

Magic Milk



Where does my milk come from?



Milk is delicious and nutritious! It is choc-a-block full of calcium, a mineral that is very important for the growth and development of healthy bones.

Just one cup of milk contains 30% of our daily calcium requirements! To get that same amount from broccoli you'd have to eat about 7 cups full! Milk is also a great source of **Vitamin D**, a mineral that helps to boost our immune system.

And, you guessed it, we can thank cows for this gift of nature. **Cows naturally produce milk from their udders**, the mammary gland of female cows hanging near their back legs.

First thing in the morning, farmer's lead the cows from their sleepy green pastures to the milking parlour.



The farmer then fits a milking machine to the cow's udders which squeezes the milk into a cooling vat. This process does not hurt the cow. A tank driver from the dairy company then picks up the milk and treats it, in a process called pasteurisation, so it is safe for humans to drink. The milk is then packaged into the containers you see in the shops!

Fun Fact: The Australian dairy industry produces over 9,000 million litres of milk a year!

Quiz

1. What is the name of the mineral in Milk that is good for your bones?
2. What part of the cow does milk come from?
3. The milk has to be treated before humans can drink it (true or false)?