

Quiz



1

Q • Does chocolate milk come from brown cows?

A • No. All cows, regardless of their colours, produce white milk.



2

Q • How many legs do cows have?

A • 4! Like all ruminants.

Quiz

3

Q • Do cows sleep in stables or in houses?

A • In **stables!**



4

Q • Do cows sleep standing?

A • **No.** Like humans, cows lie when they sleep, on sand or straw so that they are more comfortable.



Quiz

5

Q • Do cows have fur coats?

A • Yes. That is why cows stay in the shade in the summer.



6

TRUE OR FALSE

Cows, like horses, have hooves.

A • True. But unlike horses, cows' hooves have two claws each.

Quiz

7

Q • Name a food that helps keep your bones and teeth strong

A • milk, yogurt, cheese, etc.



8

WHO AM I?

I can be white or brown, sometimes pink. I am a drink.

A • white milk, chocolate milk, strawberry-flavoured milk.

Quiz

1

TRUE OR FALSE

A cow must give birth to a calf to be able to produce milk.

A • True. It's like when moms nurse.



2

Q • How many calves can a cow have in one year?

A • Just one! Sometimes she can have two when she gives birth to twins. Just like humans, cows carry their calves for 9 months.



Quiz

3

Q • How many litres of milk does a cow produce on average per day? 15, 30 or 60 litres?

A • A good cow produces an average of **30 litres of milk** per day, or about fifteen litres per milking.



4

Q • How many litres of water does a cow drink per day to produce 30 litres of milk? 25, 50 or 100 litres of water?

A • **Around one hundred litres of water!** That is equal to a bathtub filled with water!



Quiz

5

Q • What is the name of the equipment used to extract milk from the cow's udder?

A • A milker! Suction stops automatically when there is no more milk.



6

TRUE OR FALSE

It takes at least 20 minutes to milk one cow.

A • False. It takes only 5 minutes to collect around fifteen litres of milk with a mechanical or automated milking machine. After that, the udder and its four teats also have to be washed.



Quiz

7

TRUE or FALSE?

When you eat cheese at the end of the meal, it can be a temporary substitute for brushing your teeth.

A • True. Cheese has nutrients (lipids, protein, phosphorus, calcium) that protect teeth and slow the development of cavities. This makes cheese a good food to eat for healthy teeth.



Quiz

8

Q • Which of the following foods contain vitamin D?

- A.** Firm cheese
- B.** Milk
- C.** Avocado
- D.** Whole wheat bread

A • B. Milk. From April to October, the human body can make its own vitamin D because our skin is exposed to sunlight. Since this phenomenon cannot happen all year round in Canada, vitamin D must be added to milk.



Quiz

1

Q • How many stomachs do dairy cows have?

A • 4. Thanks to their digestive system, which has 4 stomachs, cows can digest plants that have no nutritional value to humans, and turn them into very nutritious food: milk!



2

Q • What temperature is milk when it leaves the cow's udder?

A. 10°C B. 38°C C. 60°C

A • B. 38°C, like the temperature of the human body. Milk collected during the milking process is then cooled to 4°C in under an hour.

Quiz

3

Q • How many dairy farms are there in Quebec

A. 1,300?

B. 2,600?

C. 4,600?

A • C. A bit more than 4,600 dairy farms across Quebec, as well as about 95 processing companies. Three of them (Agropur, Parmalat and Saputo) buy 80% of all the milk.



Quiz

4

Q • Every day, how many tank trucks cross Quebec to pick up the milk from these 4,600 farms?

A. 70 **B.** 300 **C.** 570

A • B. 300 trucks transport more than 9.5 million litres of milk to plants every day. Transportation routes are being optimized to reduce the distance travelled by each truck.



Quiz

5

Q • How many litres of milk are produced every year in Quebec?

- A.** 30 million litres
- B.** 300 million litres
- C.** 3 billion litres

A • **More than 3 billion litres.**

Quebec is the province that produces the most milk with nearly 40% of Canada's entire production, followed by Ontario.



Quiz

6

Q • What is the most familiar breed of dairy cows in Quebec?

