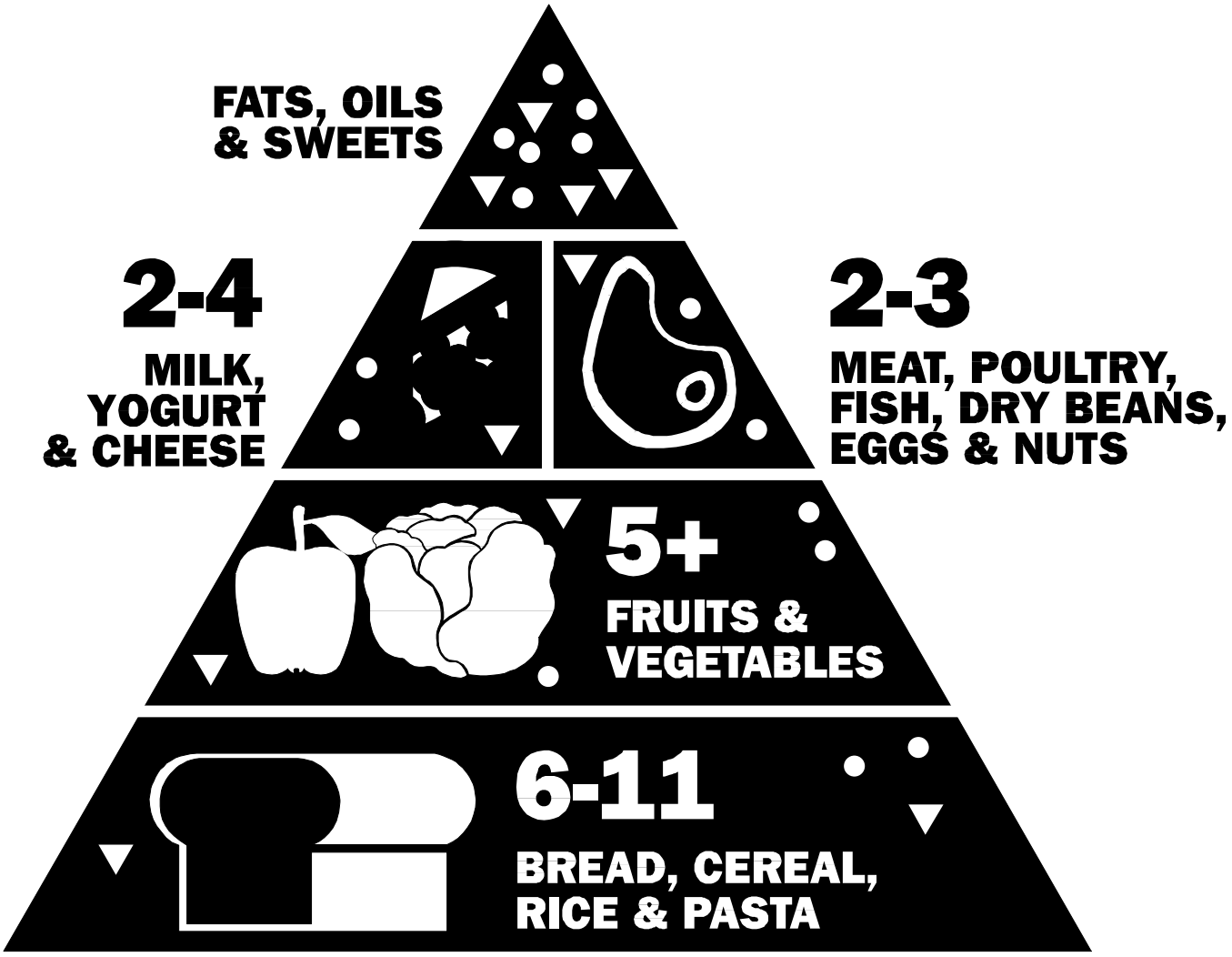
4JI-01PA

COOPERATIVE EXTENSION SERVICE
UNIVERSITY OF KENTUCKY • COLLEGE OF AGRICULTURE

DAIRY FOODS

Unit 1: Milk



Food Safety Tips

Safe food-handling is important to prevent foodborne illness (food poisoning). Here are a few basic tips that you should know:

- Wash your hands with warm, soapy water before and after handling food.
- Wash all surfaces, utensils and hands after coming into contact with raw meat, poultry and eggs.
- Thoroughly cook all hot foods according to the recommended time and temperatures.
- Keep hot foods hot (above 140°F) and cold foods cold (below 40° F).
- Refrigerate food within two hours of serving time.

DAIRY FOODS

Unit 1: Milk

By Sue Burrier, Extension Food and Nutrition Specialist, Anna Lucas, Extension Program Specialist for 4-H, and Joseph O'Leary, Extension Dairy Specialist. Revised by Paula May, MS,RD, Nutrition Consultant, and Joseph O'Leary.

