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. $\frac{1}{2} cup (125 mL)$			
2. Helps your body absorb calcium	B. 1¹/₂ cups (375 mL)C. 16% Daily Value of protein			
3. Type of protein in milk	D. 20% Daily Value of fat			
4. Natural sugar in dairy products	E. amino acids F. calcium			
5. One cup (250 mL) milk provides this	G. complete H. fructose			
6. A portion serving of ice cream	I. lactose J. vitamin D			
Directions: Write the missing terms on the lines provide	h			
7. Two important minerals in dairy products that help g				
	row bones are			
7. Two important minerals in dairy products that help g	row bones are			
7. Two important minerals in dairy products that help g and	row bones are 			
 7. Two important minerals in dairy products that help g and 8. Milk is usually fortified with vitamin 	row bones are and			
 7. Two important minerals in dairy products that help g and 8. Milk is usually fortified with vitamin 9. Two other vitamins in milk are vitamin 	row bones are and and			

- 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

- _____ 5. Milk processed for even fat distribution
- _____ 6. Has 100 calories per serving
 - _____ 7. Liquid dairy product with "friendly" bacteria
 - _____ 8. Heat treatment to destroy bacteria in milk
 - _____ 9. Milk with water removed
- _____10. Milk processed to avoid need for refrigeration
- _____ 11. The liquid part of milk
- _____12. Contains mainly curds
- _____13. Blend of cheeses
 - _____14. An unripened cheese

- Terms
- A. buttermilk
- B. evaporated
- C. homogenized
- D. low-fat milk
- E. mozzarella
- F. pasteurization

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- G. process cheese
- H. ripened cheese
- I. UHT
- J. whey

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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 I week	Refrigerator—more than I 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?

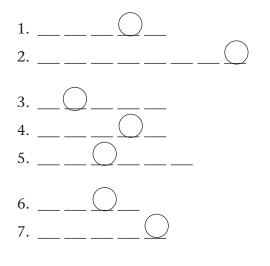
- 3. Devon has made pudding that has a burnt flavor. What may have caused this? How could she have prevented it?
- 4. A recipe Gabe is using says to reconstitute nonfat dry milk. What does this mean?
- 5. Allison is considering buying whole milk. Is this a good choice if she is trying to gain weight? 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.



Stir white sauce constantly to prevent these.

What milk does if not stirred when heated in the microwave.

Can be made from a thin cream sauce.

A milk-based sauce thickened with flour.

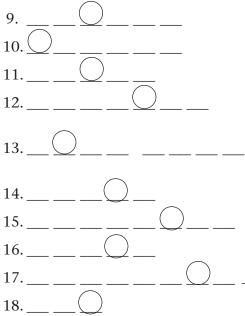
The kind of texture a cooked milk product should have.

This kind of ingredient can cause milk to curdle.

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.



Milk is often used in recipes for these.

How milk should be cooked.

This is prevented from escaping by a milk skin.

What milk does when it separates into tiny lumps and a watery liquid.

Milk is likely to do this when heated in the microwave. (2 words)

What milk skin usually is.

Milk that has a burnt flavor.

This may help prevent a milk skin from forming.

Milk is less likely to scorch in this.

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 dareps krcbi						necmiraa sissw				
						marce				
mean	raps									
S	О	Р	А	R	М	E	S	А	Ν	
W	А	W	М	E	S	М	Ι	С	R	
Ι	С	Н	E	D	D	А	R	R	Е	
S	Р	А	R	А	Т	E	R	Е	А	The
S	S	О	Ι	S	Р	R	E	А	D	
В	R	Ι	С	Κ	О	С	R	М	А	
Т	E	G	А	Т	Т	0	С	R	S	<u> </u>
S	W	Ι	Ν	Т	R	U	G	0	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?