Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Hour: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Chapter 32: Dairy**

1. Dairy foods provide many valuable \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

2. Dairy foods come in a variety of \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_.

 **Nutrients in Dairy Foods:**

3. Dairy foods are rich in \_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_.

4. Other vitamins and minerals include vitamin \_\_\_\_\_, riboflavin, vitamin B12, phosphorus, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

5. Health experts recommend \_\_\_\_ cups of dairy products per day.

**Milk and Milk Products:**

6. Milk products must be \_\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_ to kill enzymes and harmful bacteria.

7. Most milk is \_\_\_\_\_\_\_\_\_\_\_\_\_ with vitamin A and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with vitamin D.

8. Those who have trouble digesting milk may try \_\_\_\_\_\_\_\_\_\_\_\_\_- free or \_\_\_\_\_\_\_\_\_\_\_\_\_\_- lactose milk, or acidophilus milk.

**Types of Cheeses:**

9. Cheeses are made from the milk of \_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_.

10. Cheese can be \_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_, and comes in many forms.

11. **Types of Cheese (fill in the description):**

|  |  |
| --- | --- |
| **Fresh Cheeses** | **Characteristics** |
|  **Cottage Cheese** |  |
| **Farmer’s Cheese** |  |
| **Cream Cheese** |  |
| **Ricotta Cheese** |  |

 12. **Types of Cheeses:**

|  |  |
| --- | --- |
| **Ripened Cheeses** | **Characteristics** |
| **Firm Cheese** |  |
| **Semisoft Cheese** |  |
| **Soft Cheese** |  |
| **Blue-Veined Cheese** |  |

**Dairy substitutes:**

13. Help lactose \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ people.

14. Reduce intake of \_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

15. Substitutes include:

*
*
*
*

**Buying and Storing Dairy:**

16. Dairy foods are highly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

17. Keep them \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

18. Do not \_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ than you can store.

19. Keep \_\_\_\_\_\_\_\_\_\_\_\_\_\_ wrapped tightly.

20. Discard milk left at room temperature more than \_\_\_\_\_\_\_\_ hours.

**Using Dairy Products:**

21. Milk proteins are \_\_\_\_\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, so cook at \_\_\_\_\_\_\_\_\_\_\_\_\_\_

temperatures only.

22. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ may substitute for higher fat foods such as sour cream.

23. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ can be eaten fresh, in desserts, and in cooked dishes.

**Chapter Summary:**

1. Dairy foods are flavorful, versatile, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. They include milk, \_\_\_\_\_\_\_\_\_\_\_\_\_, butter, \_\_\_\_\_\_\_\_\_\_\_\_\_, frozen dairy desserts, and \_\_\_\_\_\_\_\_\_\_\_.
3. Dairy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are suitable for people who are allergic to dairy foods or prefer foods free of saturated fat and cholesterol.
4. When purchasing dairy foods, consumers should consider \_\_\_\_\_\_amounts, container size, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_.
5. Because dairy foods are perishable, they need to be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
6. Special care must be taken when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with dairy foods.

**Vocabulary:**

30. **Pasteurized**: Heat-treated to kill \_\_\_\_\_\_\_\_\_\_\_\_ and any harmful \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

31. **Raw Milk**: Milk that is not \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

32. **Nonfat milk solids**: Substances that contain most of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_, vitamins, minerals, and lactose in milk.

33. **Homogenized:** Processed to make the fat break into small \_\_\_\_\_\_\_\_\_\_\_\_\_\_and distribute \_\_\_\_\_\_\_\_\_\_\_\_\_throughout the liquid.

34. **Yogurt**: A dairy product that is made by adding special harmless \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_to milk.

35. **Curds**: \_\_\_\_\_\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_ clusters.

36. **Whey:** A thin, bluish \_\_\_\_\_\_\_\_\_\_\_\_\_ derived from milk.

37. **Fresh cheese:** Cheese that has not \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or aged.

38. **Ripened cheese:** \_\_\_\_\_\_\_ cheese; is made by adding ripening agents, such as \_\_\_\_\_\_\_\_\_\_\_\_\_, mold, \_\_\_\_\_\_\_\_\_\_\_\_, or a combination of these, to the curds.

39. **Scorching:** Occurs if milk \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and some solids settle on the sides and some fall to the bottom of the pan.

40. **Curdling:** When milk \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ into curds and whey.

41. **Tempering:** A technique that brings one food to the right \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or consistency before \_\_\_\_\_\_\_\_\_\_\_\_\_\_it completely with another

42. **Scalded Milk:** Milk heated to just below the \_\_\_\_\_\_\_\_\_\_\_\_ point.

43. **Foam:** A light mass of \_\_\_\_\_\_\_\_\_\_\_\_\_\_ formed in or on the surface of liquid.