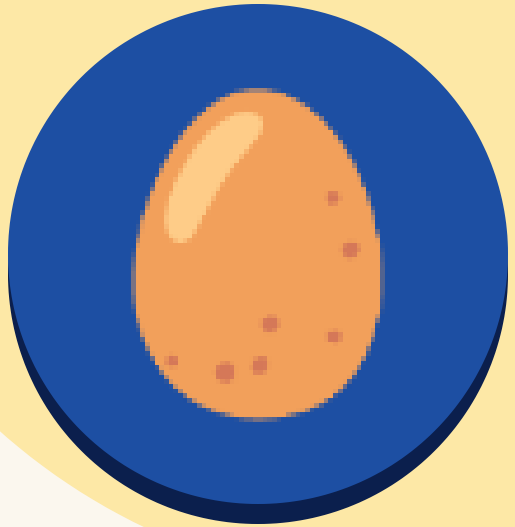
Culinary 1 · Unit 9 · Level 1

Milk, Cheese & Eggs



TODAY'S PLAN

- 💪 Protein
- 🥚 Eggs
- 🥛 Milk
- 🧀 Cheese
- ⭐ Great Job

Last Time

Last Time



👉 A grain is a **seed**. 🌾

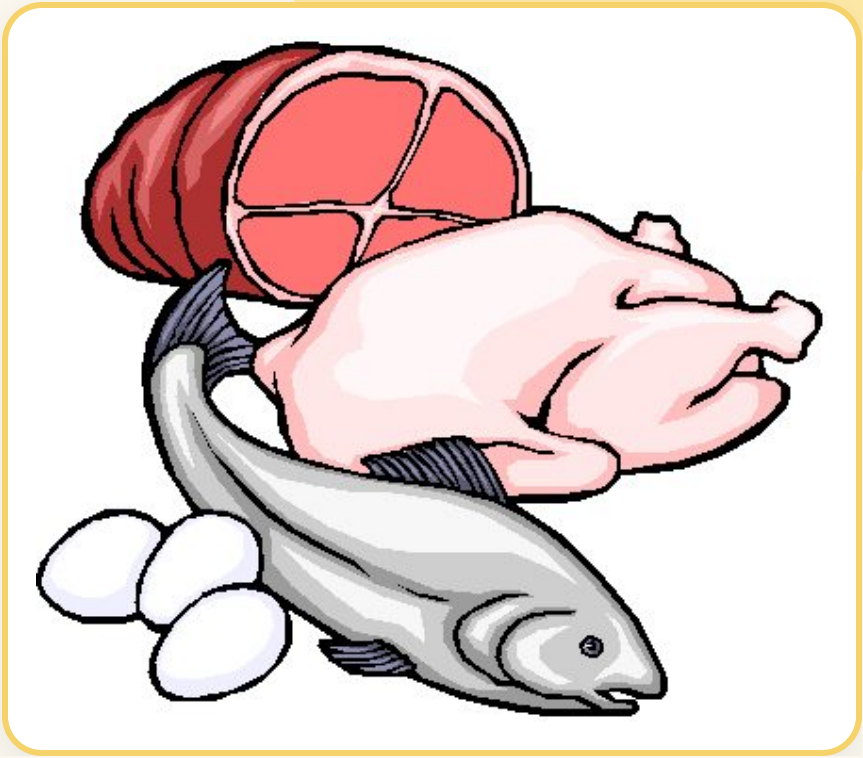
👉 Pasta is made from **wheat**. 🍝

Learn

Protein

💪 **Protein** builds **muscles**.

🥚 Eggs, 🥛 milk, 🍗 meat, 🫘 beans.



🃏 Check 1 of 3



Protein helps build...

Point to the picture!

🦷 Candy teeth

💪 Muscles

✅ Answer · Card 1 of 3



Muscles

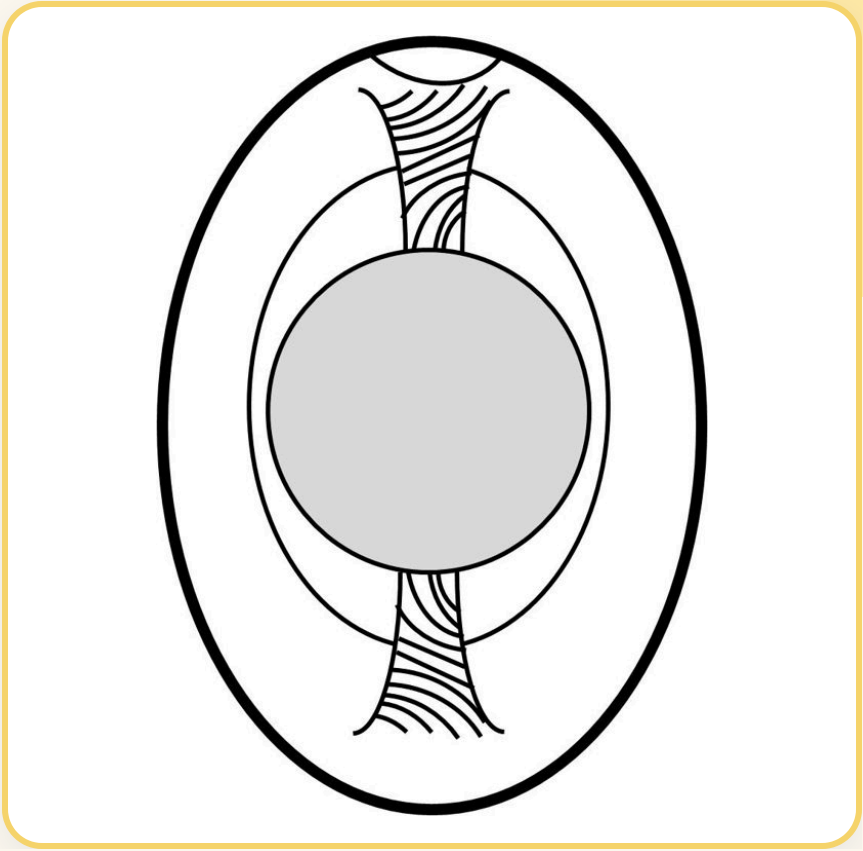
Protein builds and repairs your body.

