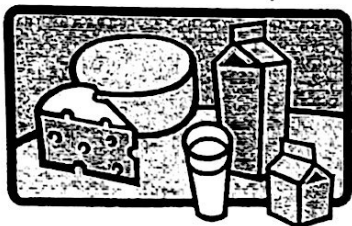


## Milk

Milk is nature's most nearly perfect food. It is not just a liquid to be used to quench thirsts. It is a good food in itself. Milk contains:



- large amounts of \_\_\_\_\_
- carbohydrates in the form of sugar called \_\_\_\_\_
- minerals such as \_\_\_\_\_ and \_\_\_\_\_

- vitamins \_\_\_\_\_, \_\_\_\_\_ and B vitamin \_\_\_\_\_
- fat, referred to as \_\_\_\_\_.

Milk does not contain \_\_\_\_\_ and \_\_\_\_\_.

There are basically 4 different groups of milk. These are:

### Fresh

- homogenized whole milk \_\_\_\_\_% fat
- 2% milk
- 1% milk
- skim milk \_\_\_\_\_% fat
- cream \_\_\_\_\_% fat



### Cultured

- buttermilk (\_\_\_\_\_)
- sour cream
- yogurt (\_\_\_\_\_)

### Concentrated

- evaporated (\_\_\_\_\_)
- sweetened condensed (concentrated and \_\_\_\_\_ added)
- powdered (\_\_\_\_\_ removed)

### Frozen

- ice cream
- ice milk
- sherbet



Milk has many uses in addition to that of a beverage. It is used in a wide variety of cooked products, such as \_\_\_\_\_, desserts, \_\_\_\_\_ products, etc. It is also used for making ice cream, \_\_\_\_\_ and sour milk products.

### Milk Cookery

Because of its high protein content, milk must always be cooked \_\_\_\_\_ and at a \_\_\_\_\_ heat. Protein cooked at high temperature tends to become hard and tough and \_\_\_\_\_ easily. It is also harder for the body to \_\_\_\_\_ protein that has become tough.

Cheese and eggs are also cooked \_\_\_\_\_ and at a \_\_\_\_\_ temperature. When protein cooks, it is said to \_\_\_\_\_.



### Milk Processing

All milk sold in stores must be pasteurized. Pasteurization is the process

\_\_\_\_\_  
\_\_\_\_\_

Milk is often also homogenized. Homogenization is \_\_\_\_\_

\_\_\_\_\_. This prevents the milk and butterfat from \_\_\_\_\_.

Milk should be stored \_\_\_\_\_.