Introduction

Let's Learn About Nature's Most Nearly Perfect Food

Milk is thought of as nature's most nearly perfect food by many people. This is because it is such a good source of calcium, protein and the B vitamins in the diet. Milk also is considered the most plentiful natural food in the world. A natural food is a food in its "original" state—that has not been made from or into another product. However, milk can be made into many other foods such as ice cream or pudding. In this dairy foods project, you will explore nature's most nearly perfect food.

You will learn:

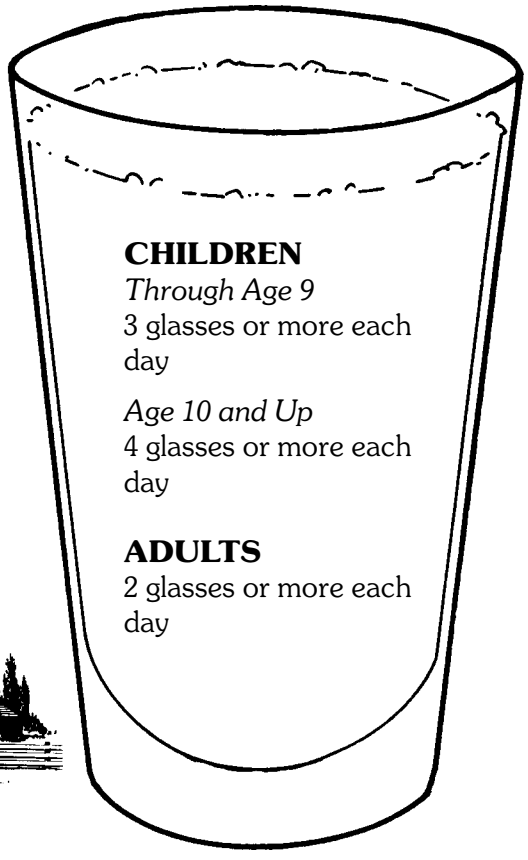
- why milk is important to good nutrition and health;
- about milk production in Kentucky;
- how to safely store milk;
- how much dairy products people should eat each day;
- to understand labeling on dairy products;
- about the different kinds of milk;
- to prepare foods using milk; and
- what other foods contain dairy products.

You will also:

- visit a grocery store and learn about labels on milk—you may even visit a dairy farm;
- keep a record of dishes you prepare using milk; and
- give a demonstration on making milk drinks, butter or pudding.

As you learn about the importance of milk in your diet, remember that no food is perfect and you need to eat a variety of foods daily to get all the nutrients you need for good health. Milk is great, but you also have to get nutrients such as vitamin C and iron from other foods.

You need to eat a variety of foods from the following food groups each day: the bread, cereal, rice and pasta group; the vegetable and fruit group; the milk, yogurt and cheese group; and the meat, poultry, fish, dry beans, eggs and nuts group. These four groups form a team. Milk is an important member of the team because it provides some nutrients the other members cannot. That is why you should drink a certain amount each day, depending on your age.



Milk Is Important

Milk provides nutrients to help keep you healthy. Milk and most milk products are good sources of calcium, protein, vitamin A, and the B vitamins riboflavin, B-6 and B-12.

Calcium is one of the most important nutrients you get from milk. Calcium is a mineral that helps you build strong bones and healthy teeth. Calcium helps your blood clot when you cut your finger or stump your toe. It helps your muscles contract and relax so you will not become nervous. It also helps your heart beat.

Even when you are full grown you will need calcium. There are very few foods, other than milk and milk products, that are good sources of calcium. The following provide about the same amount of calcium that's in an 8-ounce glass of milk:

- 1 cup of yogurt
- 1 3/4 cups of ice cream
- 2 one-inch cubes or 1 1/2 slices of natural cheese (about 1 1/2 ounces)
- 2 cups of cottage cheese
- 2 3/4 cups of cooked mustard or turnip greens
- 3 cups of cooked dried beans

As you can see, you have to eat a lot of the nondairy foods to equal the calcium in a glass of milk. That's why milk is such a good choice. But don't feel you must limit yourself to just drinking milk. It's easy to add other calcium-rich foods to your diet.

For example, you might start the day with a glass of milk and some cereal. The glass of milk counts as one serving and the milk you put on your cereal counts as a half serving. A grilled cheese sandwich at lunch counts as another serving. And at dinner, one-half cup of yogurt with berries for dessert counts as half a serving. That adds up to the three servings you need. Foods such as hamburgers, cereals and snacks generally are low in calcium. For this reason, drinking milk with them is recommended. Milk and milk products account for 70 to 75 percent of the calcium in the diets of people in the United States.

The B vitamins help your body use carbohydrates for energy. Vitamin A helps your eyes work properly, keeps your skin healthy and also helps your bones and teeth grow stronger. Your body uses protein for growth and repair.

Where Does Milk Come From?

Do you know where milk and milk products come from? The grocery store might be your first guess, but think again. Where does milk really come from?

