
MILK and DAIRY

SERVINGS

 \_\_\_\_\_\_\_\_\_\_\_\_ = 1 cup of milk or yogurt

 \_\_\_\_\_\_\_\_\_\_\_ = 1 slice of cheese

 \_\_\_\_\_\_\_\_\_\_\_ servings needed \_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARTS OF MILK

 Lactose= milk \_\_\_\_\_\_\_\_\_\_\_\_

 Lactase= enzyme that \_\_\_\_\_\_\_\_\_ milk

Cream= \_\_\_\_\_\_\_\_\_\_\_ part of milk, mostly made of \_\_\_\_\_\_\_\_\_ and is removed for \_\_\_\_\_\_\_\_\_\_ consumptions.

 Water= sometimes \_\_\_\_\_\_\_\_\_\_\_, but naturally there.

FORTIFIED = \_\_\_\_\_\_\_\_\_\_\_\_\_

 Vitamins: \_\_\_\_\_\_ and \_\_\_\_\_\_\_

 Calcium: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ found in dairy, helps to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Phosphorus: \_\_\_\_\_\_\_\_\_ found in dairy, helps \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Riboflavin: \_\_\_\_\_\_\_\_\_\_\_ found in dairy, breaks down with \_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_

DISEASES

Osteoporosis: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ bones, caused by lack of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
Rickets: \_\_\_\_\_\_\_\_\_\_\_\_\_ bones, caused by lack of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

TERMS

 Scalding:

 Scorching:

Scum:

Curdling:

Pasteurization:

 Homogenization:

TYPES OF DAIRY

 Cheese:

 Yogurt:

 Whole Milk:

 Reduced-Fat:

 Low-Fat:

 Non-Fat:

 Raw:

 Butter-milk:

 Soy Milk:

Almond Milk:

 Non-fat dry:

 Evaporated:

 Sweetend Condensed:

White Sauce:



2. If someone has a milk allergy, or another health problem that prevented them from drink cow’s milk, what type of milk could they drink?