# 🥚 Protein, Milk, Eggs & Cheese Guided Notes

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 _____ your body.
2. _____ are the building blocks of protein.
3. A _____ 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:

| | |
|---|---|
| 🟡 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 _____ of the chicken.
6. Store eggs with the _____ end down.
7. A fresh egg _____ in cold water.

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

## 🍳 C. Eggs in Recipes

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

| | |
|---|---|
| 🧲 Bind | German pancakes |
| 🍮 Thicken | pudding |
| 🫧 Leaven | meat loaf |

9. A _____ egg is cooked in simmering water.

**Word bank:** **poached**

## 🥛 D. Milk and Cheese

10. _____ milk is heated to kill germs.

11. _____ milk will not separate.

12. Milk _____ 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."*