

March 2019 Quiz Answers

1. **T or F.** Admiral Byrd too three Guernsey cows to Antarctica in 1933 in hopes of supplying his men with "good protein and nutrition."

True. Admiral Byrd left the US in October 1933 with three Guernsey cows, bound for Antarctica. He hoped they would help with the nutritional needs of his crew; however, once there, the task of taking care of the cows proved to be very difficult. The cows also suffered in the extreme temperatures, having to walk quite a distance each day to be milked, and the amount of milk they produced daily declined severely. One cow died due to the environmental stress, which was compounded by increasing need for warmth-producing forage. The two remaining cows and a calf from the dead cow were returned to America in 1935.



2. Does milk come from pregnant cows?

Yes, but the quantity of milk declines as the pregnancy progresses. Research has shown that about 89% of a cow's milk is produced, overall, when the cow is not pregnant or is in the 1st trimester.

3. Is homogenized milk good for you?

There is no evidence to suggest that the homogenization of milk has any negative effects on its nutritional value. There is, however, evidence to suggest that the process of homogenization may actually benefit consumers because an equal amount of fat is made available in each drink.

4. **T or F.** Margarine should replace butter in the diet.

False. Butter is actually considered a "superfood" by many nutritionists as it is nutrient dense, actually lowers cholesterol, helps with vitamin absorption, and is good for your bones. Read more about the benefits of butter at <http://www.dairymoos.com/why-butter-is-a-superfood/>

5. **T or F.** Cows like to be milked.

True. An experiment was conducted using automated, accessible robot milking machines in an area to which cows were given free access. When given a choice of whether "to milk or not to milk" the cows would choose to be milked. In fact, the average was a choice to be milked 3.5 times per day.

6. Can drinking milk make you smarter?

Yes. Milk contains several brain-building blocks. Several research studies showed that adults who drank milk scored higher on cognitive tests than those who did not. Those adults who drank the most milk scored higher than those who drank less, and athletes who drink milk scored higher on verbal and visual memory tests.

7. What makes chocolate milk good for you especially after exercise?

The unique combination of carbohydrates and protein in low-fat chocolate milk are “just right” for refueling muscles after exercise. Post-exercise muscle biopsies (from chocolate milk drinkers) showed increased skeletal muscle protein synthesis showing that muscles were better able to rebuild (when compared to individuals drinking high-carb athletic drinks).

8. Do cows like cold weather?

Cows are pretty temperature-tolerant, but they can suffer in either hot or cold extremes. The ideal temperature range for dairy cows is between 25- and 65-degrees Fahrenheit. Like other mammals, cows are warm blooded and need to maintain a constant core body temperature. The normal body temperature for a dairy cow is around 101°F. Extreme weather like that can be bad for cattle, especially dairy cows. Dairy cows’ teats can get frostbite if their teats are wet after milking. The extreme cold can also give cows cold stress. In extreme cold, cows will increase their metabolic rate to generate heat to maintain body temperature. Many weeks of extreme cold will stress cows out and wear them down.

9. **T or F.** Milk helped America win the Revolutionary War.

We’ll never know, but it is probably at least partially true. Washington’s troops had plenty of fresh milk to drink in comparison to their British counterparts who had diets consisting of often stale and rancid transported food.

10. Do cows have a sense of smell?

Yes. Cows have an excellent sense of smell and can often smell things as far as six miles away.