


MILK COOKERY

A photograph of a glass of milk with a splash, set against a dark red background. The splash is captured in mid-air, with several droplets falling back into the glass. The glass is partially filled with milk. The overall composition is clean and modern.

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for Grade 10

A solid red arrow pointing to the right, positioned on the left side of the slide. It is partially overlapping the green background and the red rectangular area.



Instruction to Students

We are now on the topic – Milk Cookery.

We will discuss each slide using the online platform Zoom after which you will be allowed to write the information in your notebook.

The activity on the last slide **MUST** be reviewed for the next scheduled meeting.



General Objective:

To make students more aware of the importance of milk in the diet.

Specific Objectives:

At the end of the lesson, students should be able to:

- i. define the term milk
- ii. state the main sources of milk
- iii. list the general characteristics of milk
- iv. outline the nutritive value and composition of milk
- v. list the different kinds of milk



Definition of Milk

Milk is an opaque fluid secreted by female mammals from their mammary glands for the nourishment of their young one.



Sources of Milk

-Cow

- Sheep

-Buffalo


- Camel

-Mare

- Lactating Women




Characteristics of Milk

- Usually opaque
 - Has no pronounced taste
 - Has a slight odour when freshly drawn
 - Ranges from bluish white to creamy yellow
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Nutritive Value of Milk


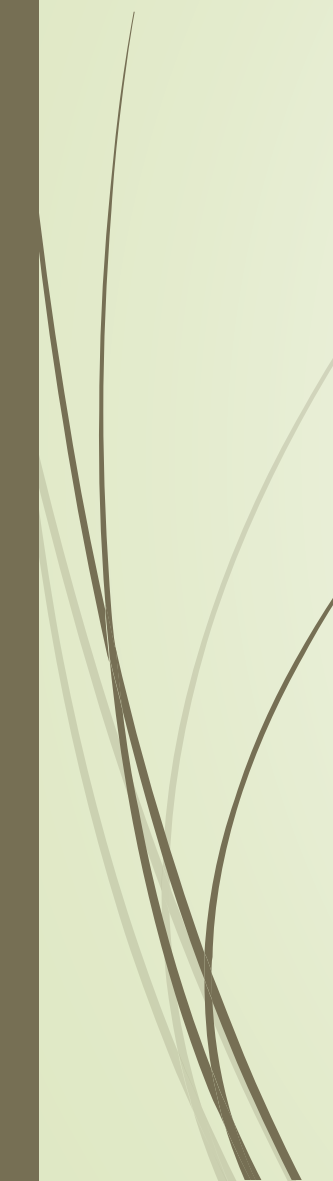
- Milk contains almost all the nutrients making it the almost perfect food – Milk is lacking in Iron and Vitamin C.
 - It is palatable
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Nutritive Value

Milk contains the following nutrients:


- Carbohydrates – Lactose or milk sugar. Lactose gives milk its sweet taste. It helps the body absorb the minerals calcium and phosphorus from the milk.
- Fats – Fat found in milk gives the flavor and contains the fat soluble vitamins A and D

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- Proteins – The proteins found in milk are Lactalbumin, Latoglobulin and Casein. These are proteins of high biological value. The protein Casein is only found in milk.
 - Minerals – Calcium and Phosphorous are the most important minerals found in milk. Calcium is the chief mineral needed for growth and development of young children, the maintenance of expectant and nursing mothers and also the elderly.

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- Vitamins – Milk is a good source of Riboflavin. It supplies a fair amount of Vitamin A, Thiamine and Niacin. During the processing of milk Vitamin D is added (fortified).
 - Water - Milk contains a high percentage of water which holds all other nutrients in its solution.



Forms of Milk

- ▶ Evaporated Milk (unsweetened)
 - ▶ Sweetened Condensed Milk
 - ▶ Skimmed Milk (low fat or no fat milk)
 - ▶ Whole Milk
 - ▶ Dried Milk (whole and Skimmed)
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Evaporated Milk

This is milk that has about 60% of the water removed. Evaporated milk is sold in cans and most recently – tetra packs. No refrigeration is needed until the cans or boxes are opened. This is so because the cans or boxes are first sealed then sterilized.

