

# DAIRY TALKING POINTS

Here at (SCHOOL NAME) we support local farmers. This month we are focusing on dairy. Here is some information on dairy.

## What Is Dairy?

Dairy includes milk. Milk helps build strong bones and teeth and provides protein for growth. **Read trivia for the week.**

## Health Benefits of Dairy

Dairy is rich in calcium and vitamin D which helps promote strong bones, healthy teeth, and muscle development. **Read trivia for the week.**

## Fun Dairy Facts

The first cow in America arrived in 1611 at Jamestown. By the 1850s, most families owned a cow. June is National Dairy Month. All 50 states have dairy farms. Cow's milk is nearly 90 percent water, but it also contains protein, fat and minerals. The average cow produces 8 gallons of milk per day, that's over 100 glasses of milk! **Read trivia for the week.**

## Dairy in South Dakota

South Dakota has 174 dairy farms and 127,325 dairy cows. These cows produce 2.4 billion pounds of milk each year. Dairy farms are concentrated in eastern South Dakota, including towns like Milbank, Brookings, and Sioux Falls. **Read trivia for the week.**



# HELPFUL TIPS

- Harvest of the Month is not designed to be used in any particular order. Please use it as you see fit.
- Choose a different item to focus on each month.
- Hang the poster in the cafeteria where all students can see it.
- Hand out the Fact Sheets and the Recipes for an option to cook at home.
- Have fun with the color sheets. Create a color contest or an opportunity for students to decorate the lunchroom. Choose a different class every month to be featured as the “Harvest of the Month Artists”.
- Trivia questions can be used in any order. Feature one question a week. Read the trivia question with the facts for the week and have students share the answer with you throughout the week. At the end of the week give them the answer to the trivia.
- Trivia question answers can be found on the fact sheets.
- Have fun with the feature. Create some new foods and use as a snack throughout the month.

## Adventure Time:

- Take a virtual field trip to a Dairy Farm. Search virtual field trips on YouTube.
- Hang a map of SD in the lunchroom. Have classrooms/grade levels research dairy farms in SD and locate them on the map.

