🥚 Protein, Milk, Eggs & Cheese Guided Notes · ANSWER KEY

Culinary 1 · Unit 9 Milk, Dairy & Eggs · Level 2 guided notes. Use with the slides and videos.

Name: _____ Date: _____ Period: _____

Fill in each blank with a word from the word bank in that box. Each word is used one time.

💪 A. Protein

1. Protein builds and **repairs** your body.
2. **Amino acids** are the building blocks of protein.
3. A **complete** protein comes from animals (eggs, milk).

Word bank: **Amino acids** · **complete** · **repairs**

🥚 B. Eggs

4. Draw a line from the egg part to what it is:

(Key: 🟡 Yolk → the yellow part · ⚪ Albumen → the egg white · 🧬 Chalazae → cords that hold the yolk · 🫧 Air cell → air at the big end)

🟡 Yolk	cords that hold the yolk
⚪ Albumen	air at the big end
🧬 Chalazae	the yellow part
🫧 Air cell	the egg white

5. Egg color comes from the **breed** of the chicken.
6. Store eggs with the **pointy** end down.
7. A fresh egg **sinks** in cold water.

Word bank: **breed** · **pointy** · **sinks**

🍳 C. Eggs in Recipes

8. Draw a line from the job to the food:

(Key: 🧲 Bind → meat loaf · 🍮 Thicken → pudding · 🫧 Leaven → German pancakes)

🧲 Bind	German pancakes
🍮 Thicken	pudding
🫧 Leaven	meat loaf

9. A **poached** egg is cooked in simmering water.

Word bank: **poached**

🥛 D. Milk and Cheese

10. **Pasteurized** milk is heated to kill germs.

11. **Homogenized** milk will not separate.

12. Milk **scorches** easily. Use low heat and stir.

13. Circle the 2 natural cheeses:

Cheddar · American slices · **Mozzarella** · Cheese spray can

Word bank: **Homogenized** **Pasteurized** **scorches**

Level 2 version of the gen ed “ProteinMilkEggsCheese WS + Vocab Milk, Cheese and Eggs.”