

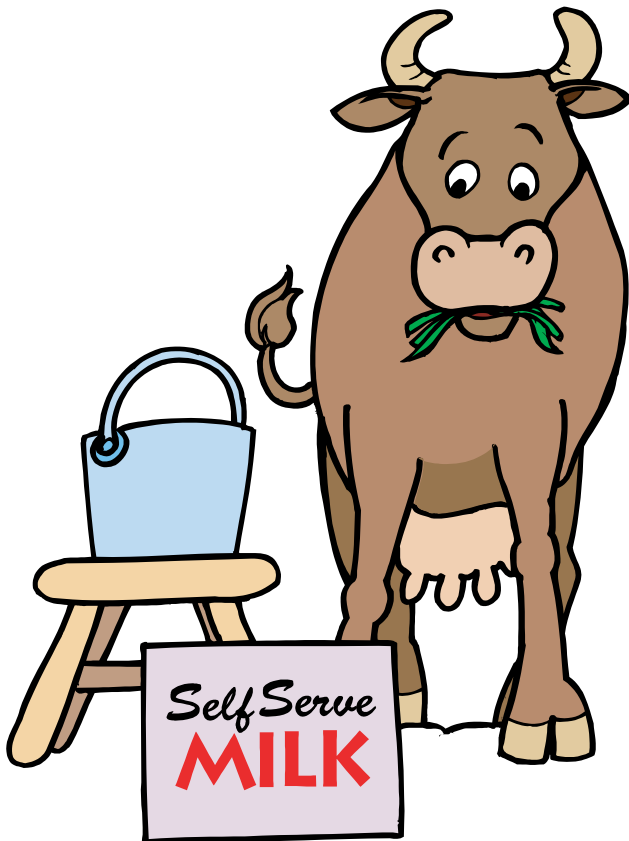
Curds and Whey

Objectives

- Students will be able to identify healthy snacks made from milk and milk products.

Materials

- Little Miss Muffit nursery rhyme (included in the lesson)
- 2 cups warm milk in clear bowl (whole, 2%, 1% or fat-free)
- 1 tablespoon white vinegar
- 1 spoon to stir milk and vinegar
- Cottage cheese to taste
- 1 cup and spoon for each student (or use an edible “spoon” such as celery or crackers)



Background:

Curds and whey are formed when milk is mixed with edible acid, such as vinegar, to make cheese. The added acidity makes the milk solids coagulate into the curds leaving the liquid whey behind. Most cheeses are made from the curds while cottage cheese is a mixture of curds and whey. American cottage cheese has much of the whey removed because the natural ratio of curds to whey would yield a thinner product than most of us prefer.

Lesson Introduction:

Explain to students that they will guess what the topic of this nutrition lesson is. Students will get a clue about the lesson topic by reciting the nursery rhyme Little Miss Muffit. Later in the lesson students will be able to create their own rhyme.

After reciting Little Miss Muffit, students can guess what the lesson is about. (milk group)

Student prompts if needed:

“What food is a part of this poem?”

“What did Little Miss Muffit eat?”

“What are curds and whey?”

Activity:

After students have identified that curds and whey are from the milk group, explain that curds are the lumps and whey is the liquid of cottage cheese. Show the class how curds and whey can be made at home.

Pour 2 cups of warm milk into a clear bowl. Add 1 tablespoon of white vinegar to the milk and stir gently. Show students how solid lumps (curds) separate from the liquid whey in milk.

Students will then write and illustrate their own rhyme about having a snack from the milk group. Create a word bank as a class to generate ideas. (milk, cheese, yogurt, pudding, ice cream, malt, milk shake, strong, calcium, bones, teeth, etc)

Continued on back

Reflect:

Have students share their rhymes in small groups or with the entire class.

Talk about what milk products were included in the students' rhymes and why milk products are important for our health.

Apply:

Give each student cottage cheese to taste. Instead of a spoon, try crackers or celery to scoop up the cottage cheese. Discuss other ways to eat cottage cheese. (Cottage cheese can be eaten with fruit, in lasagna, made into a dip, etc.)

Activity Extension:

Art: Strain off the liquid whey and let students mold the curds like play dough.

Math: Emphasize that two cups of milk were used to make curds and whey. Have students guess if there will be more curds or whey made from the milk reaction. Pour curds and whey into two separate clear measuring cups and compare the amount.

Science: Explore how other milk group foods are made like flavored milk, cheese or ice cream.



Go low-fat or fat-free when you choose milk, yogurt, and other milk products. Get 3 cups every day! (for kids aged 2 to 8, it's 2 cups)

Ask your BASICS Nutrition Educator about incentive items or stickers to accompany this lesson.

Little Miss Muffett

Little Miss Muffett
Sat on her tuffet
Eating her curds and whey



When along
came a spider
and sat down
beside her
And frightened
Miss Muffett
away