

Dairy Products Study Sheet **KEY**
Guide to Good Food, Chapter 17, pages- 292-299

Dairy Products: **are essential for good health**
Teens should have- **3 servings a day**

Nutrients: **major source of calcium; also contains high quality protein, phosphorous, riboflavin and vitamins A and D**

Milk- a popular beverage that in US; usually comes from cows

1. Pasteurized- **heated to destroy bacteria to improve keeping quality**
2. UHT or Ultra High Temperature processing-**higher temperature during pasteurization to increase shelf life (store up to 6 months without refrigeration)**
3. Homogenization- **mechanical process that prevents cream from rising to the surface of whole milk**
4. Fortified- **generally add vitamins A & D and possibly calcium**
5. Milk Fat- fat portion of milk
6. Milk Solids- contain most of the vitamins, minerals, protein and sugar in milk

Cream-

1. Heavy whipping and light whipping- **contain fat can hold air when whipped**
2. Light cream - table cream and half & half- half milk and half cream; use both in cooking

Cultured Dairy Products: are made from milk to which helpful bacteria have been added; bacteria have been specially grown in labs for this/**bacteria produce lactic acid which gives these products thick texture and tangy flavor**

Examples: yogurt, sour cream and cultured buttermilk

Guide To Good Food Chapter 19 Worksheet Answers

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