

## Getting to know Cheese

**1. Observe and taste a variety of cheeses – notice the degree of mildness, color, texture, smell. Create a graph and chart the results.**

- Cottage cheese
- American
- Swiss
- Parmesan
- Blue
- Gouda
- Others?

**2. Discuss the making of cheese – it's made from milk and its food value is similar to that of milk except that it is more concentrated.**

**3. Discuss importance of cheese in the diet**

- Protein – for growth and building muscles
- Calcium – for building strong bones and teeth
- Riboflavin – helps body use energy, for healthy skin and nerves
- Vitamin A – for growth, healthy eyes, and protect you from infections