Milk comes from dairy cows. In 1994, there were 168,000 dairy cows in Kentucky. The average milk production per cow in Kentucky is 12,000 pounds per year. The national average milk production per cow is over 16,000 pounds per year. Kentucky's summer climate is not as favorable for high milk yields as some of the other major dairy states.

Kentucky Is a Dairy State

Most of Kentucky's dairy cows are Holsteins, followed by Jersey. There also are some Brown Swiss, Guernsey, and Ayrshire dairy farms in Kentucky. There are only a few Milking Shorthorn. Can you tell the difference between breeds of dairy cows? Study the following descriptions and then test your knowledge.

Holstein—Dutch settlers to New York probably brought the first Holsteins to America in about 1621. Holsteins are black and white with a blaze on their foreheads and white under their chins.

Jersey—The Jersey breed came from the Isles of Jersey in the English Channel. Jerseys are light brown or fawn color and are dark around the eyes.

Brown Swiss—The Brown Swiss, sometimes referred to as the "Big Brown Cow" and the "Farmer's Cow," probably is the oldest dairy breed. The breed has descended from the cattle used in the valleys and mountain slopes of Switzerland before historic records began. Brown Swiss cows are a shade of solid brown, varying from light to dark. The nose, switch (long hairs at end of tail) and hooves are black.

Guernsey—The Guernsey breed has been called "The Royal Breed" of dairy cattle. Its history traces back 10 centuries to the tiny Isle of Guernsey in the English Channel off the coast of France. The Guernsey is a shade of fawn, either solid or with white markings, with golden yellow color.

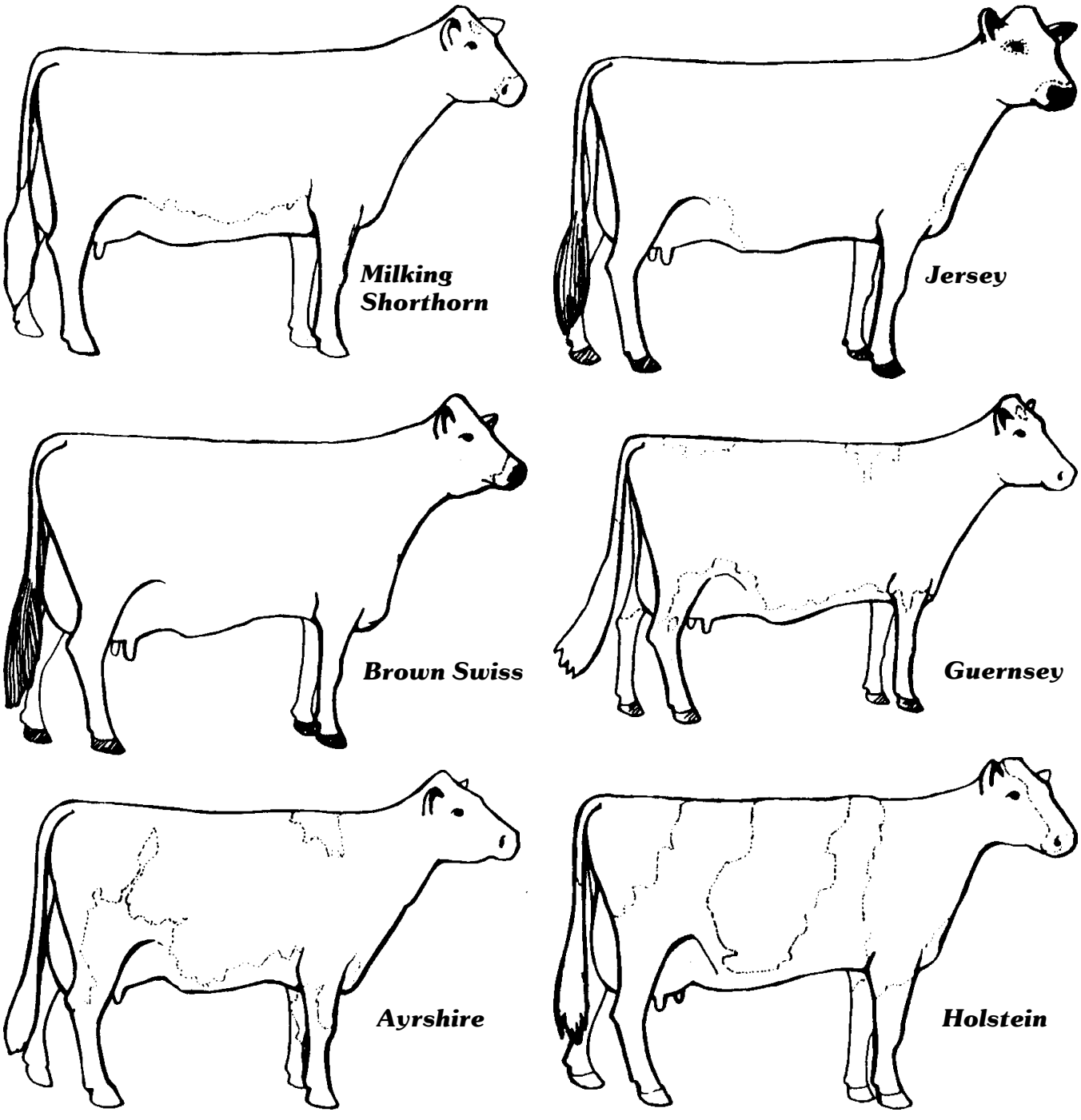
Ayrshire—The Ayrshire breed originated in the county of Ayr, Scotland before 1800. Ayrshire

cows are light to deep cherry red, brown or a combination of these colors with white. They also can be pure white.

