

ACTIVITY

The Milky Way

Directions: Match each description in the left column with the correct term from the right column. Write the letter of the correct term in the space provided. Do not use any term more than once. Some terms will not be used.

Descriptions	Terms
_____ 1. Helps bones grow stronger	A. 1/2 cup (125 mL)
_____ 2. Helps your body absorb calcium	B. 1 1/2 cups (375 mL)
_____ 3. Type of protein in milk	C. 16% Daily Value of protein
_____ 4. Natural sugar in dairy products	D. 20% Daily Value of fat
_____ 5. One cup (250 mL) milk provides this	E. amino acids
_____ 6. A portion serving of ice cream	F. calcium
	G. complete
	H. fructose
	I. lactose
	J. vitamin D

Directions: Write the missing terms on the lines provided.

7. Two important minerals in dairy products that help grow bones are _____ and _____.
8. Milk is usually fortified with vitamin _____.
9. Two other vitamins in milk are vitamin _____ and _____.
10. The lactose in dairy products provides both _____ and _____.
11. You can limit your intake of fat in dairy products by selecting those that are _____ versions.
12. You need _____ cups a day from the Milk Group.
13. Vegetarians and others who cannot consume milk products can get calcium from fortified _____.

ACTIVITY

Pretty Cheesy!

Directions: Suggest an appealing way to serve dairy products to a teen who makes the following statements. “Ways to Enjoy Dairy Foods,” on page 323 of your textbook, may give you some ideas.

1. “I don’t like the taste of milk.”

2. “I love ice cream, but I have to cut back on fats.”

3. “Milk is for babies!”

4. “The doctor said I need a lot more calcium.”

Directions: Match each description in the left column with the correct term from the right column. Write the letter of the correct term in the space provided. Do not use any term more than once.

Descriptions	Terms
_____ 5. Milk processed for even fat distribution	A. buttermilk
_____ 6. Has 100 calories per serving	B. evaporated
_____ 7. Liquid dairy product with “friendly” bacteria	C. homogenized
_____ 8. Heat treatment to destroy bacteria in milk	D. low-fat milk
_____ 9. Milk with water removed	E. mozzarella
_____ 10. Milk processed to avoid need for refrigeration	F. pasteurization
_____ 11. The liquid part of milk	G. process cheese
_____ 12. Contains mainly curds	H. ripened cheese
_____ 13. Blend of cheeses	I. UHT
_____ 14. An unripened cheese	J. whey

ACTIVITY

Creamy Goodness

Directions: Write the letter corresponding to each of the dairy products listed below in the space that indicates the way it should be stored.

- | | | | |
|--------------------|---------------------------|-------------------|----------------------|
| A. ice cream | D. unopened dry milk | G. cottage cheese | J. grated Parmesan |
| B. fresh milk | E. opened evaporated milk | H. Colby cheese | K. unopened UHT milk |
| C. American cheese | F. yogurt | I. ricotta | L. frozen yogurt |

Cabinet or Pantry Shelf	Freezer
Refrigerator—up to 1 week	Refrigerator—more than 1 week

Directions: Answer the following questions in the space provided.

1. What are three ways of preventing milk from scorching or foaming over?

2. What kind of ingredients may cause milk to curdle? _____

3. How can you prevent a skin from forming on cooked milk products?

4. What two changes may occur in cheese that is cooked at a high temperature?

5. When during food preparation should cheese toppings be added?

Milk

Milk Choices



Directions: Read each situation described below. Answer the question on the lines provided.

1. Dane is heating tomato soup. When he checked the soup, it had separated into many small lumps and a watery liquid. What happened to the milk in the soup? Why?

2. A recipe that Shawonda wants to make calls for sweetened condensed milk. She has a can of evaporated milk. Can she make this substitution and have a successful product? Why or why not?

3. Devon has made pudding that has a burnt flavor. What may have caused this? How could she have prevented it?

4. A recipe Gabe is using says to reconstitute nonfat dry milk. What does this mean?

5. Allison is considering buying whole milk. Is this a good choice if she is trying to gain weight? Why?

Milk

Cooking with Milk

Directions: What is the nutrient in milk that makes it sensitive to heat? To discover the answer, write the word or phrase for each definition or question in the blanks provided, placing one letter on each blank. Transfer the circled letter to the appropriate blank in #8 below.

