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Chapter 32

Study Guide

Dairy Foods

Directions: Read chapter 32, and answer the following questions. Later, you can use this study guide to review.						
1.	Name four nutrients found in dairy foods.					
2.	Describe pasteurization. What is its purpose?					
3.	Why is milk homogenized?					
4.	Names eight different kinds of milk.					
5.	Describe how buttermilk is made.					
6.	List the five types of cream and their levels of milk fat.					
7.	Describe the flavor of grade AA butter.					
8.	Why is whipped butter not recommended for baking?					
9.	What is yogurt?					

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	Chapter 32 Study Guide (continued)
10.	What is cheese?
11.	What is fresh cheese? Name four types.
12.	Describe the process that creates ripened cheese. List four groups of ripened cheese.
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13.	Name three dairy substitutes.
14.	Why should milk be stored away from light?
15.	How do you keep milk from curdling when adding it to a hot liquid?
16.	Describe scalded milk.
17	What are some problems that can arise when cooking with cheese? How can you avoid such problems?
17.	
18.	Explain the difference between good mold and bad mold.

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Chapter 32

Activity 1

Dairy Foods

A Happy Ending

Directions: Read the story about Vita's terrible day. Then use your knowledge of dairy foods to rewrite the story so that it has a happy ending. You cannot change the foods she serves, but you can change her actions and food preparation techniques.

Vita was running late. Her guests had already arrived when she finally started lunch. She decided to make a warm yogurt dip to occupy her guests while she cooked lunch. She combined plain yogurt with chopped broccoli, herbs, and spices, and put it in a pan on the range to heat. While it was warming, she chopped vegetables for her homemade cream of vegetable soup. When she checked on the yogurt, she discovered that it had separated! The dip was a mess! No chance of serving that to guests!

Now she was in even more of a hurry, so she decided to cook the soup over high heat. She dumped the milk and vegetables in the pan all at once to save time. As the mixture warmed up, Vita noticed a skin forming. She carefully removed it with a spoon and went to dump it in the trash. When she returned to the range, however, she found that the milk had begun to curdle. Vita sighed, quickly turned down the heat, and stirred vigorously, but the damage was done. The soup looked disgusting! She had to serve it anyway because she didn't have anything else to fix. Her guests sipped at their soup politely, but no one finished it.

Your Version of Vita's Day:						

Activity 2

Chapter 32

Dairy Foods

Cheese Plate

Directions: Sandy is giving a dinner party and wants to include a cheese plate for dessert. Help her out by selecting cheeses. Use the information about ripened cheeses in the *Ripened Cheeses* chart in the textbook to help you select a variety of cheeses for her cheese plate. Choose at least one from each category: firm, semisoft, soft, and blue-veined. For an interesting plate, choose six cheeses and on the lines below write the name of each cheese and why you selected it. At the bottom of the page, draw how you would arrange the cheeses on the plate.

Cheese #1:			
Cheese #2:			
Cheese #3:			
Cheese #4:			
Cheese #5:			
Cheese #6:			