A • **Holstein** makes up 90% of the herd because it is a highly productive cow.



7

Q • Which Canadian province produces the most organic milk?

A. Manitoba **B.** Quebec
C. Ontario

A • **B. Quebec.**

About 140 producers produce 67 million litres of organic milk per year, which is about 40% of the organic milk produced in Canada.

Quiz

8

TRUE OR FALSE

The milk produced in Quebec is mainly used to make cheese.

A • True! Nearly half of the milk produced in Quebec is used to make cheese. Quebec currently has over 900 varieties of cheese.



Quiz

9

TRUE or FALSE?

UHT milk (pasteurized at an ultra-high temperature) can be kept at room temperature.

A • True, as long as its container hasn't already been opened. This milk has been pasteurized at very high temperatures. As long as its container hasn't been opened, it may be kept at room temperature without any health risk.



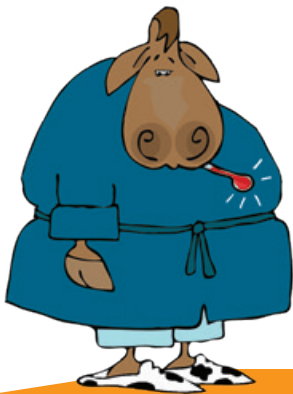
Quiz

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Q • Is it true that drinking milk causes mucus to be produced when you have a cold?

A • **No!**

The truth is that there is no scientific evidence that dairy products exacerbate any cold symptoms.



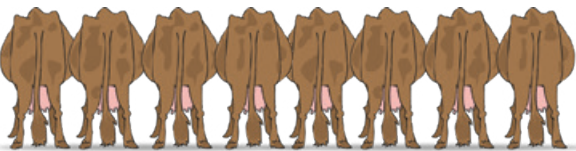
Quiz

1

Q • On average, how many cows live on a Quebec dairy farm? 80, 150, 300 or 1,000?

A • **About 75 cows per herd.**

Farms in Quebec are human-scale family farms. There are 280 cows per herd in Australia and 1,400 cows per herd in Idaho (USA).



2

Q • Which province produces the most milk?

A. Quebec **B.** Ontario
C. British Columbia

A • **A. Quebec** produces nearly 40% of all milk produced in Canada, followed by Ontario. Ontario is 2nd with over 30%.

Quiz



3

Q • What is the difference between pasteurized and homogenized milk?

A • Pasteurized:

Milk is heated to 72°C for 16 seconds to destroy potential bacteria and prolong its shelf life.

Homogenized: Butterfat globules are broken up to prevent the cream from rising to the surface.



4

Q • Three large dairy companies divide up 80% of the milk produced in Quebec. How many companies divide up the remaining 20%?

A • About 95 small and medium-sized companies, including around twenty producer-processors.

Quiz

5

Q • How does the milk marketing system work in Quebec?

A. Each producer individually sells milk directly to dairy plants.

B. Producers are grouped together and market their milk collectively.

C. Producers sell raw milk to consumers directly on the farm.

A • B. Les Producteurs de lait du Québec is the organization that represents all producers and negotiates all sales conditions with dairy processors.



Quiz

6

TRUE or FALSE?

Supply management consists in adjusting milk production to the needs of Canadian consumers.

A • True. Producers control the amount they produce to meet consumer demand, without producing a surplus. Each producer has market share that he or she agrees to produce, while the government agrees to limit the number of imported products that enter the country.



Quiz

7

Q • Is it true that milk pasteurization destroys important nutrients?

A • No! Pasteurization has no significant effect on the nutritional value of milk. On the contrary, it plays a crucial role in destroying potentially harmful bacteria. Drinking raw milk is a health risk. It is also illegal to sell raw milk in Canada.



Quiz

8

TRUE or FALSE?

Curdling is one of the main steps in cheese production.

A • True. Cheese is fermented milk from which some water and lactose have been removed. Curdling, draining, pressing and aging are the main steps in cheese production. Each type of cheese gains its unique flavour from the milk used, the curdling method, the type of bacteria used, the quantity of salt, and other factors.