The main difference in evaporated milk is due mainly to the high temperature under pressure fresh milk is placed under. This causes the milk to become thicker, slightly brown in colour, has a different taste and has no cream appearing when heated.

Evaporated milk is used for cooking, making desserts, hot beverages and infant feeding.

Evaporated Milk





Sweetened Condensed Milk

This is obtained from adding sugar and cornstarch to evaporated milk. The sugar is a preservative and so it improves the keeping quality of the milk and so it can be kept unrefrigerated after the can has been opened.

Condensed milk is widely used in food preparation. Examples are desserts, hot beverages, porridges, candy manufacturing and ice cream making.

Sweetened Condensed Milk



Whole Milk

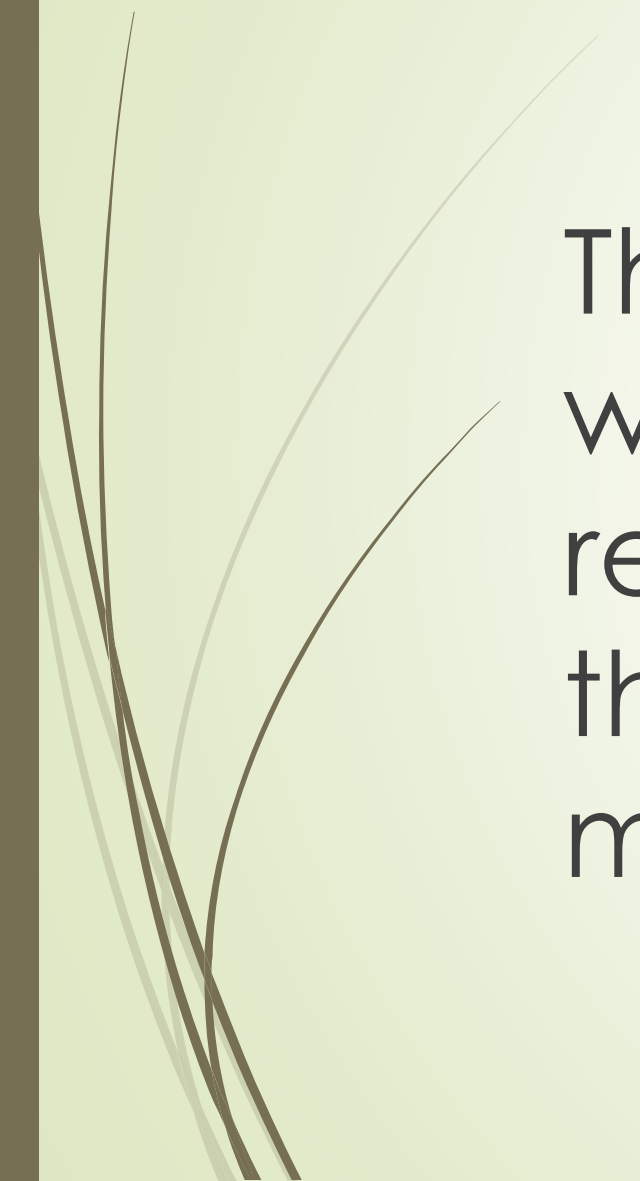


Because of the presence of fat, whole milk is richer and more creamy than skimmed milk.



Skimmed Milk

This is fresh, pasteurized milk in which the fat content has been removed. This milk contains all the nutrients that are present in milk EXCEPT fat.



Skimmed Milk



Skimmed milk is more pale in colour because the fat content has been removed.

Dried Milk

This is made from fresh milk that has been evaporated and sprayed into warm, dry air or into hot chambers where the fine particles of dried milk are removed to another room by suction.



Types of Dried Milk

1. Dried Whole Milk

Milk made from whole milk that contains the normal percentage of milk fat.



EXAMPLE

2. Dried Skimmed Milk

Milk that has fat removed.



EXAMPLE



Home Work

Kindly read from your text for next meeting:

1. The different methods of treating milk eg.
 - (a) Pasteurization
 - (b) Sterilization
 - (c) Homogenization
 - (d) Ultra Heat Treatment (UHT)

2. The different uses of milk in food preparation/cookery.