

Activity 1**Dairy**

What's That Milk Nutrient?

Purpose: To identify the nutrients in milk and other dairy foods.

Directions: In the space provided to the left of each number, write “Yes” if the nutrient is found in milk and dairy products; write “No” if the nutrient is not found in these foods. If “Yes,” write the function of the nutrient in a person’s body in the space to the right of each nutrient. Use your textbook and Internet resources for references. If necessary, use an additional sheet of paper and attach it to this activity.

- _____ 1. Vitamin C: _____
- _____ 2. Vitamin A: _____
- _____ 3. Riboflavin: _____
- _____ 4. Thiamin: _____
- _____ 5. Vitamin B₁₂: _____
- _____ 6. Calcium: _____
- _____ 7. Niacin: _____
- _____ 8. Vitamin B₆: _____
- _____ 9. Phosphorous: _____
- _____ 10. Folate: _____
- _____ 11. Magnesium: _____
- _____ 12. Biotin: _____
- _____ 13. Vitamin E: _____
- _____ 14. Vitamin D: _____
- _____ 15. Vitamin K: _____
- _____ 16. Protein: _____

Activity 2**Dairy**

Types of Milk

Purpose: To describe the types of milk and dairy products available.

Directions: In the space provided to the left of each number, write the correct name of the milk or dairy product described.

The Basics

- _____ 1. 3.25 percent fat or more
- _____ 2. 2 percent fat
- _____ 3. 1 to 2 percent fat
- _____ 4. Less than $\frac{1}{2}$ percent fat

The Specialties

- _____ 5. Contains 500 milligrams calcium in one cup.
- _____ 6. Contains over 36 percent fat and whips easily.
- _____ 7. Treated to break down the lactose.
- _____ 8. Powdered milk with the fat removed.
- _____ 9. Fermented milk with flavor similar to yogurt.
- _____ 10. A mixture of homogenized milk and cream with $10\frac{1}{2}$ to 18 percent fat; often used in coffee.
- _____ 11. Canned, whole or nonfat milk with half the water of regular milk.
- _____ 12. Chocolate or cocoa and sweetener are added to milk to produce this.
- _____ 13. Has bacteria added to aid digestion.
- _____ 14. Thick, rich cream with a tangy flavor and 18 percent fat.
- _____ 15. Concentrated milk with sweetener added; often used to make candy and desserts.
- _____ 16. A product that contains 18 to 30 percent milk fat.

Activity 3**Dairy**

Selecting & Storing Dairy Products

Purpose: To identify guidelines for selecting and storing dairy foods.

Directions: Read the statements below. Write the word or words that correctly completes each statement in the space provided to the left of each number.

- _____ 1. Dairy products are highly ____?_____.
- _____ 2. When you get home from the supermarket, immediately ____?_____ your dairy products.
- _____ 3. Make sure the containers are ____?_____ tightly to prevent the dairy product from picking up aromas.
- _____ 4. Return milk to the refrigerator ____?_____ after each use.
- _____ 5. If milk sits at room temperature for less than ____?_____ hour(s), refrigerate it in a separate container and use it as soon as possible.
- _____ 6. If milk is left out for longer than two hours, ____?_____ it.
- _____ 7. Store milk away from ____?_____ to prevent the destruction of riboflavin.
- _____ 8. When storing ripened cheese ____?_____ wrap it to keep it from ____?_____ out.
- _____ 9. Freeze cheese in ____?_____ pound portions.
- _____ 10. If storing butter for longer than several weeks, ____?_____ it.
- _____ 11. Look for the ____?_____ date, and only buy quantities you can use in a relatively short time.
- _____ 12. Refrigerate all dairy foods in ____?_____ containers.

Activity 4**Dairy**

Cooking with Cheese, Milk and Yogurt

Purpose: To describe principles for cooking with milk, cheese, and yogurt.

Directions: For each item below, write the correct response in the space provided.

1. What cooking temperatures are best for cooking milk?

2. What happens when milk is overheated? What is this process referred to?

3. Define curdling.

4. How might you be able to salvage curdled milk?

5. Why is yogurt sometimes considered a favorable substitute to sour cream, cream cheese, and mayonnaise?

6. When you take yogurt out of the refrigerator, what should you do to it first?

7. What happens to cheese when it is cooked too long or at a temperature that is too high? How can you reduce the cooking time for cheese?

8. Why should you use caution when microwaving cheese?

9. What kinds of cheeses blend more readily during cooking?
