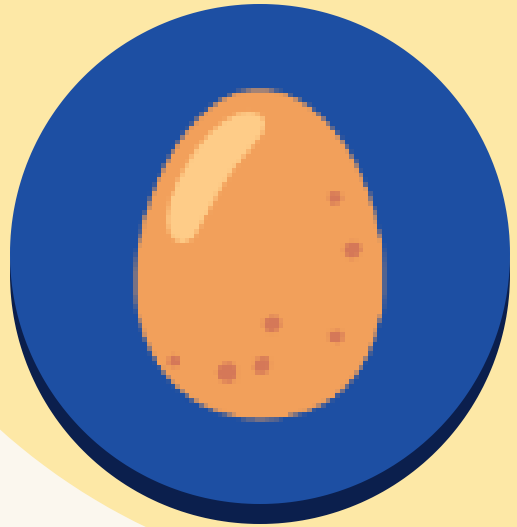
Culinary 1 · Unit 9 · Level 2 (modified)

Protein, Milk, Eggs & Cheese



TODAY'S PLAN

- 🔁 Last Time
- 💪 Protein
- 🥚 Eggs
- 🥛 Milk
- 🧀 Cheese
- 🥞 Lab Preview
- ✅ Check & Wrap-Up

Last Time · 5 minutes

Last Time



1️⃣ Name the **3 parts** of a grain. 🌾

2️⃣ What does **al dente** mean? 🍝

3️⃣ Name a **whole grain.** 🟫

Answers: bran, germ, endosperm · firm to the tooth · brown rice, oatmeal, whole wheat

Learn

Protein



💪 **Protein** builds and **repairs** your body (muscles, skin).

🧱 **Amino acids** are the building blocks of protein.

🥚 **Complete protein** = all 9 you need. From **animals** (eggs, milk, meat) and soy.

🫘 **Incomplete protein** = from **plants** (beans, nuts, grains). Mix them: beans + rice!

🃏 Check 1 of 5



What does protein do for your body?

Hold up 1, 2, or 3:

1️⃣ Makes you cold

2️⃣ Builds and repairs muscle

3️⃣ Nothing

✅ Answer · Card 1 of 5



Builds and repairs muscle

Protein builds and repairs body tissues.

Learn

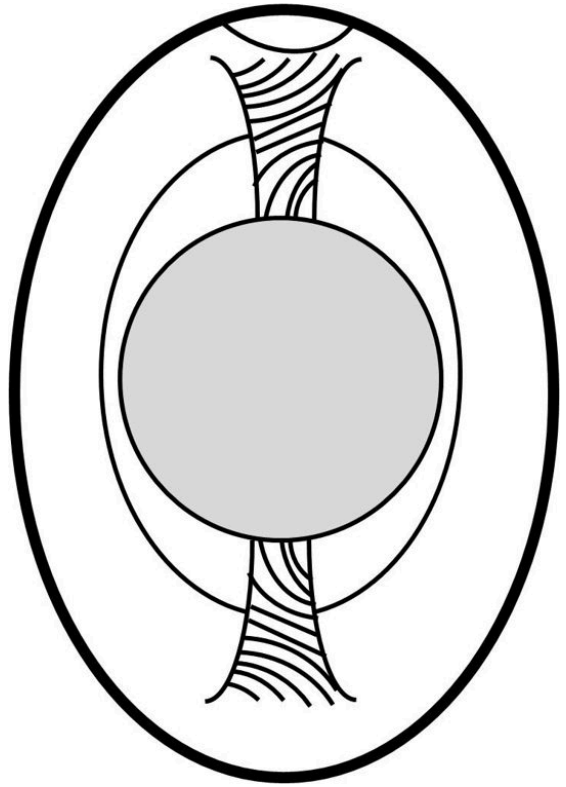
Parts of an Egg

🟡 **Yolk** = the yellow part.

⚪ **Albumen** = the egg **white**.

🪢 **Chalazae** (kuh-LAY-zee) = white cords that hold the yolk in the **center**.

🫧 **Air cell** = air at the big end. Small air cell = **fresh** egg.



Learn

Egg Color and the Bloom

🐔 Shell color comes from the **breed** of the chicken. Not what it eats!

🛡️ The **bloom** is a coating that seals the shell and keeps germs out.



🃏 Check 2 of 5



What decides the color of an egg?

Hold up 1, 2, or 3:

1️⃣ What the chicken eats

2️⃣ The farm

3️⃣ The breed of the chicken

✅ Answer · Card 2 of 5



The breed of the chicken

Brown or white: it depends on the breed.

