

Name: _____

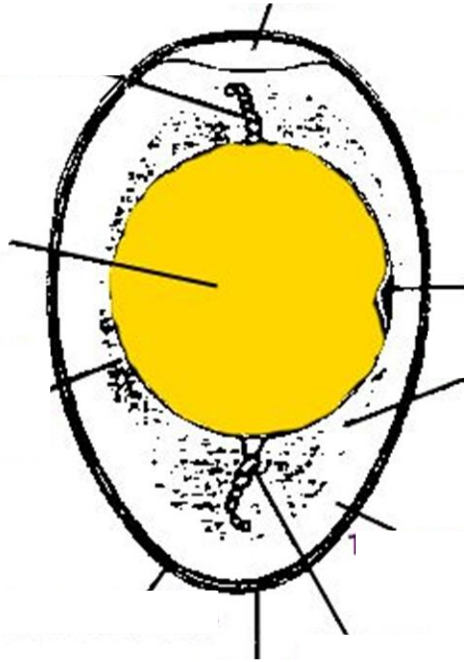
Class Period: _____

Protein Part II

Eggs & Milk



The Parts of an Egg



Eggs Contain 4 Different Nutrients

- 1.
- 2.
- 3.
- 4.

Proper Care for Eggs

Eggs should be stored in their _____ . The cardboard helps block unwanted odors and flavors from seeping into the egg.

How long can eggs be stored?

The 3 Stages of Beating Egg Whites

- 1.
- 2.
- 3.

Even the smallest amount of _____ from the egg yolks will prevent the formation of beaten egg whites.

For the best results use a _____ mixing bowl when beating egg whites.

If you don't have metal use _____.

4 Ways to Prepare Eggs

- 1.
- 2.
- 3.
- 4.

The 5 Functions of Eggs

Function

Food Product

- 1.
- 2.
- 3.
- 4.
- 5.

Milk

_____ Cups from the milk group is recommended for teens and adults throughout the day

Choose _____ or _____ milk, yogurt, and cheese.

Low-fat is more _____ rich and you want to eat calcium rich dairy foods.

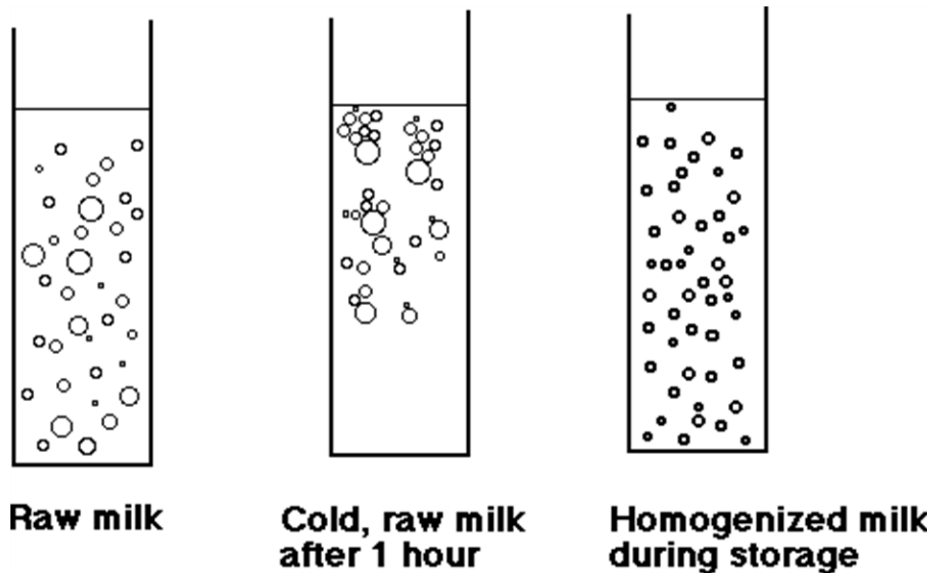
If you choose milk or yogurt that is not fat-free, or cheese that is not low-fat, the fat in the product counts _____ your maximum limit for "empty calories"

Milk products _____ easily and need to be cooked at a low temperature with constant stirring.

Heating milk in the _____ also prevents scorching.

_____ milk has been heat treated to remove harmful bacteria.

_____ milk has had the fat particles broken down and evenly distributed so the fat will not separate from the milk



Raw milk made into other products like soft cheese, ice cream, and yogurt, can **STILL** cause dangerous _____.

When consuming these products, make sure they are made from _____ milk.

Raw, unpasteurized milk can carry dangerous _____ such as Salmonella, E. coli, Campylobacter, and Listeria, which are responsible for causing numerous _____.

Milk Substitutes

Milk replacements such as....

a.

b.

c.

are comparable with milk in regards to _____ value and
are a good substitutes for people with special _____ needs.