Milking Shorthorn—Milking Shorthorns are known by different names in other parts of the world. They were known as Durhams by the early U.S. settlers. Shorthorns are either red, red and white, or roan. Roan is a very close mixture of red and white and is found in no other breed of cattle. Milking Shorthorns may be either horned or polled (without horns).

Color the Cows

Using the descriptions of the dairy animals, color these cows. When you're traveling see how many different dairy breeds you can identify. Are some breeds difficult to find?



Processing Dairy Products

If you live in a community where there is a dairy farm, ask the farmer if you can visit and see the cows milked. How is the milk stored? When milk is produced at the dairy farm, it is stored in a refrigerated tank. A refrigerated truck takes the milk to a dairy processor each day. Milk must be kept cold to keep it fresh. The processor pasteurizes and homogenizes the milk or makes it into other dairy products such as cottage cheese or yogurt.

To pasteurize the milk, it is heated to 161 degrees F for 15 seconds. The milk then is quickly cooled to 40 degrees F and stored in a refrigerator at no higher than 40 degrees F. This process kills any harmful bacteria which may be present in the milk.

To homogenize the milk, it is heated and pressure treated to break the fat contained in the milk into small pieces that won't rise to the top as cream.

Milk Grades

Over ninety-five percent of the milk produced in Kentucky is Grade A. Probably by the year 2000 only Grade A milk will be produced on Kentucky dairy farms.

Grade A milk must be used for all types of fluid milk products as well as for cottage cheese, cream, yogurt, dips and sour cream. Surplus Grade A and manufacturing milk can be used to make cheese, butter, evaporated milk, condensed milk and milk powder. Ice cream can be made from either grade of milk, however, Grade A milk must be used if the ice cream is made in a plant approved to process fluid milk products.

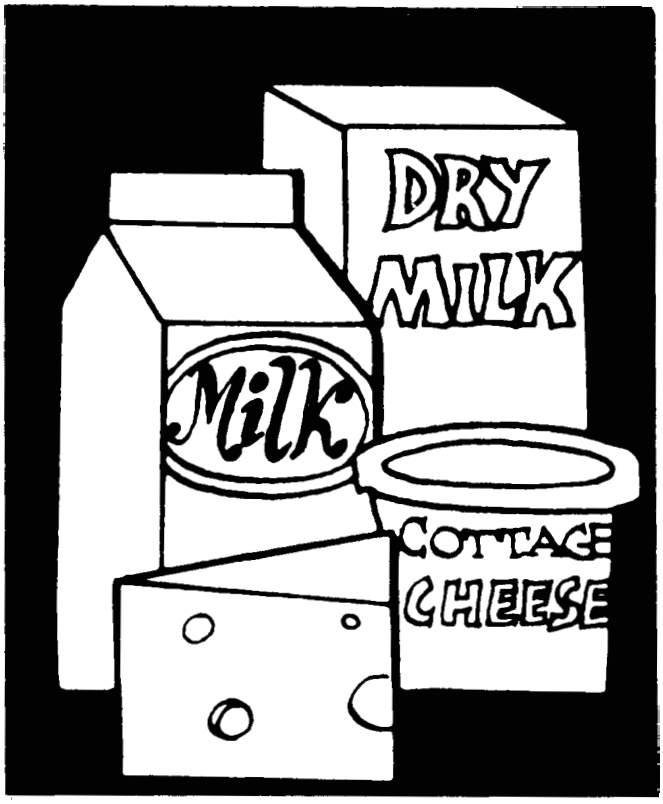
Grade A milk must meet certain production standards on the dairy farm relating to herd health and cleanliness, production facilities, and sanitation of milking equipment. In addition, the milk should have low bacterial count and come from healthy cows. Many Grade A processing facilities now pay more for higher quality milk, and much of the milk supply now meets standards considerably higher than those required by regulatory agencies. Standards for manufacturing milk are not as high as those for Grade A milk. The quality of milk offered for sale is regulated by the U.S. Department of Agriculture (USDA), the Food and Drug Administration (FDA), and state and local health departments.

How Milk Is Used

Almost half the milk produced in the U.S. is used for milk and cream; more than 30 percent for aged cheeses such as American or cheddar; six percent for cottage cheese; about 10 percent for ice cream and frozen desserts; six percent for butter; and the remainder for other dairy products.