Learn

Parts of an Egg

🟡 **Yolk** = yellow.

⚪ **White** = clear, then white.



Learn

Egg Colors

🐔 The **chicken** makes the color.

🤎 Brown and ⚪ white are the same inside.

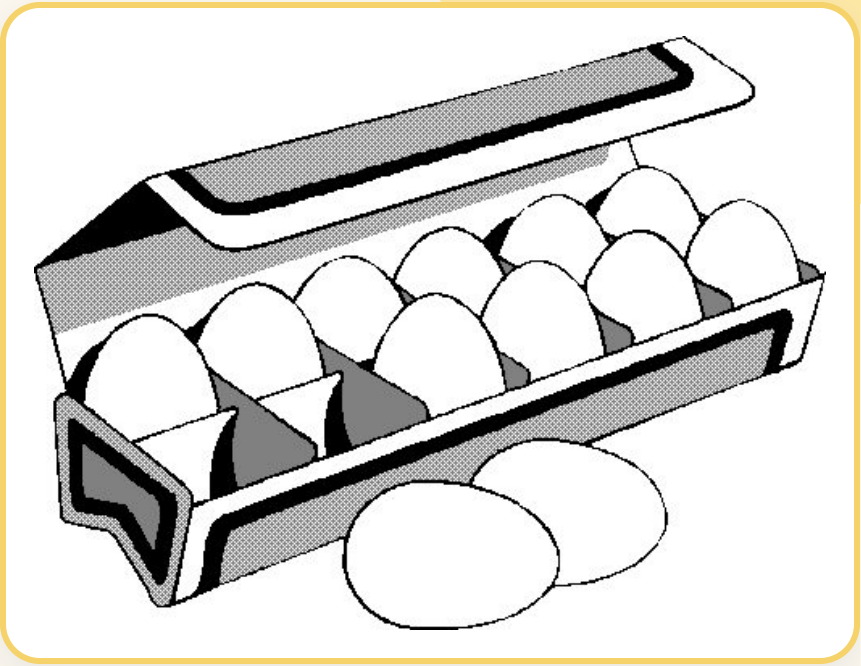


Learn

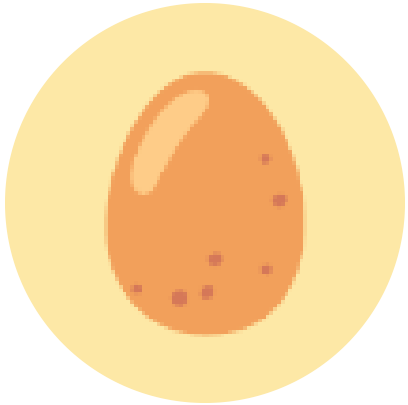
Keep Eggs Cold

❄️ Eggs go in the **fridge**.

📦 Keep them in the **carton**.



🃏 Check 2 of 3



Where do eggs go?

Point to the picture!

❄️ Fridge

☀️ Window

✅ Answer · Card 2 of 3



Fridge

Keep eggs cold in the fridge.

Learn

Milk

🥛 Milk makes **bones** strong.

🔥 It is heated to **kill germs**.



Learn

Cook Milk Low

🔥 Milk **burns** fast.

⬇️ **Low** heat. 🥄 Stir.



🃏 Check 3 of 3



Cook milk on…

Point to the picture!

⬇️ Low heat

🔥 High heat

✅ Answer · Card 3 of 3



Low heat

Low heat and stir, so it won't burn.

Learn

Cheese

🧀 **Cheese** is made from **milk**.

🍕 Mozzarella, 🧀 cheddar.



Wrap-Up

Recap



Protein
builds muscle



Yolk
yellow part



Eggs
in the fridge



Cheese
made from milk

Wrap-Up

Great Job!



🥚 I know eggs!

🥞 I can make German pancakes!