

Zayn & Zoey

VISIT A DAIRY FARM



Zayn and Zoey were helping Dad shop at the grocery store. They were amazed to see so many types of milk available and wondered who makes all this milk. Dad told them about how milk is collected and processed. They also learnt some scientific words in relation to the journey of milk, from farm to table.

Let's Chat!

After reading the book, let's discuss the story together and see how much of the book you remember!

- In which section, do you find milk at the grocery store?
- How many stomachs does a cow have?
- How do we milk a cow?
- What does the dairy processing plant do?
- What happens in the standardization process?
- Which two parts is milk separated into?
- What does the pasteurization process kill in the milk?
- What is homogenized milk?
- What is added to the milk in the fortification process?
- Can you name two things that milk is packaged in?

HANDS ON FUN!

Here are some fun activities related to dairy to do with children.

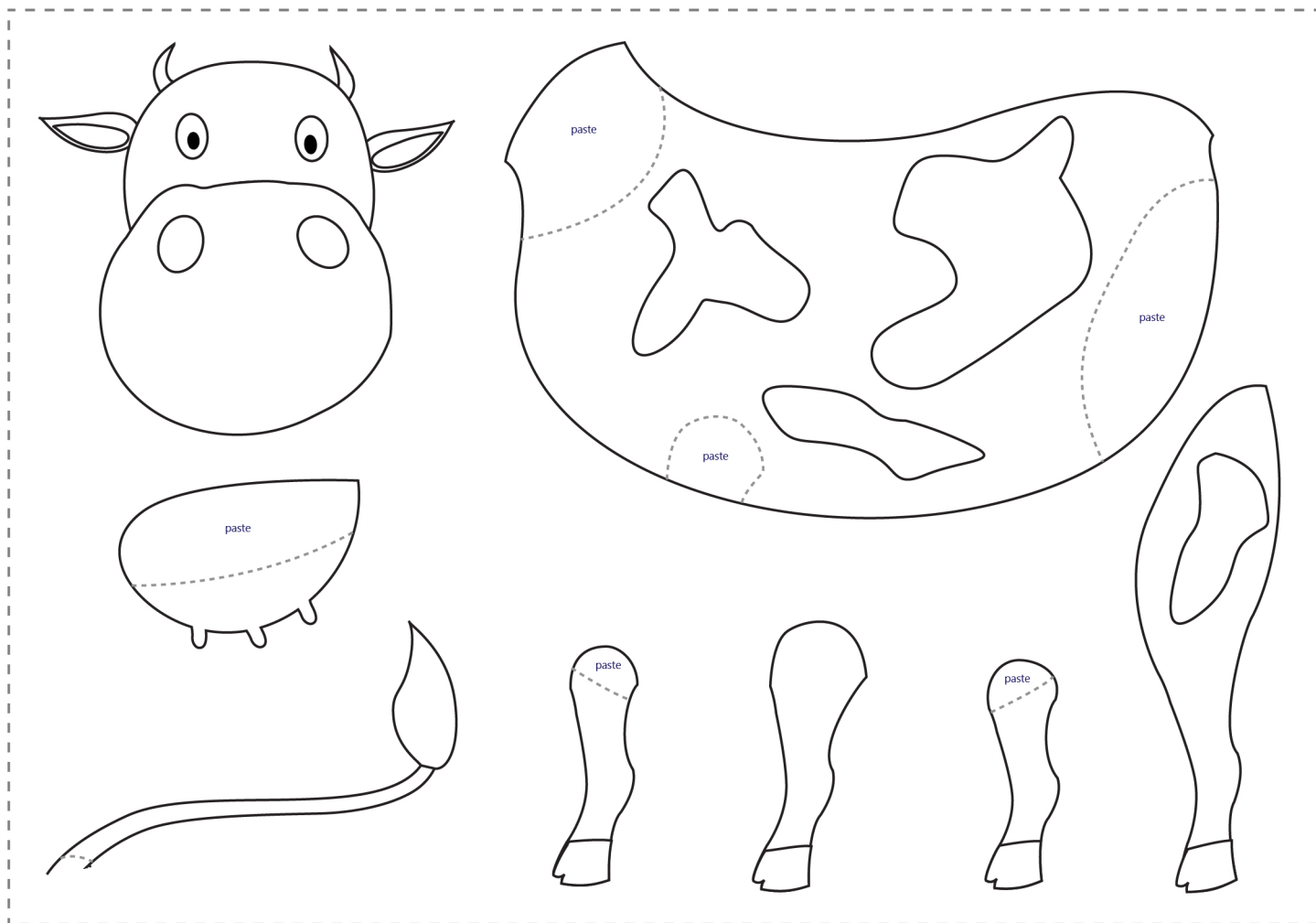
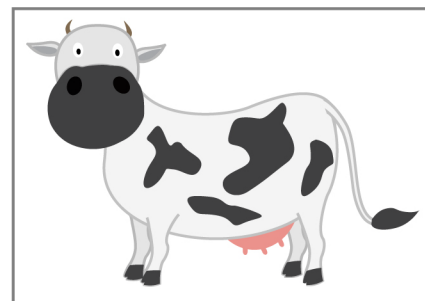
Cow Art and Craft

