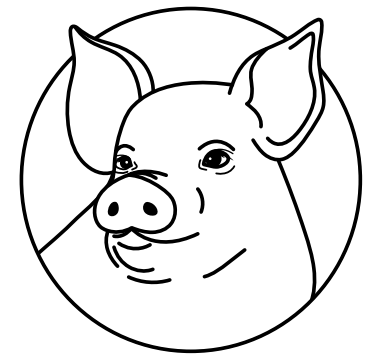
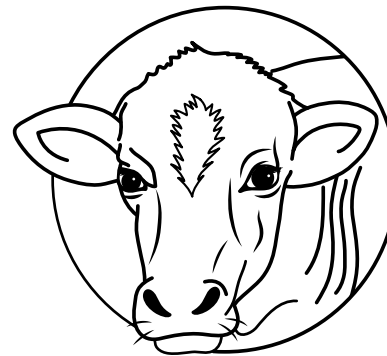
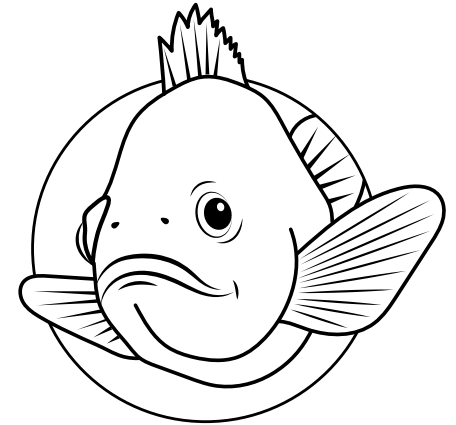
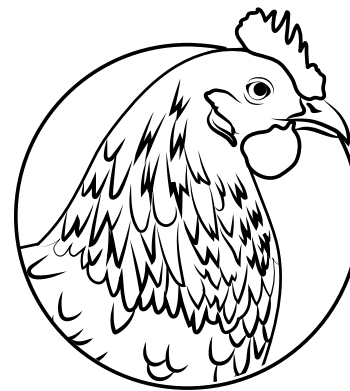


DOWN ON THE FARM

Where Meat, Eggs, and Milk Come From

TeachKind
[PETA's Humane Education Division]



TeachKind
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Cows

Amazing Facts

- Cows are intelligent and social, and they experience complex emotions. They can play games, hold grudges, and form lasting friendships. Researchers report that cows grieve when their friends or family members die.
- Cows have the ability to recognize more than 100 other cows. They have almost 360-degree panoramic vision and can see all colors except red.
- Cows are excellent mothers. They are very loving and protective of their babies and have even jumped over fences in order to search for calves who have gone missing. Mother cows with calves even take turns babysitting for each other.
- Every cow is unique in appearance—no two have the same markings.
- Cows can smell odors from up to 6 miles away and hear both lower and higher frequencies better than humans can.



How Cows Are Used for Food

- Cows on today's farms are branded and dehorned (which means that farmers remove their sensitive horn tissue or the horns themselves using hot irons, chemicals, or hand saws) without being given any pain relief.
- Cows used for their milk are given growth hormones to increase milk production to unnatural levels, which causes them to get painful udder infections.
- Male calves are considered a “byproduct” of the dairy industry. A byproduct is something produced unintentionally in the production of something else—in this case, milk. Since only female cows can produce milk, male calves aren't useful to dairy farmers. So they're often taken away from their mothers shortly after birth and placed in a small veal pen that restricts their movement. After a few months of this, they're killed so that humans can eat their flesh.

Pigs

Amazing Facts

- Pigs are intelligent and fun-loving, and they form close bonds with their friends and family. Mother pigs are very affectionate and enjoy cuddling and bonding with their babies.
- Pigs are actually very clean animals. If they roll in mud, it's because they can't sweat to cool off (in spite of the silly saying “sweat like a pig!”). If given enough space, they're careful not to soil the areas where they sleep or eat.
- Pigs use more than 20 different sounds to communicate with each other. Mother pigs even “sing” to their piglets while nursing.
- One study found that pigs can play—and enjoy—joystick-controlled video games.
- There are many well-documented cases in which a pig saved a human's life. One pig named Pru pulled her guardian out of a bog, another named Priscilla saved an 11-year-old boy from drowning, and still another named LuLu squeezed through a doggie door and ran into the street to “flag down” a car when her guardian had a heart attack.



