

Name _____ Date Due _____

Mostly about Milk

This puzzle contains words and phrases that describe milk, processes which make milk safer and types of milk products.

SEE HOW MANY YOU CAN FIND

The clues below give you the number of letters in each word. Complete the blanks next to the clue. Then find the word in the scramble. Correct answers are placed in horizontal, vertical and diagonal formats.

1. Milk which has been heated in a certain temperature to kill harmful bacteria is ***PASTEURIZED***.

2. When the cream in milk is mixed up so thoroughly that it can't rise to the top or separate, the milk is **HOMOGENIZED**.
3. **YOGURT** is a milk product made by adding bacteria, usually to skim milk. Sometimes fruit is added. It can be a dessert or frozen and served on a stick.
4. Milk with few calories which has the cream removed is called **SKIM** milk.
5. Usually **BUTTERMILK** sold in stores is made from skim milk to which a bacterial culture has been added. It's also low in calories and good for people who want to lose weight.
6. Milk is fortified with **VITAMIN D** which is called the sunshine vitamin.
7. The animal that provides most of the milk we drink and most of the milk for cheese is a **COW**. It makes a **MOO** sound.
8. A **DAIRY** is the place where milk is pasteurized, homogenized and processed into many other products like yogurt, buttermilk, and cheese.
9. The part of milk which is sometimes whipped as a dessert topping is **CREAM**. A frozen dessert made for it is **ICE CREAM**.
10. Milk is a good source of two minerals, **CALCIUM** and **PHOSPHORUS** which help build strong bones and teeth.
11. Teenagers need **FOUR GLASSES** of milk each day.
12. An excellent source of **PROTEIN** is milk. This nutrient is needed by every cell in the body.
13. A **BARN** is the place where cows are milked. Milking machines and sanitary storage tanks that are located here guarantee that the milk will be fresh when it is shipped to the dairy.
14. A milk product used on bread as a spread is **BUTTER**. It's also used as shortening.
15. American, muenster, blue, parmesan are just a few of the kinds of **CHEESE** which are made from milk, has bacteria added.

16. **EGGNOG** is a drink made from eggs and milk. It's usually served for holidays and is a good source of nutrients.
17. The abbreviation for Food and Drug Administration is **FDA** . This agency tests grain and pesticides for safety and has formulated the U.S. RDA.
18. The United States Department of Agriculture, called the **USDA** , establishes grades for food, educates people about growing and eating food and inspects food processing plants to be certain they are clean.
19. **CUSTARD** is similar to pudding and is made by combining milk and eggs then baked in an oven. It's a nutritious dessert.
20. Units of energy provided by food are called **CALORIES** . Depending on age, body size, rate of growth, amount of activity and general health, a different amount of them is required by each person.
21. **EVAPORATED** milk is a concentrated milk that has been homogenized, sealed in cans and sterilized. About 60% of the water of whole milk has been removed.
22. **CONDENSED** milk is pasteurized milk with sugar added and sealed in cans. About 60% of the water of whole milk has been removed.
23. **DRY** milk has almost all of the water removed during processing. Most of this product is the instant kind that dissolves readily when stirred into water.
24. Milk with part of the fat removed is called **TWO PERCENT** .
25. Milk as it is from the cow without any treatment other than cooling is **RAW** milk.
26. Milk is rich in **RIBOFLAVIN** , a B vitamin that helps keep people from having sores around the mouth and inflamed tongue.