



DAIRY TRIVIA

Dairy milk is a whole food, providing essential nutrients that play an important role in growth and development. How many essential nutrients does milk contain?

- A. 6 B. 9 C. 10 D. 13

ANSWER: D.

Farm to School
NEBRASKA



DAIRY TRIVIA

Dairy cows play an important role in a sustainable food system. Because a cow's stomach has four compartments, they can eat leftovers that people can't eat, like brewers grain and almond hulls, which would otherwise go into landfills. What percentage of a cow's diet CANNOT be eaten by humans?

- A. 10%
B. 35%
C. 65%
D. 80%



Farm to School
NEBRASKA



ANSWER: D.

DAIRY TRIVIA

Holy Cow! How many gallons of milk does the average dairy cow produce each day?

- A. 2 Gallons
- B. 4 Gallons
- C. 8 Gallons
- D. 12 Gallons



DAIRY TRIVIA

How many pounds of milk does it take to make one pound of cheese?

- A. 1 pound
- B. 3 pounds
- C. 10 pounds
- D. 30 pounds



DAIRY TRIVIA

What was the first ice cream flavor ever created?

- A. Vanilla
- B. Chocolate
- C. Strawberry
- D. Mint



DAIRY TRIVIA

True or False: Fermented dairy foods like yogurt are linked to health benefits including reduced inflammation, improved digestive health, and healthy immune systems.

- A. True B. False