Things you need:

- Crayons
- Scissors
- Glue

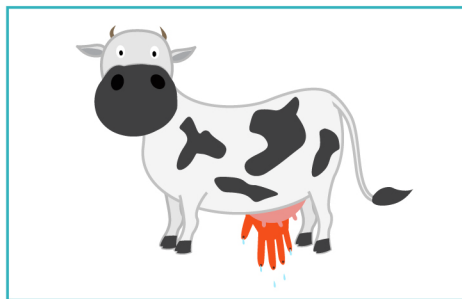
Steps to follow:

1. Colour the parts of the cow.
2. Cut them out.
3. Paste them as per the reference photo.
4. The cow is ready to pin!



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Udderly Fun

Do you want to be a dairy worker today?
Let's experience how milking a cow feels!

Things you need:

The completed cow from previous activity.

- Chair
- String
- White rubber glove
- Safety pin
- Water

Steps to follow:



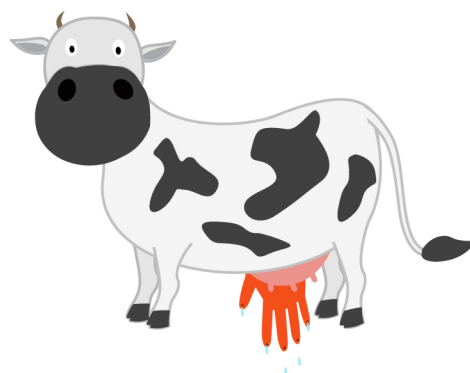
1. Fill the glove with water and secure the wrist with one end of a string.

2. Tie the other end to the headrest of a chair such that the glove hangs at the centre.



3. Stick the cow you made on the headrest on top of the glove such that the udders come in position.

4. Make tiny nicks with a pin in the fingers.



5. Let children press the fingers to squeeze the water out!

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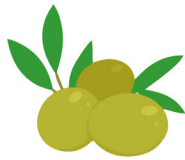


Know Your Dairy Foods

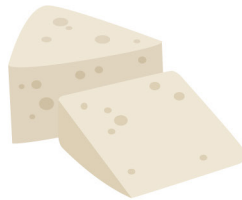
Cow gives us milk and from milk we make many delicious things! They are called dairy food item. Circle the dairy food items from the pictures given below!



Kheer



Olives



Cottage cheese



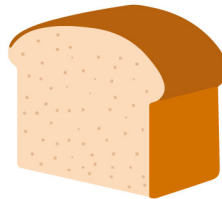
Chips



Lollipop



Yogurt



Bread



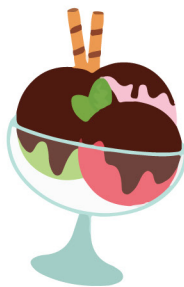
Fresh cream



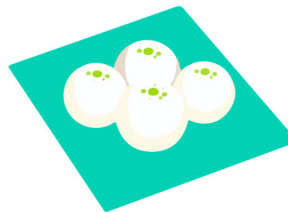
Juice



Butter



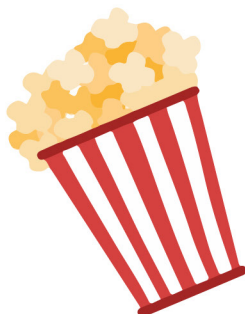
Ice cream



Rasgulla



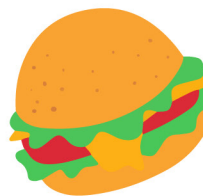
Pepper



Popcorn



Milk



Burger



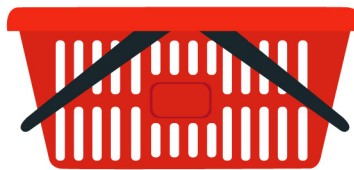
Cheese

Grocery Store Scavenger Hunt

Make your next trip to the grocery store all about dairy fun!
Tick the items in the printable once you locate them.



Shopping cart

☐

Basket

☐

Milk

☐

Yogurt

☐

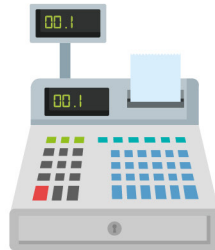
Cheese

☐

Butter

☐

Ice cream

☐

Cash register

☐

Fresh cream

☐