Cow’s milk has been used for human food for at least 11,000 years. Early pioneers brought their milk cows with them when they sailed to America. Settlers took their cows as a source of food when they moved West.

Milk is one of nature’s most complete foods. It is produced at dairies from cows bred for milk production. A good milk cow can produce enough milk in one day to supply an average family for a month.

In the 4-H Dairy Project, you can learn how to make cows produce more milk and how to judge whether a cow will be a good animal.

There are two activities in this project. You may choose to show a calf or cow. You’ll care for, train, groom, and exhibit your animal at county, district, and state shows.

You may also be on a dairy judging team. You’ll visit dairies and learn to judge dairy cows. You’ll compete at county, district, and state levels.

You can take the dairy project no matter where you live. But you need a cow or calf to be your project animal. You can own or lease animals for your project.

**Things You’ll Learn**
- Different breeds of dairy animals
- How to choose a good dairy animal
- How and what to feed a dairy animal
- What health care dairy animals need
- How milk gets from dairy to market
- Why milk is a good food

**Things You Can Do**
- Raise a calf or care for a cow
- Make a halter
- Train, groom, and show your animal
- Tour dairies and farms
- Practice dairy judging
- Develop good sportsmanship
- Keep records on your project activities.

---

**Annual Record of 4-H Dairy Activities,______________**

**Name__________________________________________ Age__________**

A pedigree is a record of an animal’s ancestors or “family tree.” Fill in this chart to record your project animal’s pedigree. A dam is the mother of an animal. A sire is the father of an animal.

**Maternal grandsire**

**Maternal granddam**

**Calf’s Name**

**Sire**

**Paternal granddam**

**Paternal grandsire**

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**Dairy Calf Growth Chart**

<table>
<thead>
<tr>
<th>Age (months)</th>
<th>Heart Girth (inches)</th>
<th>Weight (pounds)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
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<tr>
<td>3</td>
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<td>9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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Answers to Dairy Foods Quiz: ice cream, ice milk, sherbet, butter, buttermilk, skim milk, sour cream, yogurt, cheese, cottage cheese, egg nog, flavored milk, nonfat dry milk, condensed milk, evaporated milk

Answers to Silo Acrostic: 1. judging 2. calf 3. milk 4. groom 5. day

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Dairy Breed Scramble
Unscramble the letters below to learn the five major breeds of dairy cattle.

1. Shirerya _______________________
2. Ronwb siwss ___________________
3. Nesyreug ______________________
4. Slohneit _______________________
5. Rejyes ________________________

Silo Acrostic
Answer the dairy questions below to fill in the blanks in the silo.

1. Dairy _________ is an activity in which you choose the best dairy cow.
2. In the dairy project, you may raise a ________________.
3. A dairy is a place where ________________ is produced.
4. Before entering the show ring, you must ____________ your animal.
5. One cow can produce in one _________ enough milk to supply a family for one month.

Dairy Foods Quiz
One way we use milk is to drink as whole milk.
List 7 other dairy foods.

1. ______________________
2. ______________________
3. ______________________
4. ______________________
5. ______________________
6. ______________________
7. ______________________

Silo Acrostic

1. _ _ D _ _ _ _
2. _ A _ _
3. _ I _ _
4. _ R _ _ _
5. _ _ Y