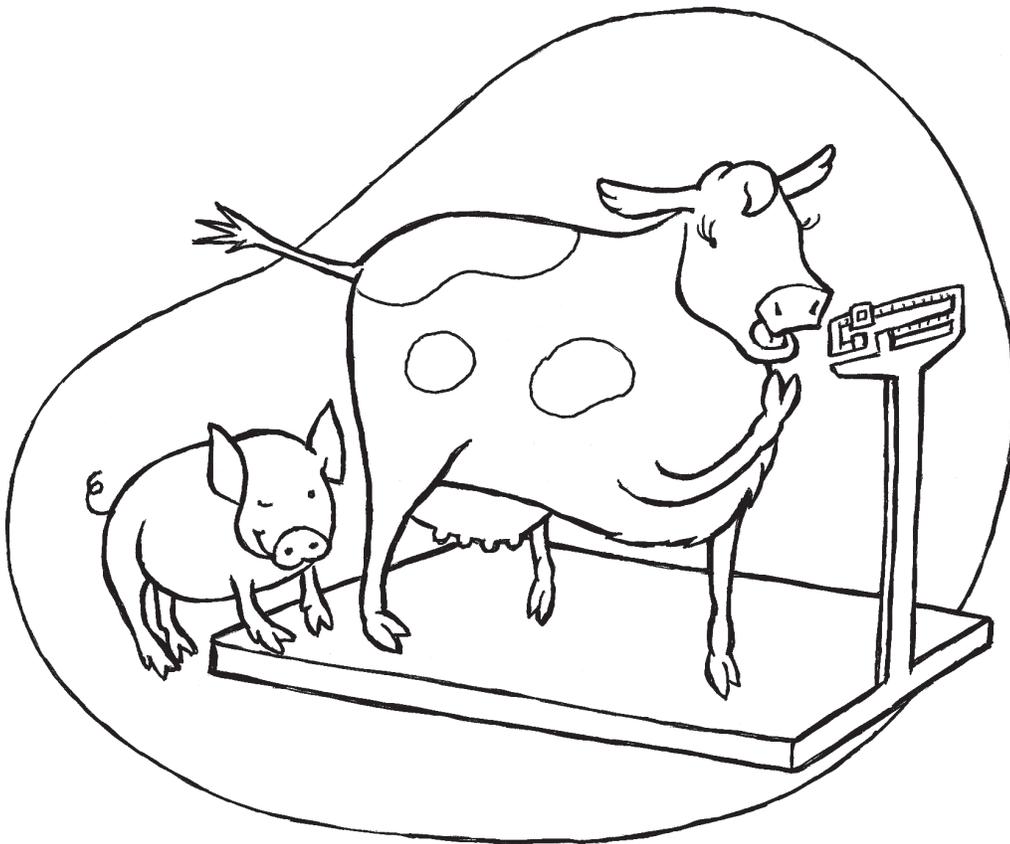




# ALL ABOUT POLLY PRIDE!

## Fact Sheet

- I am a dairy cow, which means I am a female who has given birth to a calf.
- I need lots of food and water to produce milk for you and your family to enjoy.
- Each day, I spend 6 hours eating. That is almost as long as you sleep!
- I stand up and lie down about 14 times a day.
- I can detect odors as far away as 6 miles, much farther than you or your mom and dad.
- I can also hear lower and higher sounds better than humans.
- My dairy farmer takes very good care of me, giving me nutritious food to eat and a comfortable home.
- My doctor, the local veterinarian, sees me regularly to ensure that I am healthy.
- My nutritionist helps my dairy farmer determine the best food for me and my herd to eat.
- When my dairy farmer milks me, my milk is kept cold in my farmer's milk tank, until the milk truck comes to the farm, picks up my milk and takes it to the processing plant.



When I am fully grown, I weigh about 1,500 pounds.

GUESS HOW MUCH I WEIGHED WHEN I WAS BORN.

