

Dairy foods and eggs



Name four nutrients found in milk

- Proteins
- Vitamin A
- Vitamin B12
- Riboflavin
- Calcium
- Phosphorus
- Magnesium
- Zinc
- fortified Vitamin D

What occurs when milk is homogenized? Why is it done?

- Milkfat is broken down and evenly distributed in the milk; to keep the milk from separating.
- **Coagulation** is the settling out of the protein due to acid, heat, or enzyme.

How does yogurt compare nutritionally with milk?

- **Yogurt** is higher in calcium. Yogurt is a coagulated milk product with a custard-like consistency.



What is the difference between ripened and unripened cheese?

- Ripen cheese is made from curds to which ripening agents have been added, whereas unripened cheese is made from curds that have not been aged.



Identify two ways that butter may be stored and tell how long the butter can be stored each way.

1. Refrigerated
for several
weeks

● 2. Frozen for
up to nine
months

When cooking with milk, how can you keep it from scorching?

- Use low heat and stir to keep the solids circulating.

Explain how to scald milk.

- Cook over low heat only until bubbles appear around the sides of the pan.

How can you reduce the fat in recipes with cheese?

- Use smaller amounts or sharp-flavored varieties

Food Pyramid--Milk

- Foods made from milk that retain their calcium content.
- Like:
- Yogurt, cheese, ice cream, cream, and butter.

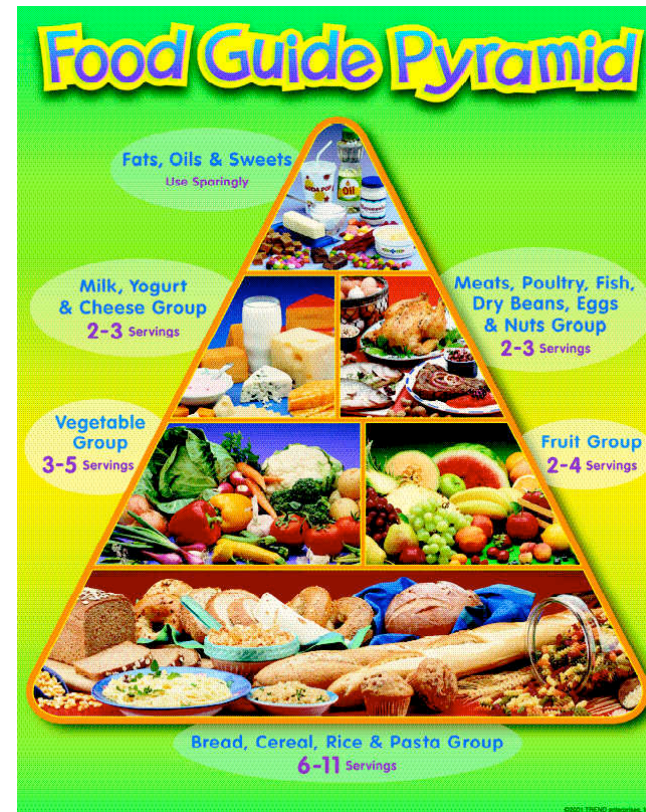
Food Pyramid

Draw picture of the food pyramid and the milk needed for each

Get 3 cups every day!
Children from 2-8 need
2 cups daily.

Milk or yogurt—1 cup
for 1 cup

1 ½ ounces or 2
ounces process
cheese = 1 cup



What is pasteurization?

- It is the process to destroy harmful bacteria. Pasteurization improves the keeping quality of milk and does NOT change the nutritional value or flavor

Name and define the 2 ways milk can be treated.

Ultra-high temperature processing (UHT):

The method uses higher temperature than regular pasteurization to increase the shelf life of the milk. You can store **unopened** milk without refrigeration.

Flash:

This method has a shorter exposure time to higher temperatures.

What is homogenization

Homogenization:

This process prevents cream from rising to the surface of milk. This process breaks globules of milkfat into tiny particles. Homogenized milk has a richer body and flavor than other milks.

Name the types of milk

- 1. Whole Milk: must contain at least 3.25% milkfat and 8.25% milk solids
- 2. Reduced fat: has some of the fat removed.
- 3. Fat Free (**Skim**) has nearly all fat removed.
- 4. **Buttermilk**: Pasteurized skim milk with lactic-acid bacteria.

What is lactose intolerance?

- Many people have gas, cramps and diarrhea after drinking milk. Their bodies cannot produce enough lactase. Lactase is the enzyme needed to digest lactose the natural sugar in milk.
- Lactose is the sugar in milk.

Name and define the 3 types of cream.

1. Heavy **whipping** cream: Has the most fat-40% fat
2. Light cream or **coffee** cream-20% fat
3. **Half-and-half**: is made from half milk and half cream. It has the least amount of fat and thus the lowest in calories.

Concentrated Milk products

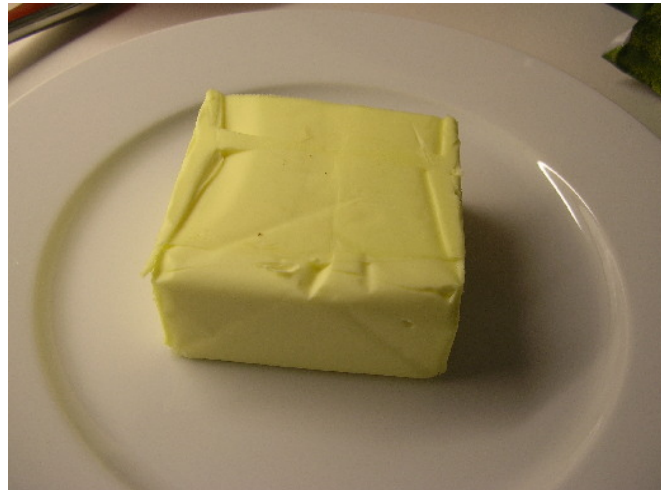
- 1. **Evaporated** milk: is sterilized homogenized whole reduced fat or fat free milk. It has had 60% of the water removed.
- 2. Sweetened **condensed** milk: is whole or fat free milk with some of the water removed and a sweetener added.
- 3. **Nonfat** dry milk: Most of the water and fat has been removed. You can **reconstitute** it and use like fluid milk. Very economical to use.

How is butter made?

- Churning pasteurized and specially cultured sweet or sour creams produces butter. The churned product is usually salted and artificially colored. Sweet butter is made without salt. Whipped butter is butter that has air whipped into it.

Question: Isn't margarine lower in fat and calories than butter?

- NO Full margarine contains the same amount of fat and calories as butter. Most margarines is lower in cholesterol and saturated fat than butter.



Little Miss Muffet sat on a tuffet eating her “Curds and Whey”. What is that?



All cheese is made from milk. The milk used can be from cows, goats or other animals. In simple terms the milk is **coagulated**, and the curd: solid part is separated from the whey: liquid part.

What is coagulation?

- The settling out of protein due to acid, heat, or enzymes.

What is **eggnog**?

A milk and egg beverage.

