

MILK PRE-TEST TEAM REVIEW

DIRECTIONS FOR THE TEACHER:

1. Divide class into groups or teams.
2. Type questions onto index cards - one set for each group.
3. Deal an equal number of cards to each group.
4. Give groups time to write answers.
5. Share questions and answers orally.
6. Discard cards with wrong answers.
7. Team with most cards left is the winner.

QUESTIONS:

1. From what other animal source besides cows do we get milk. goat
2. Milk sugar is called lactose.
3. Name a fresh cheese. cottage, cream
4. Burned milk = scorched
5. Ripened cheese = aged cheese.
6. To heat milk just below boiling. scald
7. Specify one nutrient found in abundance in milk.
calcium, carbohydrates, riboflavin, protein, vitamins A, D, E, K, some niacin, fat
8. What is the name for the dairy product that is custard-like and is made by fermenting milk with the use of bacteria culture. yogurt
9. Churned cream = butter
10. What is added to milk to make a natural cheese? bacteria
11. Name 2 food items that belong to the milk group.
buttermilk, cottage cheese, ice cream, evaporated milk, condensed milk, hard cheese, cream cheese, powdered milk, butter, cream, yogurt, whole milk, low-fat milk, half and half, etc.
12. What is the difference in whole milk and 1% milk?
some fat is removed - whole milk is 4% fat, 2% milk has 2% fat, 1% milk has 1% fat
13. Why is milk sometimes referred to as "nature's perfect food"?
contains most of the essential nutrients - fat, carbohydrates, water, vitamins, minerals, proteins
14. Name a vitamin and a mineral found in milk.
calcium, vitamins ADEK, and some c, niacin, riboflavin
15. Name a deficiency disease that milk prevents. rickets
16. Name a cheese that is aged, is pale yellow, and has holes in it.
swiss