

# Milk and Dairy, Day 1

## Summary

A comprehensive four-day unit on the study of milk and dairy products, preparation guidelines and techniques, selection and care of dairy products.

## Main Core Tie

Food And Nutrition 1

[Strand 4 Standard 3](#)

## Time Frame

1 class periods of 90 minutes each

## Group Size

Individual

## Materials

Handouts:

Milk Home Assignment

Milk Study Sheet

Milk Comparison

Lecture notes:

Milk and Dairy Foods

Overhead transparency:

Nutrients in Milk

Videos on Milk and Dairy Foods: check with local Dairy Council for a variety of videos offered.

Suggestions:

Wholly Cow, Dairy Council, 8 minutes

Welcome to Smith's Dairy Operations, Smith's.

Visual display of empty milk containers, cans and cartons of dairy products in various sizes:

1/2 pint whole milk

1 pint whole milk

1 quart whole milk

1/2 gallon whole milk

1 gallon whole milk

2% milk (in various sizes and containers)

1% milk (in various sizes and containers)

skim milk (in various sizes and containers)

whipping cream

sour cream

evaporated milk

sweetened condensed milk

ultra-pasteurization aseptic milk

buttermilk

chocolate milk

eggnog

Milk comparison Activity:

5 oz. paper cups

1 quart buttermilk  
1 quart whole milk  
1 quart 2% milk  
1 quart skim milk

### Background for Teachers

The teacher needs to have a basic understanding of milk and milk products, the different types available, how to use and prepare correctly, selection and care of milk products.

### Student Prior Knowledge

The student needs to know the different types of milk products and their characteristics, how to use and prepare milk and milk products, and select and care for dairy products.

### Intended Learning Outcomes

The student will demonstrate how to select and prepare milk and milk products, identify a standard serving size for milk and milk products, explain terms associated with milk and milk products and practice how to use and care for these dairy foods.

### Instructional Procedures

Hand out the Milk and Dairy Home Assignment. Identify for the students that they need to prepare a food at home and bring an attached sample for credit where milk is one of the main ingredients in the food. Some suggestions would include: milkshake, pudding, hot chocolate, cream soup, cheese souffle. It may be hard for them to attach the sample if it is a liquid. They can put it in a small paper cup. Identify due date for home assignment.

Hand out Milk Study Sheet and identify test date.

Introduce unit by showing a short video on milk. I like to show "Wholly Cow" from the Dairy Council as it identifies the importance of milk and where it comes from. After the video, you can ask what other foods come from milk and if we had no milk, think of all of the foods that we would not have.

(Chocolate milk, butter, sour cream, buttermilk, cream, 1/2 and 1/2, yogurt, eggnog, etc.)

The video from Smith's is a field trip through their dairy facility, ice cream and bakery.

Have the students complete their study sheet as you talk about milk-What is milk, nutrients, shopping pointers, storage tips, processing milk, forms of milk, etc. You will want to use the milk containers for visuals. Complete as much of the lecture as you can allowing you at least fifteen minutes at the end of class for the Milk Comparison Activity.

I generally let the students choose whether or not they want to participate in sampling the various milks and completing the information for extra credit.

The students will form a single line and pick up a paper cup. I will usually begin with Buttermilk (1 quart will probably be enough for three classes as they will not want very much), skim milk, 2% milk and then whole milk. I pour a small amount into the cup for them to sample. Then they rinse out the cup and get back in line for the next and so on.

After they have sampled all of the milks, they can use the information on the milk label to complete the paper. Turn in completed paper before they leave. Continue the lecture the next class period.

Clean up the milk comparison activity before the end of class.

### Authors

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