

Adventures in Food and Nutrition! © 2012

Chapter 20: Dairy Delights

Tools:

- Printer
 - 8.5" x 11" paper
 - Scissors
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-
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Directions:

1. Print
 2. Fold paper in half vertically
 3. Cut along dashed lines
-
-
-
-



aged cheese

Cheese stored for a time before it is sold.

- FOLD -

01 of 24 E-Flash Cards



butter

The fat found in milk.

- FOLD -

02 of 24 E-Flash Cards



buttermilk

A cultured milk product made by adding bacteria to whole, low-fat, or fat-free milk.

- FOLD -

03 of 24 E-Flash Cards



cold pack cheese

A blend of cheeses.

- FOLD -

04 of 24 E-Flash Cards

cultured milk products

Dairy products produced by adding certain helpful bacteria to milk.

- FOLD -

05 of 24 E-Flash Cards



curds

The solid pieces in milk that can stick together to form lumps.

- FOLD -

06 of 24 E-Flash Cards



evaporated milk

Milk product made by removing half the water from fresh milk and canning it.

- FOLD -

07 of 24 E-Flash Cards



fat-free milk

Milk that has the fat skimmed off before it is homogenized.

- FOLD -

08 of 24 E-Flash Cards

fresh cheese

Cheese that is ready to eat as soon
as it is made.

- FOLD -

09 of 24 E-Flash Cards



fresh cream

Milk product that contains much more
fat than milk.

- FOLD -

10 of 24 E-Flash Cards



frozen milk concentrate

Milk product made by removing most
of the water and fat from milk.

- FOLD -

11 of 24 E-Flash Cards



half-and-half

A mixture of milk and cream. It has
the least fat of all creams.

- FOLD -

12 of 24 E-Flash Cards

homogenized

Milk or cream in which the fat has been broken into tiny pieces by a special process. This process keeps the fat and watery liquid in milk or cream from separating.

- FOLD -

13 of 24 E-Flash Cards



light cream

Cream that has less fat than whipping cream.

- FOLD -

14 of 24 E-Flash Cards



low-fat milk

Milk that has some of the fat skimmed off.

- FOLD -

15 of 24 E-Flash Cards



nonfat dry milk

Milk product made by removing all the fat and water from whole milk.

- FOLD -

16 of 24 E-Flash Cards

pasteurized

Milk or cream that has been heated to a high temperature for a few seconds to kill harmful bacteria.

- FOLD -

17 of 24 E-Flash Cards



pasteurized process cheese

A blend of two or more cheeses.

- FOLD -

18 of 24 E-Flash Cards



sour cream

Product made by adding bacteria to light cream.

- FOLD -

19 of 24 E-Flash Cards



sweetened condensed milk

Milk product made by adding a very large amount of sugar to evaporated milk and canning it.

- FOLD -

20 of 24 E-Flash Cards

UHT milk

A form of milk that is pasteurized at a higher temperature than normally used. The higher temperature preserves the milk, which stays fresh for several months when stored in a cool, dry place.

- FOLD -

21 of 24 E-Flash Cards



whey

The liquid portion of milk that is left after curds form.

- FOLD -

22 of 24 E-Flash Cards



whole milk

Milk that contains the most fat.

- FOLD -

23 of 24 E-Flash Cards



yogurt

Product made by adding bacteria to fat-free, low-fat, or whole milk.

- FOLD -

24 of 24 E-Flash Cards