

Dairy Products Study Sheet KEY
Guide to Good Food, Chapter 17, pages- 292-299

Dairy Products: are essential for good health
Teens should have- 3 servings a day

Nutrients: major source of calcium; also contains high quality protein, phosphorus, riboflavin and vitamins A and D

Milk- a popular beverage that in US; usually comes from cows

1. Pasteurized- heated to destroy bacteria to improve keeping quality
2. UHT or Ultra High Temperature processing- higher temperature during pasteurization to increase shelf life (store up to 6 months without refrigeration)
3. Homogenization- mechanical process that prevents cream from rising to the surface of whole milk
4. Fortified- generally add vitamins A & D and possibly calcium
5. Milk Fat- fat portion of milk
6. Milk Solids- contain most of the vitamins, minerals, protein and sugar in milk

Cream-

1. Heavy whipping and light whipping- contain fat can hold air when whipped
2. Light cream - table cream and half & half- half milk and half cream; use both in cooking

Cultured Dairy Products: are made from milk to which helpful bacteria have been added; bacteria have been specially grown in labs for this/ bacteria produce lactic acid which gives these products thick texture and tangy flavor

Examples: yogurt, sour cream and cultured buttermilk

Guide To Good Food Chapter 17

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Guide To Good Food Chapter 17:

The book delves into Guide To Good Food Chapter 17. Guide To Good Food Chapter 17 is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Guide To Good Food Chapter 17, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Guide To Good Food Chapter 17
 - Chapter 2: Essential Elements of Guide To Good Food Chapter 17
 - Chapter 3: Guide To Good Food Chapter 17 in Everyday Life
 - Chapter 4: Guide To Good Food Chapter 17 in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Guide To Good Food Chapter 17. This chapter will explore what Guide To Good Food Chapter 17 is, why Guide To Good Food Chapter 17 is vital, and how to effectively learn about Guide To Good Food Chapter 17.
 3. In chapter 2, this book will delve into the foundational concepts of Guide To Good Food Chapter 17. This chapter will elucidate the essential principles that must be understood to grasp Guide To Good Food Chapter 17 in its entirety.
 4. In chapter 3, this book will examine the practical applications of Guide To Good Food Chapter 17 in daily life. The third chapter will showcase real-world examples of how Guide To Good Food Chapter 17 can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Guide To Good Food Chapter 17 in specific contexts. The fourth chapter will explore how Guide To Good Food Chapter 17 is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Guide To Good Food Chapter 17. The final chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Guide To Good Food Chapter 17.

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