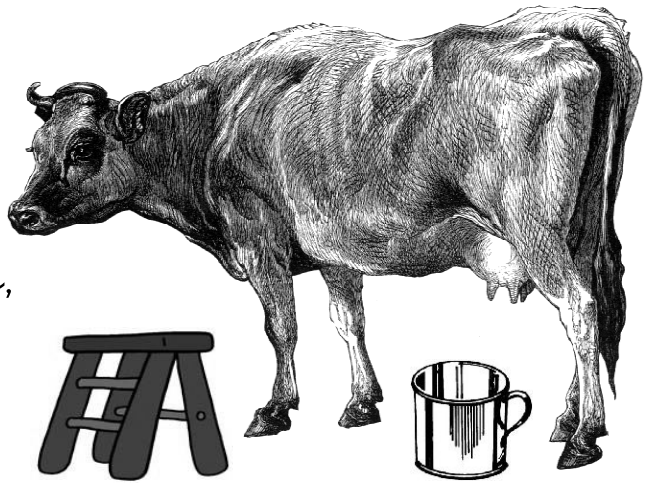
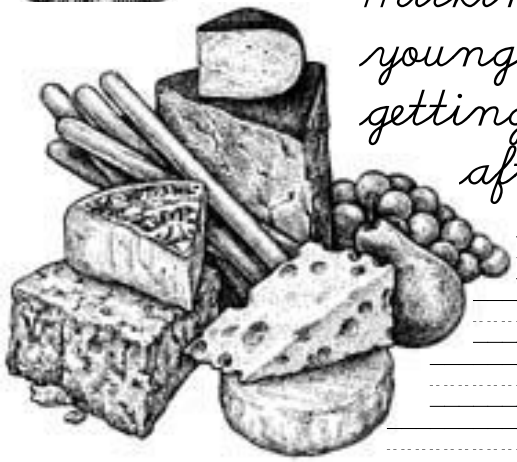
Name:_____ Date:_____

Dairy Cows



People used to not be able to go to the corner store and buy their milk, cheese, yogurt, and butter. Many people got their milk from their own cow, or made a deal with another family to trade something for a regular supply of milk. They put the milk in a churn to make butter. They also made their own cheese. Milking the cow was an everyday job for young girls. Boys often had the job of getting the cows to come home each night, after grazing them in the meadow.



Make butter, an activity that is easy for any family to do. Put about a cup of cream into a jar, salt it lightly, and close the lid tight. Now let your kids roll it back and forth across the dining table, or turn it upside-down and right-side up over and over again until the cream congeals into butter. Pour off the buttermilk that remains a liquid, and use it in pancakes. You may have the opportunity to make other milk products as well, such as cheese and yogurt, if you can find instructions that include the necessary steps and precautions. When you eat milk products, talk about how these come from cows.

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