

THERE ARE TWO MAIN TYPES OF CHEESE: FRESH AND AGED (RIPENED) CHEESE

Examples of Fresh Cheeses

These can be made at home and can be eaten right away after making them.

- Cottage cheese
- Ricotta cheese
- Paneer
- Queso Blanco



Examples of Aged Cheeses

Take longer to prepare, must sit and age anywhere from 2 weeks to 2 years and are made by skilled cheesemakers.

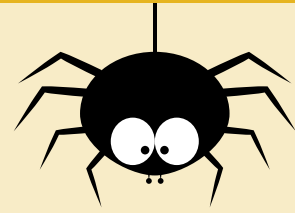
- Gouda
- Cheddar
- Parmesan
- Camembert



HOW IT'S MADE

- 1 First lemon juice, vinegar or a lactic acid producing bacteria is added to BC Milk.
- 2 Once this step is completed the milk is heated or a natural enzyme like rennet is added to start to form curds.
- 3 The curds are created, and the leftover liquid is called whey. You can now eat it like Miss Muffett does!

This beloved nursery rhyme includes cheese!



*Little Miss Muffet
Sat on a tuffet,
Eating her curds and whey;
There came a big spider,
Who sat down beside her
And frightened Miss Muffet away.*

TECHNOLOGY ON THE DAIRY FARM

Dairy farmers in BC and Canada are using more technologies on their farms than ever before to help them produce the highest quality milk for their communities. Technology is being used by farmers for tasks that used to be done by hand like cleaning and milking. There is also a lot of information being collected on dairy farms to help farmers keep their animals as happy and healthy as they can.

How does robotic milking work?

Dairy cows have ear tags that all have a unique number. The robot scans the ear tag when the cow walks into the robotic milking unit to be milked. The robot also tracks her milk production, health, and diet. If a cow is due to be milked she walks into the robotic milking machine, it scans her ear tag to identify her, and then her teats are cleaned, and lasers are used to help guide the robot where to attach the milking cups. As the milk is being collected, the robot is collecting data and testing the quality of the milk.



CHEESY PAIRINGS ACTIVITY

CURRICULUM CONNECTIONS: HEALTH AND PHYSICAL EDUCATION 2: practices that promote health and well-being, including those relating to nutrition, HEALTH AND PHYSICAL EDUCATION 3: nutrition and hydration choices to support different activities and overall health.

Ingredients:

- Various types of cheese, cut into small cubes
- Various type of pickles, fruits, veggies, dried fruits
- Toothpicks



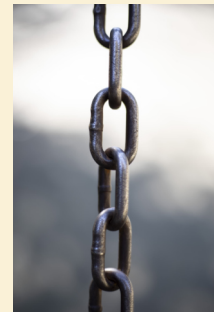
Method:

1. Talk to students about food pairings. Discuss how different foods pair well together from a flavour standpoint and see if students can think of any famous pairings or items that often go well together. (chocolate and bananas, chicken and waffles, prosciutto and melon)
2. Give each student a toothpick and have them add 1 piece of cheese and 1 other food to their toothpick. Encourage them to think about the flavours.
3. Give each student another toothpick and have them make a different combination.
4. Let them taste each of their pairings and then discuss which one was their favourite and why.

SOUNDS LIKE 'CH'EESE ENGLISH LANGUAGE ARTS ACTIVITY

CURRICULUM CONNECTIONS: ENGLISH LANGUAGE ARTS K- 1: phonemic and phonological awareness, ENGLISH LANGUAGE ARTS K-3: Playing with language helps us discover how language works.

Have students make the CH sound in CHEese. Then ask them for other words which contain the digraph CH, make a list and have students choose several to write on index cards. Also have them add an illustration. Then they can practice them with a partner. Remind them to think about the CH like in CHEese!

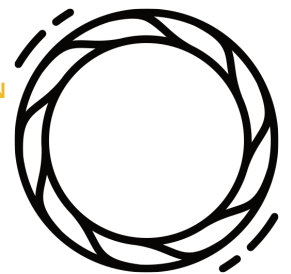


MOUSETRAP HEALTH AND PHYSICAL EDUCATION ACTIVITY

CURRICULUM CONNECTIONS: HEALTH AND PHYSICAL EDUCATION K-1: Daily physical activity helps us develop movement skills and physical literacy, and is an important part of healthy living, HEALTH AND PHYSICAL EDUCATION K-3: how to participate in different types of physical activities, including games.

Materials: 10-20 beanbags (yellow if possible), hula hoop

Divide the class in half (mice and mousetrap). Have the mousetrap come to the middle of the gym in a circle and hold hands. Place beanbags or cheese in the middle of the circle or mousetrap. Say go and have the mice run into the middle, under the arms of the mousetrap trying to get the cheese. Once they have a cheese, they can run it back to their home (hula hoop). When you say "trap", the mousetrap puts their arms down and any mice inside the circle are trapped inside and they will join the mousetrap. Play until all the cheese are gone, or until there are no mice left.



FAMILY CONNECTION

Ask families to send in their favourite recipe featuring cheese and make a cheese class recipe book. Students can add illustrations of their cheese recipes as well.



CREAMY CHEESE-Y VOCABULARY

Curds: a soft, white substance formed when milk sours, used as the basis for cheese.

Rennet: One of the essential ingredients in making nearly every kind of cheese. There is animal rennet, vegetable rennet, microbial and fermentation-based rennet.

Paneer: a fresh, soft cheese originating in India and made by curdling milk with an acid such as lemon juice