\_\_\_\_\_ POUNDS

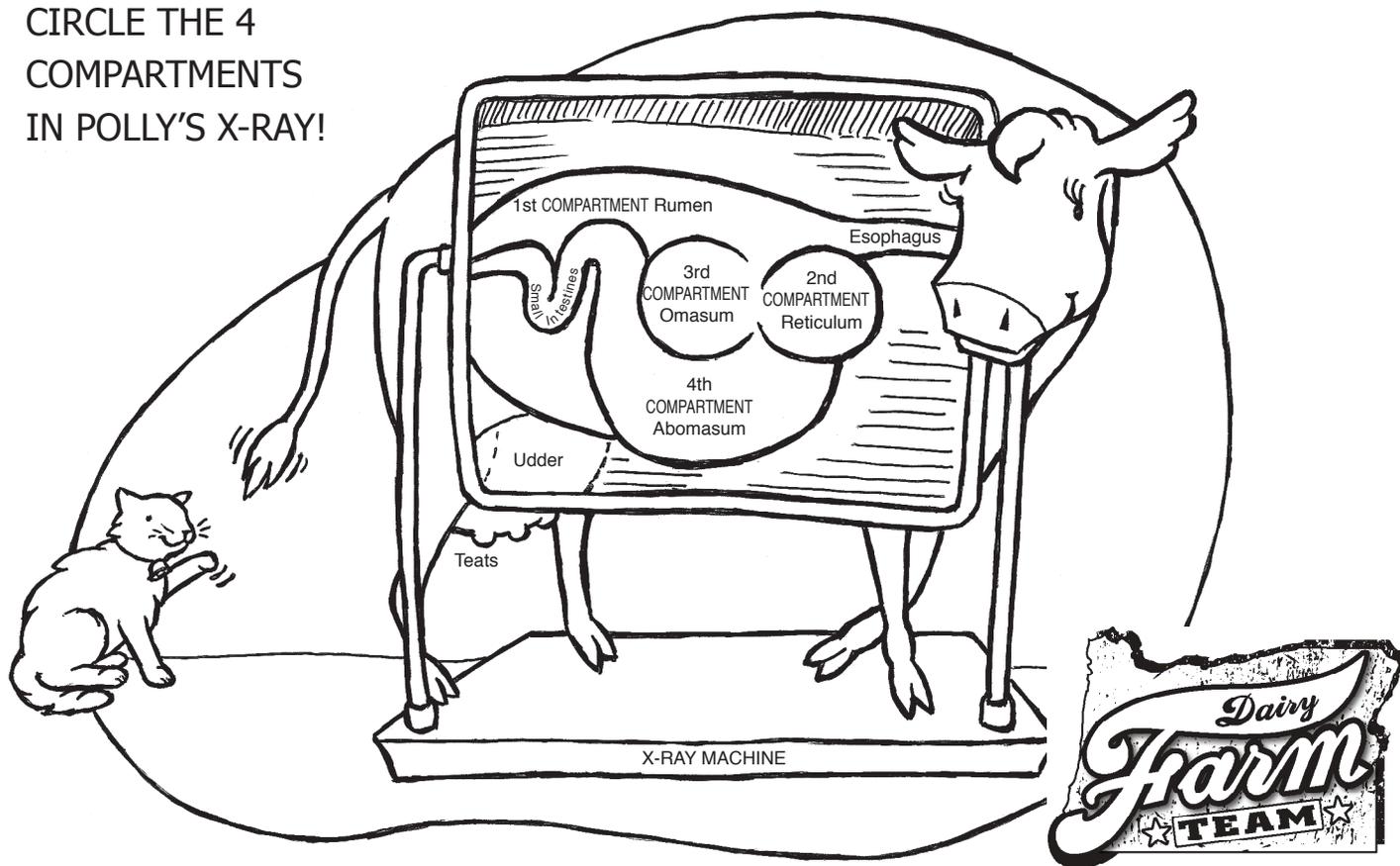
# LEARN MORE ABOUT POLLY

## Page 2

- All my milk is tested to ensure that it is of the highest quality.
- All dairy farmers are responsible for ensuring the purity of the milk that they produce.
- All the dairy farmers I know not only take good care of me and my friends, but they take good care of the land and water, too.
- Many dairy farmers come from families who have operated the family farm for many generations.
- I like living in Oregon, because we have a mild climate – not too hot and not too cold. Extreme temperatures can affect my ability to produce milk.
- I am proud to be an Oregon dairy cow! I produce higher quality milk than most other dairy cows in the entire United States!
- In one year, I produce about 2,200 gallons of milk, all by myself!

When I eat, my food is processed through my 4 stomach compartments.

CIRCLE THE 4  
COMPARTMENTS  
IN POLLY'S X-RAY!



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Contents adapted from Polly Pride's Activity and Coloring Book courtesy of Washington Dairy Products Commission.