



# Career Spotlight



**Dairy Farmer** - Dairy Farmers act as the caretakers of nature's second best mother, the Dairy Cow. This special farmer works to provide healthy diets for their animals and needs to dual as a businessman to sell their milk produced from the cow.

- Future DF's Take:**
- Biology
  - Agribusiness

- How Dairy Farmers Benefit Agriculture:**
- Supplier of the world's milk
  - Stewards of the land and dairy animals

## Farm Facts

In one day, a single cow can produce enough milk to make either...

- 2.9 lbs butter
- 7 gallons of milk
- or 6 lbs of cheese



In one day, a single cows will consume...

- 25-50 gallons of water
- 90 lbs of food



## Thanks to our major sponsors

- American Agriculturalist Foundation
- Pennsylvania Beef Council
- Pennsylvania Pork Producers Council
- The Arthur W. Perdue Foundation Inc.



Joe Answer  
He wanted rich milk.



and



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## Clue into Healthy Drinks



When you get thirsty, what do you grab to drink? Soda? Milk? Water? Juice Box? Orange juice? Some things make great thirst quenchers and other drinks don't! Let's look at some facts and then you can make an educated choice on what you want to drink.



Many beverages contain **ADDED** sugar that you won't know about unless you read the label. When you look at the labels for soda, iced tea, sports drinks or fruit drinks, you will notice that there is added sugar. Sugar on the label may be called corn syrup, high-fructose corn syrup, sucrose or glucose. These are all other names for sugar. Too much sugar can lead to weight gain and contribute to cavities in your teeth.

### What's in a soda?

What's in a soda? Not much that is good for you! Soda has no nutrients! A small 12 ounce can has 150 calories. Soda is made of sugar, chemicals, artificial flavoring and coloring. Soda doesn't help you grow a healthy body. Soda and other sugary drinks can cause weight gain by providing calories with no nutritional value.



### Water and You

Every living thing needs water, especially you. Two-thirds of your body weight is water. **That's a lot of H<sub>2</sub>O!** Like a car cannot run without gas, your body cannot work without water. Water forms part of the fluids around your joints and helps your knees and elbows bend. So, whether you are working hard or playing hard, make sure you are getting enough water to drink everyday. Remember, when you start to feel thirsty that means your body is already low on water. Drink up!



