

Mmmm...Milk!



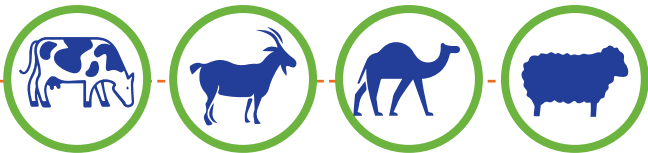
Milk is the top agricultural product in California! And our dairy farmers and processors produce that milk more efficiently than ever before.



What's in the Dairy Aisle?

Where does milk come from?

Milk and dairy foods are rich in a wide range of nutrients that are enjoyed by children and adults. Most milk in the United States comes from cows, but goats, camels and sheep also produce milk. Beverages from plant sources like rice or almond are not true "milk."

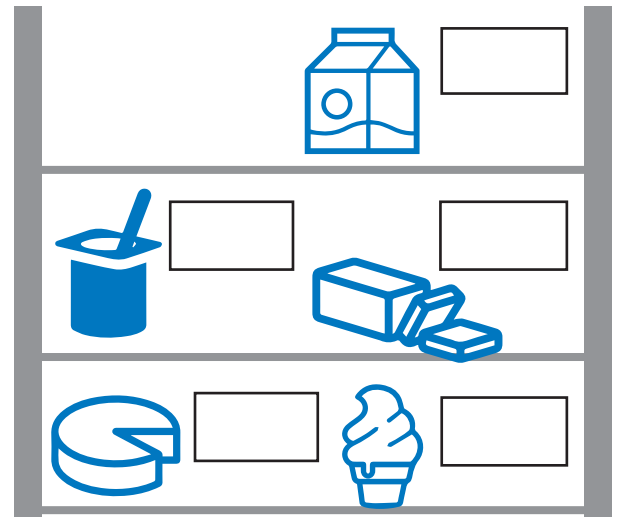


ACTIVITY



Milk is a great beverage to have with meals and can also be made into other delicious products. Children ages 9 and older and adults should include three servings of milk, yogurt or cheese each day. Use the following list to label the foods in the dairy aisle from the grocery store:

milk cheese ice cream yogurt butter
Next draw in another product you would find in the dairy aisle.



ACTIVITY



Check Your Price

Look in your local newspaper and find ads with dairy foods. Record the prices you find for the items listed. Compare prices from other stores or ads.

BONUS: Use the **Serving Sizes of Dairy Products Chart** to find the price per serving. How do other healthy foods stack up per serving, like canned peaches or peanut butter?

ONE SERVING =

OR

1 cup of milk or yogurt

Size comparison

One fistful

ONE SERVING =

1½ ounces of cheese

Size comparison

One finger

#MyPlateMyState: California

California leads the nation in agricultural production. Not only do California's dairy farmers produce more milk than any other state, our farmers grow more different types of vegetables, fruits and grains than any other state.

That means it's easy to find #CAonMyPlate all year long.

ACTIVITY



Fill in this outline of the state of California with some of the commonly grown or produced foods from all five food groups.



State Products of California

State Fruit: Avocado

State Grain: Rice

State Nut: Almond

State Vegetable: Artichoke

Choose **MyPlate.gov/MyState**

Other California grown or produced foods: Almonds, apples, apricots, asparagus, artichokes, barley, beans, beef, black-eyed peas, blueberries, bread, broccoli, cabbage, cantaloupe, carrots, cauliflower, celery, cheese, cherries, chicken, chickpeas, corn, cucumbers, dates, eggs, figs, garlic, grapefruits, grapes, green beans, honey dew, kiwi fruit, leaf lettuce, lemons, lima beans, milk, mushrooms, nectarines, oats, olives, onions, oranges, peaches, pears, pecans, peppers, persimmons, pistachios, plums, pomegranates, potatoes, prunes, pumpkins, raspberries, red kidney beans, romaine lettuce, spinach, squash, strawberries, sweet corn, sweet potatoes, tangerines, tomatoes, turkey, walnuts, watermelon, wheat, yogurt

