

Activity 2

Curds and Whey?

Part A: Remember the nursery rhyme about Little Miss Muffet eating her curds and whey? You might be surprised to learn that curds and whey is a dish similar to cottage cheese! The separation of milk solids (curds) and liquids (whey) is the first step in making all kinds of cheese. And the process begins with milk.

Try this experiment to observe the separation of curds and whey (but don't eat the results!):

Materials Needed

- Whole milk
- Apple cider vinegar
- Small clear glass bowl
- Paper coffee filter
- Jar wide enough for filter to fit inside the top of it to make a small "basket," with the filter overlapping the edges of the jar
- Rubber band to secure the outside edges of the filter around the jar
- Small mixing spoon
- Measuring spoons

Directions

1. Measure $\frac{1}{4}$ cup milk into clear glass bowl.
2. Measure 2 tablespoons of vinegar and add to milk. Stir with spoon.
3. Place coffee filter inside top of jar and secure in place with rubber band.
4. Pour milk and vinegar mixture into the filter and allow liquid to fully strain.

On the back of this sheet, record your observations after steps #2 and #4 and include sketches of what you saw.

Part B: Cheese makes a tasty meal ingredient, and there are several varieties from which you can choose. Try unscrambling the names of these favorites:

1. meranciA _ _ _ e _ _ _ _ _ n

2. raeddhC _ h _ _ _ _ _ r

3. swSis _ _ _ _ s _

4. noMeyret kaJc M _ _ _ _ _ y _ _ _ _ k



Parents! Try this fun recipe to help boost your family's dairy nutrition! Use the chef-inspired add-ins below and/or your child's own ideas for other fresh, seasonal produce to personalize this favorite.

My Style Grilled Cheese Sandwich



Ingredients

- Two slices of bread, each buttered lightly on one side
- 1 tablespoon butter
- Your favorite cheese (choose one or more from the scrambles list above)
- Your favorite savory or sweet add-ins from list below (or use your own ideas)

Directions

1. Place butter in skillet, and melt at medium high setting.
2. Place one slice of bread in skillet, buttered side down.
3. Place cheese on bread. Don't forget — you can combine different cheeses if you like!
4. Place your add-ins on top of cheese after it starts to melt. (If using jam or marmalade, spread onto the unbuttered side of the second piece of bread.)
5. Top the cheese with the other bread slice, buttered side up.
6. Flip the sandwich in the skillet and cook until it is toasted on both sides.
7. Serve and enjoy!

Savory Add-Ins

Finely chopped kale or spinach
Turkey or ham
Tomato
Chopped herbs (rosemary, dill, or tarragon)
Sliced pickles

Sweet Add-Ins

Thinly sliced pears or apples
Strawberry jam
Orange marmalade
Chopped pineapple
Chopped herbs (mint or basil)

Milk and milk products like cheese are important (and delicious!) sources of calcium and protein for your growing child. ADANE farmers provide the milk used to produce many cheese varieties found in your supermarket. **MyPlate** guidelines recommend $2\frac{1}{2}$ cups of dairy for children ages 4-8 each day and 3 cups for ages 9 and up.