**Dairy products and health – POP QUIZ**

* How many portions of dairy products are recommended by the food pyramid per day? How big is a portion?
* Which one of these dietary choices is healthier? Explain your choice.

|  |  |
| --- | --- |
| low-fat fruit yoghurt | low-fat plain yoghurt |
| whole milk | low-fat milk |
| whey | buttermilk |
| plain whey drink | strawberry whey drink |
| Jerome cheese | Emmenthal cheese |

* Definitions:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ = main carbohydrate in milk; also referred to as “milk sugar”

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ = making the fat globules in milk smaller to get a creamier texture

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ = the enzyme which helps you digest lactose

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ = unpasteurized milk, which still contains the natural microbial flora

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ = one of the fractions of milk protein

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ = heat treatment of milk to kill harmful bacteria

*raw milk, casein, pasteurization, lactose, lactase, homogenisation*

* Research:
  + What is milk protein allergy and how can you change your diet if you are allergic to milk?
  + Explain the term “lactose intolerance”. Which dairy products contain less lactose?
  + Why should pregnant women avoid raw milk?

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