**Milk**

**Watch the following video and answer the questions below.**

<https://www.youtube.com/watch?v=7TMtA8Eh9uE>

What products are made from milk?

Cream, yogurt, cheese, ice cream, milk powder

What is milk good for and why?

Milk is rich in calcium which is good for the bones.

Milk is rich in protein which is good for muscle growth.

Milk is rich in vitamins which have lots of health benefits.

Why is milk tested before processing?

This guarantees it has the desired quality and doesn't contain anything unwanted such as antibiotics.

Why is milk separated into cream and skimmed milk?

A consumer can choose either full fat, semi-skimmed or skimmed milk.

Why is milk homogenized?

Homogenization prevents the fat droplets from rising to the surface and forming a layer of cream in the container.

Why does milk need to be heat-treated?

Milk needs to be heat-treated to be safe. A heat exchanger kills harmful bacteria that can cause diseases. It also reduces the number of microorganisms that can spoil the milk's taste and shorten its shelf life.

What is the advantage of higher-heated milk?

Spores are also killed. Therefore, the milk will stay safe unopened for several months without needing to be kept in a refrigerator.

What does milk packaging protect against?

The packaging protects against recontamination by microorganisms and against light and oxygen that can destroy vitamins and affect the taste. It also makes it easier to transport the milk from the dairy to the store and then home to your fridge.

**Arrange the following steps of milk processing in the dairy according to the correct order.**

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| 2 | It´s separated into cream and skimmed milk by a centrifugal separator. |
| 4 | At the homogenization the milk passes through a very small gap in a homogenizer which breaks up the larger fat droplets. |
| 6 | Pasteurized milk needs to be kept cool. |
| 1 | The milk is tested before it´s collected at the farm and again upon arrival at the dairy. |
| 3 | Some of the cream is then mixed straight back in to achieve for example one, two or three percent fat. |
| 5 | Milk needs to be heat treated to be safe to drink. So, it's quickly heated and then cooled in a heat exchanger. |
| 7 | The milk is packaged under strict hygiene conditions. |

**Match the statements from the box to the milk types.**

with added lactase enzyme, 70% of the water is removed, filtered and otherwise untreated milk, pasteurized, for lactose intolerant individuals, sterilized, fresh milk, only chilled, lactase breaks down lactose into glucose and galactose, ultrahigh-heated milk, boil for infants, tastes sweeter, long shelf life, consume within 2 days, still contains the natural microbial flora, harmful bacteria are killed, extended shelf life

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| --- | --- | --- | --- | --- |
| **raw milk** | **drinking milk** | **ESL-milk** | **condensed milk** | **lactose-free milk** |
| filtered and otherwise untreated milk  consume within 2 days  only chilled  boil for infants  still contains the natural microbial flora | fresh milk  pasteurized  harmful bacteria are killed | ultrahigh-heated milk  long shelf life  extended shelf life | 70% of the water is removed  sterilized | with added lactase enzyme  for lactose intolerant individuals  lactase breaks down lactose into glucose and galactose  tastes sweeter |