



Milk Notes

Name _____

I. Nutrition in Milk

- A. Calcium, phosphorus, and Vitamin D are all found in milk and are known as the bone-building nutrients.
- B. The protein in milk provides energy.
- C. When Vitamins A and D are added to milk, this is called fortification.
- D. Teens should have 4 servings of milk each day. This can come from milk or milk products.

II. Cooking Milk

- A. Use low heat.
- B. Use a double boiler.
- C. Stir often to keep scum from forming.

III. Processing Milk

- A. Pasteurization - milk that has been heated to kill harmful bacteria
- B. Homogenization - when the milk fat has been broken up so that it will not separate out.

IV. Type of Milk

- A. Whole - lots of milk fat
- B. Reduced fat - milk with 2% milk fat
- C. Low-fat - milk with 1% milk fat
- D. Skim - most if not all fat has been removed
- E. Nonfat dry - dehydrated milk with fat removed, "powdered milk"