You ever wonder how all this food gets to our cafeteria?

I don't have to wonder.

Because you’re a mind reader?

Because Honeyseed Farms is my family's farm.

No way! Your family has a farm?

Yes, it's been ours for like 100 years. What do you want to know?
Wow, I didn’t know so much work went into a carton of milk.

Dude, slow down. Let me see. Our cows graze on grass and hay outside and sleep in a barn at night. At some farms, cows eat grains too and stay inside.

How does the milk get here? What do the cows eat? Where do they sleep? How much...

Nowadays, it’s a lot easier to milk cows than it used to be. Back in the day, my great-grandparents had to milk the cows by hand.

So what do they do? Zap it with lasers?

No, that’s homogenization.

No, they pasteurize it. That’s when it gets a really quick blast of heat to kill any bacteria.

Wow, that’s about 700 gallons of milk. Where do you keep it all?

Then it’s ready to drink?

Yup! And it happens pretty fast. It could be as quick as two days between the farm and getting put in bottles and cartons to be shipped to the store... or our school!

It did. Now we use machines to milk them two or three times a day. At the end of the day, we get about 7 gallons of milk from each cow.

We have these giant tanks that keep the milk cold. The tanks also move the milk around so fat doesn’t separate from the liquid.

Milk has fat? It has lots of things: vitamins, protein, calcium.

Safety! There are a ton of rules that have to be followed to make sure the milk is fresh and healthy.

It’s milk! What’s it being tested for?

Then it gets mixed up so that the cream mixes in instead of rising to the top.

Can I milk a cow when I go?

You sure know a lot about milk.

Do you want to come to the farm to see it with your own eyes?

I can’t wait!

How many cows do you have?

100 cows.

Whoa!

You think that’s a lot? There are dairy farms with thousands of cows!

How much...

Oh, we pump the milk into insulated trucks that keep the milk cold while it goes for testing and packaging.

I know! My mom always tells me milk will help me have strong bones.
Wow, I didn’t know so much work went into a carton of milk. Where do you keep it all?

We have these giant tanks that keep the milk cold. The tanks also move the milk around so fat doesn’t separate from the liquid.

Milk has fat?

It has lots of things: vitamins, protein, calcium.

I know! My mom always tells me milk will help me have strong bones. I guess that’s why they serve it at school. So how does it get here?

Oh, we pump the milk into insulated trucks that keep the milk cold while it goes for testing and packaging.

It’s milk! What’s it being tested for?

Safety! There are a ton of rules that have to be followed to make sure the milk is fresh and healthy.

So what do they do? Zap it with lasers?

Wow, I didn’t know so much work went into a carton of milk.

Yup! And it happens pretty fast. It could be as quick as two days between the farm and getting put in bottles and cartons to be shipped to the store… or our school!

Then it gets mixed up so that the cream mixes in instead of rising to the top.

That’s part of pasteurization?

No, that’s homogenization.

Then it’s ready to drink?

You sure know a lot about milk.

Do you want to come to the farm to see it with your own eyes?

Can I milk a cow when I go?

My dad will dare you to try!

I can’t wait!
Why Are NUTRIENTS in Food Important?

Milk’s journey doesn’t end when it reaches your table. The nutrients in milk—listed below—work in different ways throughout your body so that you can be your very best! Read the infographic to learn about the many ways that nutrients work to keep your body healthy.

PROTEIN is in every cell in the body! It helps build muscle when you exercise.

Heads Up!
Having a meal with enough protein keeps you from feeling hungry again right away.

WHAT IS PROTEIN? Protein is built from molecules called amino acids.
• Different combinations of amino acids result in different types of protein. For example, the types of protein in your muscles are different from the keratin protein that keeps your hair and nails strong.
• Your body can create certain amino acids, but there are nine essential types that you must get from food. Foods, such as milk and eggs, that contain enough of all nine essential amino acids are called “complete proteins.”

CALCIUM, VITAMIN D, and PHOSPHORUS work together to build strong bones and teeth. Kale and spinach are also good sources of calcium.

VITAMIN A supports your skin and your eyesight. It also helps your immune system, the parts of your body that work to fight off germs. Sweet potatoes also have a lot of vitamin A.

POTASSIUM helps your body keep a healthy blood pressure, which in turn helps your heart stay healthy. Potassium also supports your muscles and your digestion (how your body breaks down food). Potassium is also found in white beans.

B VITAMINS help your body convert food into energy so you can get moving! These vitamins include vitamin B2 (aka riboflavin), vitamin B3 (aka niacin), and vitamin B12 (which also supports your red blood cells and nervous system). Other good sources of B vitamins include poultry and fish.

A balanced diet of vegetables, fruits, grains, protein, and dairy helps you get all your daily nutrients to fuel your energy and health!

Eating food from different food groups helps you get a healthy combination of nutrients. Every day, make sure you eat a variety of wholesome foods so your body absorbs a variety of nutrients!