- | | |
|--|---|
| 1. ____ _ _ _ <input type="text"/> | Stir white sauce constantly to prevent these. |
| 2. ____ _ _ _ _ _ _ _ _ <input type="text"/> | What milk does if not stirred when heated in the microwave. |
| 3. <input type="text"/> _ _ _ _ _ _ _ | Can be made from a thin cream sauce. |
| 4. ____ _ _ _ _ <input type="text"/> | A milk-based sauce thickened with flour. |
| 5. ____ _ <input type="text"/> _ _ _ _ _ | The kind of texture a cooked milk product should have. |
| 6. ____ _ _ <input type="text"/> _ _ _ | This kind of ingredient can cause milk to curdle. |
| 7. ____ _ _ _ _ _ <input type="text"/> | What milk solids do if cooked at too high a temperature. |
| 8. ____ _ _ _ _ _ _ _ _ | |

Directions: Milk will have a burnt flavor if not cooked correctly. What is the first step in preventing this? To discover the answer, write the word or phrase for each definition or question on the blanks to its left, placing one letter on each blank. Transfer the circled letters to the appropriate blanks in #19 below.

- | | |
|---|---|
| 9. ____ _ <input type="text"/> _ _ _ _ _ | Milk is often used in recipes for these. |
| 10. <input type="text"/> _ _ _ _ _ _ _ _ _ | How milk should be cooked. |
| 11. ____ _ <input type="text"/> _ _ _ _ _ | This is prevented from escaping by a milk skin. |
| 12. ____ _ _ _ _ <input type="text"/> _ _ _ _ | What milk does when it separates into tiny lumps and a watery liquid. |
| 13. <input type="text"/> _ _ _ _ _ _ _ _ _ _ | Milk is likely to do this when heated in the microwave. (2 words) |
| 14. ____ _ _ _ <input type="text"/> _ _ _ _ | What milk skin usually is. |
| 15. ____ _ _ _ _ _ _ _ <input type="text"/> _ _ _ | Milk that has a burnt flavor. |
| 16. ____ _ _ _ <input type="text"/> _ _ _ _ | This may help prevent a milk skin from forming. |
| 17. ____ _ _ _ _ _ _ _ _ <input type="text"/> _ _ _ | Milk is less likely to scorch in this. |
| 18. ____ _ <input type="text"/> _ _ _ _ _ | This is part of what makes up a milk skin. |
| 19. ____ _ _ _ _ _ _ _ _ _ _ | |

Yogurt and Cheese

Cheese Clues

Directions: Hidden in this puzzle are the nine kinds of cheese listed in scrambled form below. Unscramble the letters and then circle the cheese names in the puzzle. Names will appear backward, forward, horizontally, and vertically. Then list each cheese in the appropriate column below.

daehdcr _____	necmiraa _____
dareps _____	sisw _____
krabi _____	tgetoca _____
marce _____	tgyuor _____
meanraps _____	

S	O	P	A	R	M	E	S	A	N
W	A	W	M	E	S	M	I	C	R
I	C	H	E	D	D	A	R	R	E
S	P	A	R	A	T	E	R	E	A
S	S	O	I	S	P	R	E	A	D
B	R	I	C	K	O	C	R	M	A
T	E	G	A	T	T	O	C	R	S
S	W	I	N	T	R	U	G	O	Y



1. Unripened

2. Ripened

3. Process

Yogurt and Cheese

Choosing Cheese and Yogurt

Directions: Read the situations below, make any necessary calculations, and answer the questions in the space provided.

1. Your friend wants to consume more calcium and has decided to try yogurt. She changed her mind because the label of the yogurt she considered buying said that it contained “live cultures.” What would you tell her?

2. You are planning to make a casserole in the microwave tonight. You would like to top it with a little cheese. In the refrigerator, you have process American cheese slices, cream cheese, shredded cheddar, and a carton of cottage cheese. Which would you use? How would you cook it?

3. Erin plans to serve cheese slices and fruit to her friends while they work on a school project. At the supermarket she can't decide what cheese to buy. She is considering individually wrapped American cheese slices that cost \$3.49 for a 16 oz. package. She also sees a variety package of sliced cheddar, brick, and Swiss cheese that costs \$2.65 for 8 oz.; a 10 oz. block of sharp cheddar that costs \$2.75; and an 8 oz. package of sliced cheddar that costs \$2.49. What is the cost per ounce of each option? What would you buy? Why?