Safe Storage of Milk

At home, milk should be stored in the refrigerator at no higher than 40 degrees F. When you are cooking with milk or getting milk for a meal or snack, put the container back in the refrigerator immediately after you pour the milk. All milk drinks and dishes made from milk should be stored in the refrigerator. When you go to the grocery, milk and dairy products should be taken home immediately and stored in the refrigerator. Only pasteurized milk products can be legally sold in Kentucky.



Types of Milk

At the grocery, you may have noticed there are many different types of milk available. The differences between these milks include the amount of fat they contain and the flavoring that has been added. If possible, sample the milks you have never tasted. Some of the milks you will find include:

Whole Milk—contains at least 3 1/4 percent milk fat.

Low Fat Milk—some of the milk fat has been removed to produce milk that has 1/2, 1, or 2 percent milk fat.

Skim or Nonfat Milk—contains less than 1/2 percent milk fat.

Chocolate Milk—whole or lowfat milk flavored with chocolate syrup or powder and sugar.

Nonfat Dry Milk Powder—made from fresh raw whole milk from which the water and fat have been removed. After nonfat dry milk powder is dissolved in water it has the same nutritional value as fresh skim milk.

Buttermilk—fermented skim or low fat milk. Buttermilk is a cultured milk product. Some buttermilk has flakes of butter added.

Evaporated Milk—fresh whole milk concentrated by removing about 50 percent of the water. Evaporated skim milk is the same except the fat also has been removed. It most often is used as a recipe ingredient.

Sweetened Condensed Milk—fresh whole milk that has had approximately 50 percent of the water removed and has had sugar added. It is used as a recipe ingredient.

A number of other dairy and non-dairy products are also available in most dairy cases. These products include Sweet Acidophilus Milk, Lactose Reduced Milk, non-dairy creamers, high fiber skim milk, and reduced sodium products. The non-dairy products, although made mainly from milk or its components, cannot legally be labeled as milk.

A Taste Test

Try a taste test with skim and whole milk.

- Can you tell the difference in taste? _____
- What makes this difference?

_____

- Do they look the same? _____

Test Your Knowledge

Match the following dairy products with the correct description. Refer to the descriptions just given if you have difficulty making the matches. **(See page 14 for answers.)**

☐ 2% Milk	1. skim milk with liquid removed
☐ Nonfat Dry Milk Powder	2. milk with one-half its water removed
☐ Buttermilk	3. milk with about one-half its fat removed
☐ Evaporated Milk	4. milk pressure treated to keep fat evenly mixed
☐ Skim Milk	5. cultured skim milk
☐ Homogenized Milk	6. milk with most of its fat removed

Labels on Dairy Products

Get into the habit of reading food labels. You will find they contain a lot of helpful information. Careful shoppers always check labels on products. All food product labels are required to list certain information. On dairy foods you will find:

- name of the product
- percent of fat in the product
- size and weight of container
- fortified—vitamins A and D have been added
- freshness date—last date the store should sell the product
- real seal—symbol that indicates it is an all-milk product
- nutrition facts—the amount of calories, fat, protein and several other nutrients contained in one serving.

Look in your refrigerator and in the cabinets where food is stored in your home.

What types of milk did you find?

_____

_____

_____

_____

Check food labels to see if milk is an ingredient or if it is required for preparation. What types of foods did you find that were made from milk or that contained milk?

_____

_____

_____

_____

Now go to the grocery store. Look at the labels on foods. What foods did you find that have milk as an ingredient?