Learn

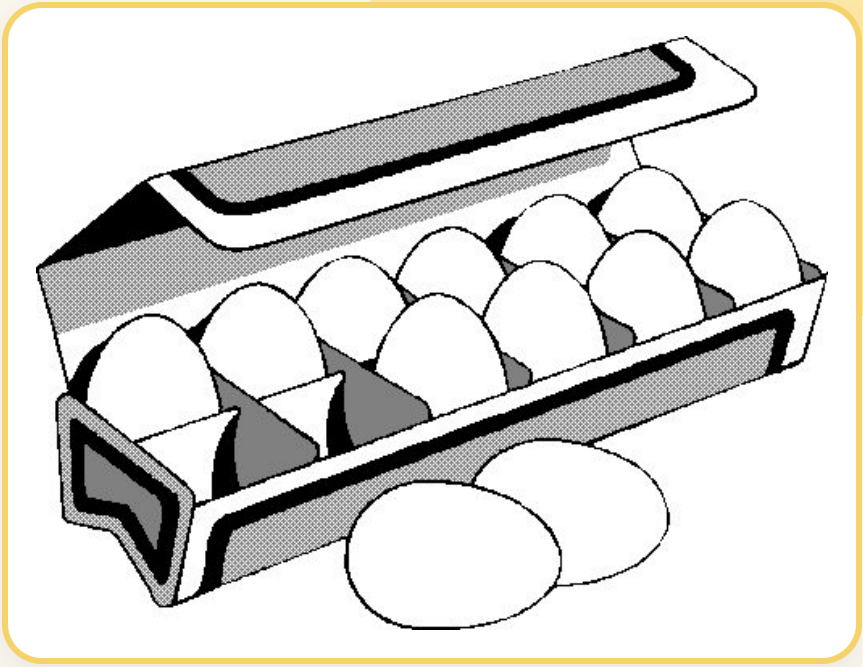
Storing and Testing Eggs

📦 Keep eggs in the **carton** in the fridge.

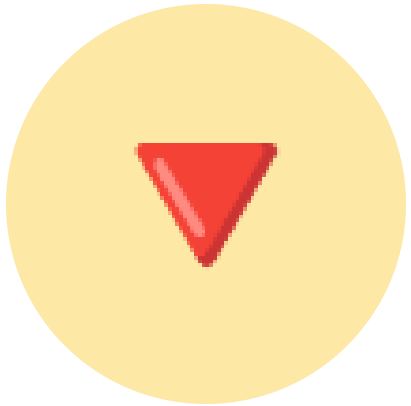
🔻 **Pointy end down**. That keeps the yolk centered.

💧 Freshness test: a fresh egg **sinks** in cold water. An old egg floats.

📅 Check the date on the carton.



🃏 Check 3 of 5



Eggs go in the fridge with which end down?

Hold up 1, 2, or 3:

1️⃣ The pointy end

2️⃣ The big end

3️⃣ On their side

✅ Answer · Card 3 of 5



The pointy end

Pointy end down keeps the air cell on top and the yolk centered.

Learn

What Eggs Do in Recipes



Bind

hold food together: meat loaf



Thicken

pudding



Coat

breaded chicken



Leaven

make it rise: angel food cake, German pancakes

Learn

Ways to Cook Eggs



🥚 **Hard cooked** / **soft cooked** = in the shell, in hot water.

🍳 **Scrambled** · **Fried**

💧 **Poached** = out of the shell, in **simmering water**.

🔥 **Shirred** = baked in the **oven**. Our German pancakes bake too!

🎬 Video

Video: Eggs, How It's Made

Scan to watch

Discovery UK (the class video)

👂 Listen for: how eggs are washed and sorted.

💬 Captions on

https://www.youtube.com/watch?v=g1IVTDmV35o

Learn

Milk

🥛 Milk has **protein**, **calcium**, and vitamins **A** and **D**.

🔥 **Pasteurized** = **heated** to kill harmful germs.

🌀 **Homogenized** = the fat is broken up so the milk **won't separate**.

⚠️ **Raw milk** is not pasteurized. It can make you sick.



🃏 Check 4 of 5



Milk is heated to kill germs. This is called...

Hold up 1, 2, or 3:

1️⃣ Homogenization

2️⃣ Freezing

3️⃣ Pasteurization



Pasteurization

Pasteurize = heat to kill germs.
Homogenize = mix the fat in.

Learn

Kinds of Milk



🥛 **Whole** (most fat) · **2%** · **1%** · **Skim** (no fat)

🧈 **Buttermilk** = tangy. 🚫 **Lactose-free** = the milk sugar is taken out.

🌰 Almond, soy, and oat milk can replace milk.

Learn

Cooking with Milk

🔥 Milk **scorches** (burns on the bottom) easily.

⬇️ Cook it on **low** heat.

🥄 **Stir all the time.**



Scorched milk

Learn

Cheese

🧀 **Natural cheese**: made from milk. Fresh (mozzarella), soft (brie), hard (cheddar, parmesan).

🟧 **Processed cheese**: natural cheese melted with other things (American slices).

🍝 Our fettuccine used **parmesan**.



Lab

Lab Preview: German Pancakes

🧼 Wash hands. Apron on. Hair back.

🔥 Oven to **425°F**. Melt **butter** in 2 glass pie pans in the oven.

🥚 Beat **6 eggs**, milk, flour, salt until **fluffy**.

⏱️ Pour in the pans. Bake **15–20 minutes**.

🫧 The eggs make it **puff up**!

Bring to your station

- 🃏 Picture recipe card
- ✅ Checklist on the card
- 🙋 Ask a partner or para for help

Wrap-Up

Recap

🥚 Eggs

- Yolk, albumen, chalazae
- Pointy end down
- Fresh eggs sink

🥛 Milk

- Pasteurized = heated
- Homogenized = mixed
- Low heat, stir

💪 Protein

- Builds + repairs
- Animal = complete
- Beans + rice

Wrap-Up

Exit Ticket



1. What is the albumen?
2. What does pasteurized mean?
3. Name one job eggs do in a recipe.

⭐ Stir milk on low!