How Pigs Are Used for Food

- Undercover investigations have filmed workers stomping and kicking pigs and beating them with sticks. Pigs are still just babies—only about 5 months old—when they're loaded into a jam-packed truck crowded with lots of other pigs and driven through all kinds of weather extremes to the slaughterhouse. There, they're strung up and stabbed with a knife—all so that humans can eat their flesh.
- On today's farms, mother pigs are forced to live in metal cages called “farrowing” crates, which are so small that they can't even turn around or nuzzle their babies.
- Piglets may have as few as 10 days with their mother before they're taken away from her to be fattened up. After that, the mother pig will be bred again and forced to have more babies, over and over again, and they will all be taken away from her.

Chickens

Amazing Facts

- Chickens are curious and intelligent and can even do simple math. They are very social and like to spend their days together—scratching for food, taking dust baths, roosting in trees, and lying in the sun.
- They can distinguish among the faces of more than 100 other chickens and have full-color vision.
- Chickens experience rapid eye movement (REM) sleep, which means they dream, just like us.
- Chickens communicate using more than 24 different vocalizations, each with a distinct meaning, including to warn their friends about various types of predators and to let their mothers know whether they're comfortable.
- Just as human mothers talk to their babies in the womb, mother hens cluck to their chicks before they even hatch. They also fiercely protect their chicks from predators and shield them from the rain by covering them with their wings.



How Chickens Are Used for Food

- Most chickens used for eggs are confined to such small cages with so many other birds that they can't even spread their wings.
- To keep the birds from pulling out their own feathers or hurting themselves or others in the stressful living conditions, workers "debeak" them when they're still just babies. That means they use a hot blade to sear off the tips of their beaks—without any pain relief.
- Because only female chickens are able to produce eggs, the male chicks are considered worthless to the egg industry, and every year millions of them are either tossed into trash bags to suffocate or ground up alive.
- Most chickens raised for meat are housed in giant sheds by the tens of thousands. They're bred to grow so large, so quickly that their legs often give out under the weight of their own bodies, leaving them crippled and in pain. When they're just 7 weeks old, they're put onto trucks and sent to the slaughterhouse, where they're killed so that humans can eat their flesh.

Fish

Amazing Facts

- Fish have unique personalities, just like the cats and dogs we live with.
- Neurobiologists have long recognized that fish have a nervous system and can feel pain.
- Some fish woo potential partners by "singing" to them or creating artwork in the sand.
- Just as humans use their hands, fish use their mouths to gather food and build nests.
- Fish talk to each other with squeaks and squeals, and some have even learned how to garden, growing only the plants that they like to eat best.
- Fish can even use tools. The blackspot tuskfish, for example, has been videotaped smashing a clam on a rock to break the shell open.



How Fish Are Used for Food

- Fish are caught in huge nets used by the commercial fishing industry. When they're pulled out of the water, they suffocate, just as we would drown underwater. It's a terrifying and deadly experience. The nets also capture turtles, dolphins, and many other sea animals. The fishing industry causes immense suffering and also hurts the fragile underwater ecosystem.
- Fish have sensitive mouths, and being caught on a hook is very frightening. As they struggle to escape, they often injure their mouths even more.
- Over half of all the fish consumed by humans each year are now raised on land-or ocean-based aquafarms. Many of these fish suffer from parasites, diseases, and injuries.

How YOU Can Help Animals Used for Food

Cows, pigs, chickens, fish, and other animals raised for food value their lives just as much as we value ours. The most effective way to reduce their suffering is to leave them off our plates. Today, there are many vegan foods available, so it's never been easier—or more delicious—to make the kind choice and not eat animal-derived foods.

Replace meat in your favorite meals with beans, tofu, or foods that have a hearty texture, like mushrooms, jackfruit, cauliflower, and eggplant. Or try one of the many vegan meats available in most grocery stores.

Skip the cheese made from cow's milk and instead opt for rich avocado, hummus, or nut butter—or try a vegan cheese.

Do fish a favor and make your favorite seafood recipes using hearts of palm, which has a flaky, fish-like texture. You can even make “tuna” salad out of chickpeas—add a briny flavor with kelp flakes! Or try one of the vegan fish products available in most grocery stores.

Reach for vegan milk, ice cream, and other products made out of soy, almonds, coconut, cashews, rice, or oats—there are so many to choose from!

Replace eggs with applesauce, mashed bananas, soaked chia seeds, aquafaba, or ground flaxseeds when baking. You can also make a yummy breakfast scramble out of crumbled tofu or a vegan egg replacer.



Discussion Questions

1. Which fact about cows is the most interesting to you? Why?

2. Which fact about pigs is the most interesting to you? Why?

3. Which fact about chickens is the most interesting to you? Why?

4. Which fact about fish is the most interesting to you? Why?

5. What's one way that you can help animals used for food?