_____

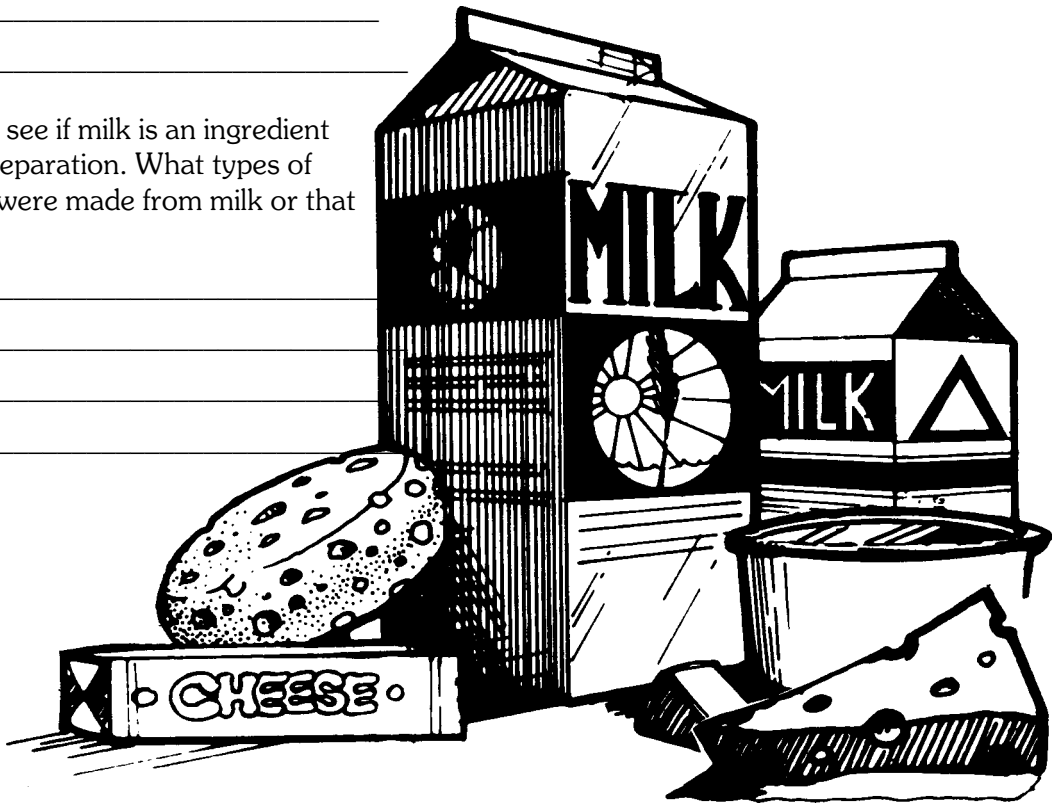
_____

_____

_____

Shopping for Milk

Cost per serving is an important consideration when grocery shopping. While you're at the grocery, write down the price and container size (gallon, half-gallon, quart, pint, half-pint) of the following milks. Write down the costs for all the sizes of whole milk that are available. Later, your leader, 4-H agent or parent can help you calculate the number of 8-ounce servings each container contains and how much each serving costs.



	Container Size	Number of Servings	Price	Cost Per Serving
Whole Milk				
2% Milk				
1% Milk				
Skim Milk				
Chocolate Milk				
Buttermilk				
Nonfat Dry Milk *(The box will tell you how many quarts it makes.)*				

- Which milk was the most expensive?

_____

- Which milk was the least expensive?

_____

- Does the size of the container affect the price of a milk? (Refer to prices of whole milk.)

_____

- In what way?

_____

_____

Use the following as a guide to figure number of servings:

1/2 PINT = 8 ounces or 1 serving
PINT = 16 ounces or 2 servings
QUART = 32 ounces or 4 servings
1/2 GALLON = 64 ounces or 8 servings
GALLON = 128 ounces or 16 servings

Now that you know about the production, processing, nutritional value, types and costs of milk, it's time to practice preparing foods that contain milk.

Cooking With Milk

You will enjoy drinking milk as a snack or with meals. You also may enjoy making drinks and dishes that contain milk. When cooking with milk, remember to treat it gently. Milk contains proteins that thicken when heated. These thickened proteins can rise to the top and form a scum or can scorch (burn) on the bottom of the pan if the milk is heated for too long or at a temperature that is too high. It helps to stir milk while cooking. Beating breaks up the scum but it will rise again. A low cooking temperature is best.

Nonfat Dry Milk Powder in Cooking

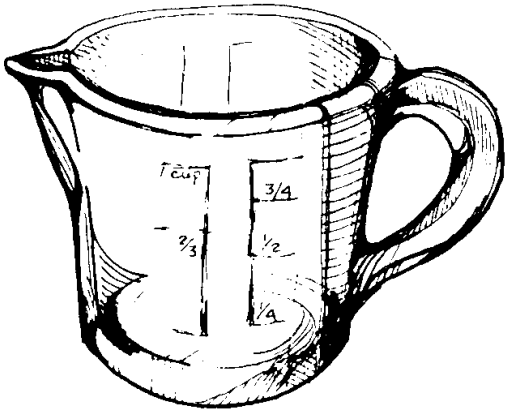
You can mix up nonfat dry milk and use it in place of whole, low fat or skim milk in most recipes. To make a quart of liquid milk from nonfat dry milk powder, fill a quart jar nearly full with tap water. Add 11/3 cups dry milk powder. Cover the jar tightly and shake it until the powder is dissolved. The milk is now ready for use in recipes. If you are going to drink the milk, prepare milk drinks with it or use it over cereal, chill it first. The dry milk powder also can be mixed with the dry ingredients in some recipes. Then add water instead of the milk called for in the recipe. Remember that milk made from nonfat dry milk powder has very little fat so the flavor might be different than if whole milk were used.

