

QUESTIONS

ANSWERS

Happier cows produce better milk than unhappy cows.

TRUE

How much food do dairy cows eat per day?

100 pounds

How much water do dairy cows drink per day?

50 gallons

How long do cows spend lying down daily?

12 hours

Dairy cows consume antibiotics even when they're not sick.

FALSE

The milk from a cow on antibiotics never reaches the food supply.

TRUE

How much protein is in one 8-ounce serving of milk?

8 grams

What's the cause of lactose intolerance in people?

A lack of the enzyme lactase

What does the enzyme lactase do?

It breaks down sugars in the digestive system



QUESTIONS

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Which beverage has more health benefits than cow's milk?

Neither

How many gallons of milk does a cow produce each day?

8 gallons

Cows do not produce milk until after they have given birth.

TRUE

Human hands never touch the milk as it travels from cow to consumer.

TRUE

Cows are ruminates meaning they can digest foods humans cannot.

TRUE

How many essential nutrients are in one 8-ounce serving of milk?.

9 nutrients

How many servings of dairy products do teens need a day?

3 servings

Per 8-ounce glass, milk supplies more nutrients than juice.

TRUE

How much does the average dairy cow weigh?

1,500 pounds



QUESTIONS

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A Holstein's spots are like a fingerprint: no two are the same.

TRUE

What product is NOT a dairy product?

Eggs

How many compartments does a cow's stomach have?

4 compartments

How many teeth does a cow have?

32 teeth

How many pounds of milk does it take to make one pound of cheese?

10

What is a young female dairy animal called?

Heifer

How long does a cow chew her cud each day??

Up to 8 hours

Which cheese is the most widely purchased and consumed in the world?

Cheddar

Which of the following nutrients is NOT in milk?

Vitamin E



QUESTIONS

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How old is the average heifer when she first calves?

2 years

Where do cows create their milk?

Udder

Which breed of cow produces milk high in butterfat?

Jersey

Straight from the cow, what is the temperature of the milk?

97 degrees F

Lactose intolerant means you cannot consume dairy products.

FALSE

Cows can smell something up to six miles away.

TRUE

How many states in the U.S. have dairy farms?

50

How many gallons of milk does the average American consume each year?

25 gallons

Three servings of milk has the same amount of Calcium as how many cups of kale?

38 cups



QUESTIONS

Three servings of milk has the same amount of Vitamin D as how many sardines?

The production of one gallon of milk creates 75% less mature than in 1944.

ANSWERS

15 sardines

TRUE

