

## Milk Worksheet

Read pages 204-213 of *Discovering Foods and Nutrition*. Read each question carefully and answer it with the best answer. The numbers in parentheses represent how many points each question is worth.



### Nutrition Notes, p. 204-205

1. How many servings of food from the milk, yogurt, and cheese group are needed each day? (1) \_\_\_\_\_ to \_\_\_\_\_.
  
2. Which are two nutrients in milk help to keep your bones and teeth healthy? (2)  
 \_\_\_\_\_
  
3. What type of milk is best for a child under the age of two? (1) \_\_\_\_\_
  
4. Below is a table listing the types of fresh milk. Please fill in the correct number of fat grams each type has. (4)

Type of Fresh Milk	Grams of Fat in Each
Whole	
Reduced Fat	
Low Fat	
Fat Free	

5. Another name for fat-free milk is \_\_\_\_\_. (1)

### Consumer Power, p. 205-207

6. What is pasteurized? (1) \_\_\_\_\_  
 \_\_\_\_\_
  
7. Why is it important that milk be pasteurized? (1) \_\_\_\_\_  
 \_\_\_\_\_
  
8. What is homogenized? (1) \_\_\_\_\_  
 \_\_\_\_\_
  
9. What would milk look like if it was NOT homogenized? (1) \_\_\_\_\_  
 \_\_\_\_\_

10. When nutrients like Vitamins A and D are added to milk, that milk has been fortified. (1)

11. Identify four (4) kinds of milk in the picture on page 205. (4)

\_\_\_\_\_

\_\_\_\_\_

12. What does the date stamped on the milk container mean? (1) \_\_\_\_\_

\_\_\_\_\_

13. There are two forms of canned milk: (2)

- A. The kind with half of the water removed is evaporated milk.
- B. Canned milk with some water removed (concentrated) and sugar added is condensed milk.

14. A powdered form of milk with most of the fat and water removed is (1)

\_\_\_\_\_

**Food Skills, p. 208-213**

15. When heating it, how do you keep milk from scorching (burning)? (1)

\_\_\_\_\_

16. What is curdling? (1) \_\_\_\_\_

\_\_\_\_\_

17. To use dry milk, you need to reconstitute it. What does that mean? (1)

\_\_\_\_\_

\_\_\_\_\_