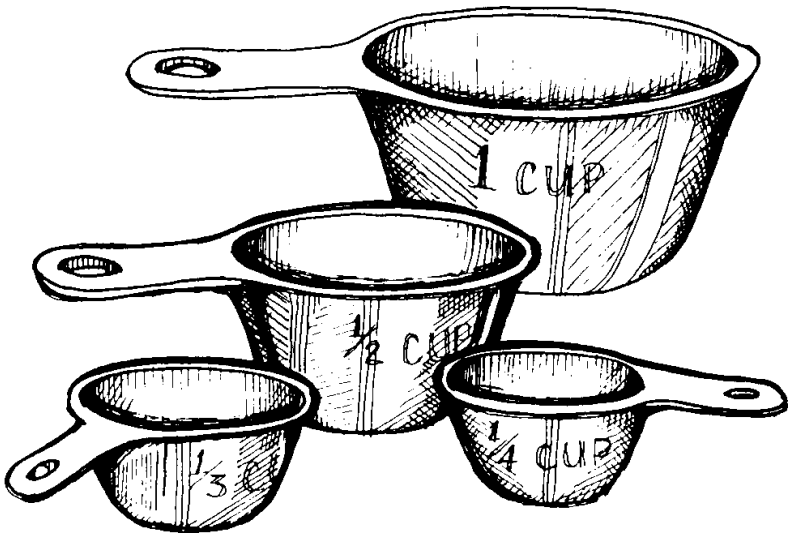
Now You're Cooking

Before you start to cook, ask your parents if you can make a dish using milk. Be sure your hands are clean and your hair is neat.

Tips for Successful Cooking

- Read the recipe carefully.
- Get out all the ingredients and equipment you will need before you start. For most recipes you will need liquid and dry measuring cups, measuring spoons, a bowl, a spatula and a spoon.
- Measure the ingredients as directed.
- Combine the ingredients in the order given in the recipe.
- Use the recommended pan size.
- Follow the temperature and time guidelines given in the recipe. Temperatures are given in degrees Fahrenheit.
- Learn to operate any special equipment, such as an oven, electric mixer or electric blender, that is needed for preparation.





Tips for Measuring

- Recipes are written for standard measuring cups and spoons. To have good results with any recipe you should use standard measuring utensils.
- Notice the difference between the cups used for measuring liquid ingredients and for measuring flour, sugar and other dry ingredients. There is space left above the cup measurement line at the top of the liquid measuring cup so that the liquid will not spill over when your are measuring it. There also is a spout for easy pouring.
- When measuring liquids, place the cup on a table and fill it to the needed level.
- The dry measuring cups are to be filled to the top and leveled off with a knife or spatula.
- Measuring spoons can be used for either liquid or dry ingredients.
- Always sift flour before measuring. Spoon flour lightly into the measuring cup. Even or level off the extra flour across the top with a knife or spatula.
- To measure soft fat or shortening, pack it into the cup and even off with a knife or spatula.
- To measure brown sugar, pack it into a measuring cup and level the top with a knife or spatula.

Recipes

Banana Milk Shake

Frosty and refreshing

1 banana
1 cup milk

1. In a small bowl, mash banana with a fork.
2. Pour into a jar with a tight-fitting lid or into the container of an electric blender.
3. Add milk.
4. Place lid on jar or container; shake or blend until smooth.
5. Serve immediately or refrigerate and serve later.

Makes one serving, about 1 1/2 cups.

VARIATION: Add 1/2 teaspoon vanilla extract before shaking or blending.
VARIATION: Try substituting other fresh fruit for the banana.

Orange Smoothie

Did you ever think of putting milk and orange juice together? It's a great new taste.

1 1/2 cups of milk
1 1/2 cups water
1 (6-ounce) can frozen orange juice concentrate, softened
1 teaspoon vanilla extract (optional)

1. Pour the milk into a large bowl.
2. Add the other ingredients.
3. Using a hand beater or wire whisk, beat until foamy. You also can use an electric mixer or blender. Serve at once.

Makes six to eight servings, about one-half cup each.

Cocoa

4 tablespoons cocoa
3 tablespoons sugar
1/8 teaspoon salt
4 cups water
1 cup nonfat dry milk powder
1/2 teaspoon vanilla extract

1. In a saucepan, stir together cocoa, sugar and salt.
2. Stir in one cup water.
3. Boil about two minutes, stirring constantly.
4. Remove pan from heat and add rest of water and dry milk powder.
5. Beat until smooth.
6. Heat thoroughly, but do not boil.
7. Stir in vanilla just before serving.

Makes six servings, about three-fourths cup each.

Spiced Milk

1 1/2 cups nonfat dry milk powder
2 tablespoons sugar
1/2 teaspoon ground cinnamon
1/4 teaspoon salt
1/2 teaspoon ground nutmeg
6 cups water

1. Add dry ingredients to water.
2. Beat, stir or shake until smooth. Serve at once.

Makes six servings, about one cup each.

Instant Pudding

1 (3 1/2-ounce) package instant pudding mix, any flavor
2 cups cold milk

1. Place pudding mix in a quart jar with a tight-fitting lid.
2. Add cold milk.
3. Cover and shake for two minutes.
4. Pour pudding into individual serving dishes. Chill until firm.

Makes four servings, about one-half cup each.

