cream is done if you make it by hand?
It is hard to turn
25. What is in the ice cream that makes it sticky?
(a) Candy canes
(b) Sugar
(c) Glue
26. Do cows eat ice cream?
Never, it would make them extremely sick!

27. What is done to milk and cream before we can eat it that kills all the bacteria?

Pasteurization

28. From what liquid does the cream separate?

Milk

29. Why is salt added to the ice when making ice cream?

It lowers the melting point of the ice and the ice cream freezes sooner.

30. Does the ice ever come in contact with the ice cream?

Never

31. Why do we use a metal cylinder and a wooden bucket?

Metal is conductive and lets the cold from the ice into the mixture. Wood is not conductive so it keeps the cold inside to freeze the mixture by not letting it escape into the warm air outside.

32. When is the fruit added to the ice cream?

(a) When you add the other ingredients

(b) Before it starts to freeze

(c) Once it's mostly frozen

33. What milk is the best for ice cream?

(a) Guernsey

(b) Holstein

(c) Jersey - it has the highest fat content

34. What is the average number of licks needed to polish off a single scoop of ice cream?

50

35. The first ice cream cone was made of:

(a) A pancake

(b) A waffle - In 1904, at the St. Louis World Fair, an ice cream vendor ran out of paper cups. The waffle vendor next door offered his waffles, they rolled them up into cones and the rest is history!

(c) A cardboard cone

36. A popular ice cream flavour in Asia is:

- (a) Green tea
- (b) Red bean
- (c) Sweet corn
- (d) All of the above**

37. Were ice cream sundaes ever only sold on Sunday?

Yes! In the 1890's, ice cream sundaes were only sold on Sunday as a treat. The spelling changed to sundae when people wanted to eat them every day of the week.

38. One of the first ice cream sandwiches was sold in San Francisco during the 1920's. Was it made of:

- (a) Oatmeal cookies and vanilla ice cream**
- (b) Chocolate wafers and mint ice cream
- (c) Peanut butter cookies and chocolate ice cream

14. Dairy Trivia

(developed by the Ontario Farm Animal Council (OFAC))

1. Eating, chewing and burping can take up a lot of a cow's day. Cows regurgitate their breakfast and chew it two or three times. True or False?

Answer: True. Cows gulp down their food at first and then spend up to eight hours re-chewing their meal (called their cud). Cows have four stomachs so they have to move the food from stomach to stomach to get it all digested and that allows them to digest grass.

2. What do most dairy farmers use to milk their cows?

- a) Milking machines
- b) Vacuum cleaners
- c) Their hands
- d) Old MacDonald comes and does it

Answer: A - Milking Machines Farmers use milking machines to gently and efficiently milk the cows. It takes about five minutes to milk each cow by machine.

3. What do cows eat?

- a) Hay, grasses and grains
- b) Jersey milk chocolate bars
- c) TV dinners

Answer: A – hay, grasses and grains Dairy cows are fed a nutritionally balanced ration of roughage such as hay and silage and grains such as oats and corn. Diets are changed throughout the difference stages of each cow's lifecycle to ensure all her energy requirements are met.

4. How often do most farmers milk their cows?

- a) Once a week
- b) Once a month
- c) Twice a day

Answer: C – twice a day Dairy farmers milk their cows at least twice a day.

5. Most cows have ear tags so...

- a) The farmer can identify each animal
- b) They look fashionable
- c) They aren't mistaken for wild animals

Answer: A – the farmer can identify each animal These tages are used for record keeping and easy identification of individual animals. Sometimes tags are placed on collars around the cow's neck.

6. How many litres of milk does an average cow produce in one day?

- a) 1
- b) 30
- c) 80

Answer: B – 30 The average Ontario cow produces about 30 litres of milk per day.

7. Dairy cows are usually bedded with...

- a) Flannelette sheets
- b) Quilts
- c) Straw

Answer: C – straw Dairy cows are usually provided with bedding such as straw, sawdust or wood shavings to help keep them clean and dry.

8. Holstein cows are...

- a) Green & white
- b) Black & white
- c) Blue & white

Answer: B – black & white Most Holstein cattle are black and white although some can be red & white. They are the largest of all the dairy breeds. They are the most common type of dairy cow in Canada.

9. Which of the following is made from milk?

- a) Cheese
- b) Glossy paper
- c) Yogurt
- d) All of the above

Answer: D – all of the above Surprised? All of the above items are made from milk!

10. A ruminant is an animal that...

- a) Has 4 stomachs
- b) Can eat grasses
- c) Helps the environment
- d) All of the above

Answer: D – all of the above Ruminants are animals with four stomachs, such as cattle, sheep and goats. Cows digest grasses and turn that energy into milk.

11. When does a cow begin to produce milk

- a) When she is born
- b) When she is full grown
- c) When she is full grown and after she has had a calf

Answer: C – after she is full grown and after she has had a calf Cows begin to produce milk after they give birth. Cows produce milk for about 10 months, then gradually stop giving milk. Cows have a calf about once each year.

12. A farmer could find out how large an individual cow stall should be by checking the...

- a) Dictionary
- b) Recommended Code of Practice for the Care and Handling of Dairy Cattle
- c) "Better Barns and Pastures" magazine

Answer: B Recommended Code of Practice for the Care and Handling of Dairy Cattle Recommended Codes of Practices have been set up for most farm animals. These established guidelines for animal care including housing standards, handling and transportation of animals.

13. How soon does a cow turn hay into milk?

- a) It takes a month
- b) In 24 hours
- c) It takes a week

Answer: B – in 24 hours It can happen in just 24 hours! When the cow is ready to be milked, a milking machine massages the milk out through the four teats of the udder.

14. What part of a cow is full of vitamins, proteins, fats, minerals and water and is where milk forms?

- a) The cow's udder
- b) The cow's tail
- c) The cow's mouth

Answer: A the cow's udder Full of vitamins, proteins, fats, minerals and water, milk forms in the cow's udder which can weigh up to 27kg (60 lbs.)

15. What is a heifer?

- a) A full grown pig
- b) A type of farm equipment
- c) A young female dairy or beef animal

Answer: C – a young female dairy or beef animal A heifer is the term used for a young dairy or beef animal. An animal is not officially a cow until she is full-grown and has had a calf. A cow is full-grown at two years of age.

16. One method of milk cows uses a "milking parlour." This means....

- a) The cows join the farmer in the parlour for tea in the evening
- b) The milk is used for ice cream only
- c) The cows are moved to a special area of the barn to be milk

Answer: C – the cows are moved to a special area of the barn to be milked The milking parlour is a special area of the barn where cows are directed through during milking times

17. What is a milkhouse?

- a) A separate part of the barn where the milk is stored and the milking equipment is kept
- b) The area where the cows sleep
- c) The place where the farmer lives

Answer: A – a separate part of the barn where the milk is stored and the milking equipment is kept A milkhouse is a separate room in the barn where the milk is stored in a refrigerated tank and the milking equipment is kept. The milkhouse is kept very clean. Every other day, a milk truck comes to the farm and transports the milk to a dairy processing facility.