


OREGON!

Hi, my name is Polly Pride. Did you know that more than 228 dairy farm families, on farms all across the state, take pride in producing milk, Oregon's 4th largest commodity? Nutrient-rich milk is not only a healthy and delicious beverage for all ages, it is the base for dairy foods such as cheese, yogurt, ice cream, butter, cottage cheese, milk powder, sour cream and cream – all produced right here in my home state, Oregon.

Connect the dots below, in numerical order, to see what the state of Oregon looks like!

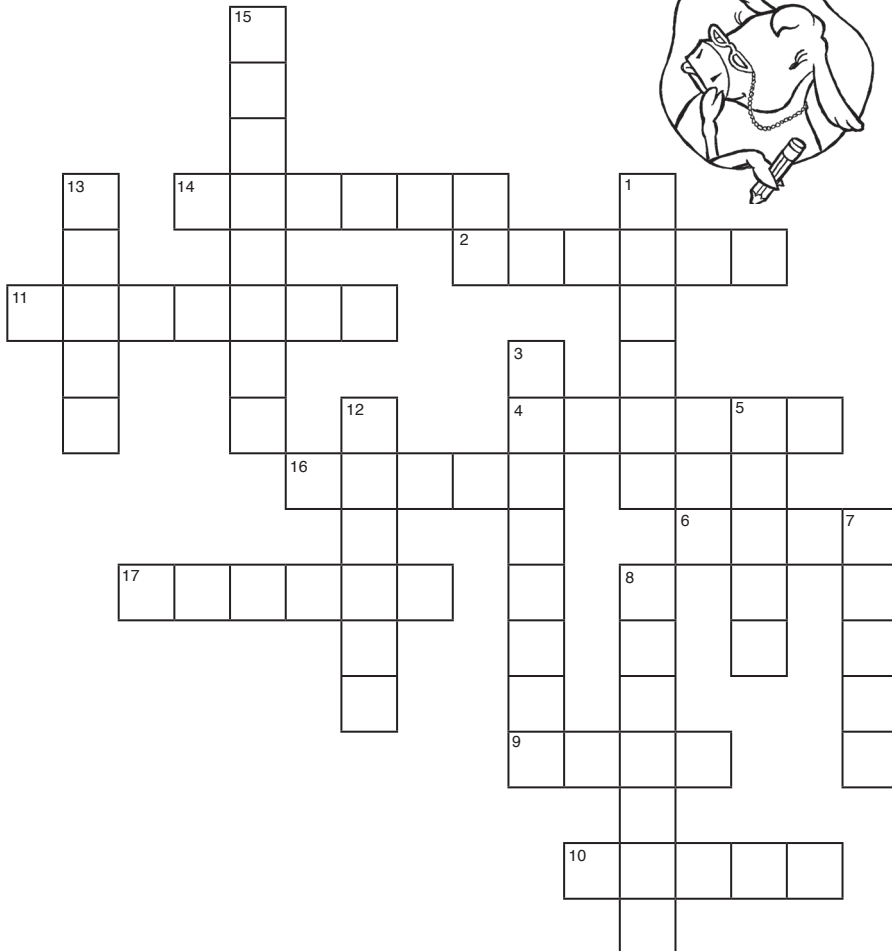
COLOR THE COW CLOSEST TO WHERE YOU LIVE.

START HERE!

 Each cow shows where you can see dairy farms in Oregon.

ALL ABOUT OREGON!

In this crossword puzzle, read the clues and then see if your answer fits in the boxes. I use a pencil so I can erase an answer if it doesn't fit. Psst, here's a hint: All of the answers have something to do with dairy foods.



ACROSS:

2. This food is tart and good with fruit.
4. This food is good for snacks and on hamburgers.
6. Milk tastes best when it's _____.
9. All dairy foods are made from this.
10. How many glasses of milk should you drink a day?
11. Kids need this to help their bones grow.
14. A dairy _____ raises cows for milk.
16. Dairy farmers in Oregon take _____ in their work.
17. Dairy foods are tasty and give you lots of this.

DOWN

1. This dairy food is yellow and good on toast.
3. Everybody's favorite frozen dessert
5. What you use to eat your favorite frozen dessert.
7. Cheese, milk and yogurt are all _____ products.
8. Milk helps keep your body _____.
12. Cows from this state make some of the highest quality milk in the nation.
13. Cheese makes a very good _____.
15. There are a lot of these in every glass of milk.

WORD BANK:

ENERGY	BONES	OREGON	SNACK
SPOON	DAIRY	GOOD	VITAMINS
HEALTHY	THREE	COLD	CHEESE
PRIDE	FARMER	ICE CREAM	TEETH
MILK	YOGURT	BUTTER	CALCIUM



Polly the dairy cow says

Milk became Oregon's official state beverage in 1997.



odncouncil.org