

Adventures in Food and Nutrition! © 2016

Chapter 20: Dairy Delights—Glossary

aged cheese. Cheese stored for a time before it is sold.

butter. The fat found in milk.

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

cold pack cheese. A blend of cheeses.

cultured milk products. Dairy products produced by adding certain helpful bacteria to milk.

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

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

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

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

fresh cream. Milk product that contains much more fat than milk.

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

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

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.

light cream. Cream that has less fat than whipping cream.

low-fat milk. Milk that has some of the fat skimmed off.

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

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

pasteurized process cheese. A blend of two or more cheeses, which is pasteurized.

raw milk. Milk that has not been pasteurized.

sour cream. Product made by adding bacteria to light cream.

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

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.

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

whole milk. Milk that contains the most fat.

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