

# Selecting, Storing and Cooking Dairy Products

## Part 1: Selecting and Storing

**Directions:** Read the statements below. Write the word or words that correctly completes each statement in the space provided to the right of each question.

1. Dairy products are highly \_\_\_?\_\_\_.
2. When you get home from the supermarket, immediately \_\_\_?\_\_\_ your dairy products.
3. Make sure the containers are \_\_\_?\_\_\_ tightly to prevent the dairy product from picking up aromas.
4. Return milk to the refrigerator \_\_\_?\_\_\_ after each use.
5. If milk sits at room temperature for less than \_\_\_?\_\_\_ hour(s), refrigerate it in a separate container and use it as soon as possible.
6. If milk is left out for longer than two hours, \_\_\_?\_\_\_ it.
7. Store milk away from \_\_\_?\_\_\_ to prevent the destruction of riboflavin.
8. When storing ripened cheese \_\_\_?\_\_\_ wrap it to keep it from \_\_\_?\_\_\_ out.
9. Look for the \_\_\_?\_\_\_ date, and only buy quantities you can use in a relatively short time.
10. Refrigerate all dairy foods in \_\_\_?\_\_\_ containers.

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## Part 2: Cooking

**Directions:** For each item below, write the correct response in the space provided.

1. What cooking temperatures are best for cooking milk?
2. What happens when milk is overheated? What is this process referred to?
3. Define curdling.
4. How might you be able to salvage curdled milk?
5. Why is yogurt sometimes considered a favorable substitute to sour cream, cream cheese, and mayonnaise?
6. When you take yogurt out of the refrigerator, what should you do to it first?
7. What happens to cheese when it is cooked too long or at a temperature that is too high? How can you reduce the cooking time for cheese?