



4-H DAIRY ACTIVITY PAGE

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Beginning

Your 4-H ANIMAL SCIENCE—DAIRY Project



When you work in the dairy project, you have to make many decisions. Sometimes it's easy to make those decisions, but other times it's more difficult. This 4-H project can help you learn things so you can make good decisions. Some of the skills you can learn and activities you can do in this project are listed below. Check your favorites. Then, work with your 4-H leaders and parents to make a 4-H project plan of what you want to do and learn this year.

- Learn the difference between beef cows and dairy cows.
- Learn about the different breeds of dairy cattle.
- Learn the parts of a dairy cow.
- Visit a dairy farm and learn how cows are milked.
- Learn how a dairy producer is paid for milk.
- Learn the nutrients found in milk and how they are used in your body.
- Learn about the different feeds for dairy cows.
- Learn what has to be done to have a registered animal.
- Learn the basics to judging a dairy animal.
- Learn the correct way to show a dairy animal.
- Conduct a service project using project skills learned.
- Other _____



Life Skill

Ethical Decision Making

Life on a Dairy Farm

Visit a dairy farm and write a report about your experience. Include things such as the daily routine of a dairy farmer, what the animals eat (including ingredients in a ration), herd health (medications and vaccinations used), what kind of records are kept, etc. Include pictures if you'd like. Share your story with others and keep it in your 4-H project folder.

Dairy Breeds

Tennessee dairy farmers use five different breeds of dairy cattle. Talk to a dairy farmer or look in books and the Internet to learn more about the breeds listed below. Then, give a speech about what you learn in a 4-H meeting.

- ◆ Holstein
- ◆ Jersey
- ◆ Brown Swiss
- ◆ Guernsey
- ◆ Ayrshire



Drink 3 glasses of milk a day!

Make a Purple Cow!



Ingredients:

- 2 cups vanilla ice cream
- 6-ounce can frozen grape juice concentrate
- 1 1/2 cups reduced fat milk

Put all the ingredients in a blender. Mix and enjoy!

"Udderly" Fun Matching

- | | |
|---|---|
| 1. The average cow produces . . . | A. 5 to 7 gallons of milk daily. |
| 2. Silage is . . . | B. A cow's first milk; it contains antibodies, protein and vitamins |
| 3. Holsteins are the highest producers of . . . | C. Butter fat |
| 4. Jerseys are the highest producers of . . . | D. A fermented forage that is usually corn, wheat or alfalfa |
| 5. Colostrum is . . . | E. 60 days within a year |
| 6. Forages are . . . | F. 2 to 3 times a day |
| 7. A cow is dry (not producing milk) for . . . | G. 305 days within a year |
| 8. A cow milks for approximately . . . | H. 6 to 8 weeks |
| 9. How many times a day are cows milked? | I. Total pounds of milk |
| 10. A calf is bottle fed for . . . | J. Feeds high in fiber such as grasses, corn and wheat |
| 11. A ruminant is . . . | K. An animal with four stomach compartments |

Answers: A, D, I, C, B, J, E, G, F, H, K



Halters

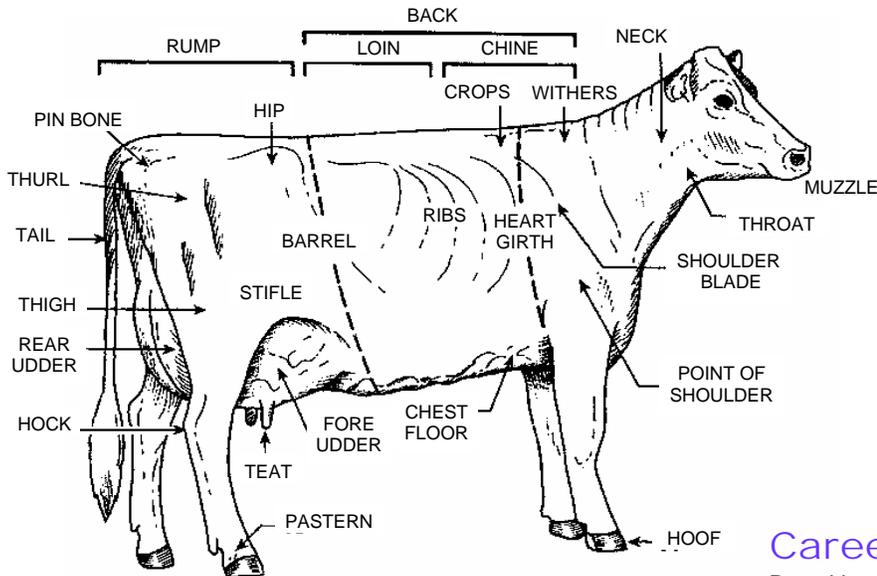
If you plan to show your dairy cow in competitions, it's important to train your cow. One of the first steps is to train your cow to **lead** when she is young. Start with a **rope halter** and then use a **show halter**.

Learn more about halters and training your calf. Talk to 4-H'ers or adults who know about dairy cattle or look in books or on the Internet. Give a demonstration in a 4-H meeting.

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Anatomy of a Dairy Cow

Knowing the anatomy of a dairy cow will help you to become familiar with selecting the ideal animal. Study the body parts below. Find out what each part does and what you should look for when selecting a dairy cow. Share what you learn with your 4-H friends. Then, search for the names of the body parts in the puzzle.



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

Career Scavenger Hunt

By asking others, researching on the Internet or reading a book or magazine—search for a job that uses dairy skills and knowledge. Here's what you are looking for.

1. Job Title _____
2. Job Description _____

3. Education Required _____

Milk: The Nearly Perfect Food

Milk contains important nutrients that humans need. Pound for pound, milk contains more nutrients than any other food. For example, milk contains vitamins, minerals, water, carbohydrates, proteins and fats.



Did you know that every part of milk and milk products can be enjoyed to the last drop? You probably like cheese and ice cream. What other things are made from milk? Make a poster about different things made from milk. Share your poster in a 4-H meeting.



Service Ideas

- Conduct a demonstration about the care of a dairy animal for younger children.
- Encourage people to consume dairy products for better health.
- Sponsor a dairy farm tour or trip to a dairy plant.

Additional Resources

Making decisions is an important part of the dairy project. This activity sheet has given you the opportunity to explore things to think about as you make decisions in dairy. You've learned about dairy cow anatomy, halters and other cool things. But this is just the beginning! Use the resources listed below to continue learning about the dairy project.

- School & public libraries
- People who work with dairy cows
- Dairy magazines
- 4-H project groups
- The 4-H dairy Web page:

<http://www.utextension.utk.edu/4h/projects/dairy.htm>

Don't forget
to submit your
project report to
your 4-H leader.

For more ideas,
contact your
4-H office.

Other 4-H Dairy Activities

4-H dairy shows
 County fair dairy shows
 4-H demonstrations
 4-H project groups
 Fair exhibits

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