Chocolate Pudding

3 tablespoons cornstarch
1/4 teaspoon salt
1/2 cup sugar
4 tablespoons cocoa
2 1/4 cups milk
1 teaspoon vanilla
2 teaspoons margarine

1. In a bowl, combine cornstarch, salt, sugar and cocoa.
2. Blend in 1/4 cup cold milk.
3. In a small saucepan, warm two cups milk; stir in cocoa-sugar mixture.
4. Bring pudding to boiling point over direct heat, stirring constantly to prevent scorching.
5. Place saucepan that contains pudding in a large saucepan of hot water. Cover and cook for 10 minutes. Stir once or twice.
6. Remove from heat; stir in vanilla and margarine.
7. Pour pudding into individual serving dishes. Chill until firm.

Makes four servings, about one-half cup each.

Butter

Now try making a spread to put on bread or crackers.

1 cup heavy cream or half-and-half
1/2 teaspoon salt

1. Pour cream into a clean quart jar with a tight-fitting lid.
2. Cover and shake jar until the contents are thick like whipped cream. Then, keep shaking until the foam breaks and the solid and liquid separate. The liquid is buttermilk; the solid, butter.
3. Pour off the liquid. You can drink it or cook with it.
4. Rinse the butter by pouring cold water or ice water over it. Then place the butter in a clean bowl.
5. Sprinkle the salt over the butter. Work the salt into the butter with a knife or spatula. The butter is now ready to eat or use it to make a flavored butter.

Makes about one-third cup.

Strawberry Butter

1/2 cup frozen strawberries
1/2 cup softened butter
1/2 cup sifted confectioners' sugar

1. Thaw strawberries and slice.
2. Combine butter, berries and sugar in bowl.
3. Beat with a hand beater or electric mixer until smooth.
4. Serve or store, refrigerated, in a covered container.

Makes about one cup.

Honey Butter

1/4 cup softened butter
1/4 cup honey

1. Combine butter and honey in a bowl.
2. Beat with a hand beater or electric mixer until light and fluffy.
3. Serve or store, refrigerated, in a covered container.

Makes one-half cup.

Orange Butter

1/2 cup softened butter
1 tablespoon orange juice
1 tablespoon grated orange peel

1. Combine all ingredients in a small bowl.
2. Beat with a hand beater or an electric mixer until smooth.
3. Serve or store, refrigerated, in a covered container.

Makes one-half cup.

Baked Goods

Milk is an important ingredient in many baked foods. Buttermilk often is used in corn bread; milk, as the liquid in cookies. Ask your parents or older brother or sister to help you prepare these recipes.

Buttermilk Corn Bread

1/2 teaspoon baking soda
2 cups cornmeal mix
1 egg
1 1/4 cups buttermilk
3 tablespoons butter, melted

1. Preheat oven to 450 degrees F. Grease an 8-inch baking pan.
2. In a mixing bowl, combine baking soda and cornmeal mix.
3. Beat egg slightly. Stir buttermilk into egg.
4. Pour buttermilk and egg mixture into dry ingredients. Stir to mix.
5. Add melted butter. Mix.
6. Pour batter into prepared pan.
7. Bake in preheated oven for 30 minutes, or until crust is golden brown. Use a pot holder to remove pan from oven.

Makes six to eight servings.

Oatmeal Cookies

1 cup shortening
1 1/2 cups firmly packed brown sugar
2 eggs
1/2 cup milk
1 3/4 cups sifted all-purpose flour
1/4 teaspoon baking soda
2 teaspoons baking powder
1 teaspoon salt
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
1 teaspoon vanilla
3 cups quick-cooking rolled oats
1/2 cup chopped pecans or walnuts (optional)
1/2 cup raisins (optional)

1. While the oven is cold, move the rack to the middle of oven. Then, preheat oven to 400 degrees F. Grease a cookie sheet.
2. In a mixing bowl, cream together shortening and brown sugar.
3. Add eggs and beat until light and fluffy.
4. Stir in milk.
5. Sift together flour, baking soda, baking powder, salt, cinnamon and nutmeg. Gradually stir into creamed mixture. Add vanilla.
6. Stir in rolled oats, nuts and raisins.
7. Drop from a tablespoon two inches apart onto prepared cookie sheet.
8. Bake in preheated oven for eight minutes. Use a pot holder to remove cookie sheet from oven.
9. Allow cookies to cool slightly, then remove them from cookie sheet with a spatula and allow them to finish cooling on a rack.

Makes about five dozen.

Cleaning Up

If you are neat when you cook, cleaning up is easy. Also, your parents will be much more willing to let you cook if you leave the kitchen clean and put bowls and other utensils away. Use hot soapy water to wash utensils and to wash the counter tops. Dry utensils and counter tops with clean dish towels.

Citizenship

Citizenship activities can be an important part of your 4-H project. When you do a citizenship activity you are doing something for another person or a group of people. In this project you may want to:

- Make a poster about the importance of milk to nutrition. Display it at school or in your local public library.
- Work with your volunteer leader or 4-H agent to prepare a handout on milk. Go to a neighborhood grocery and give the flyers to customers as they check out. Be sure to ask the store manager for permission to do this.
- Make strawberry or honey butter to take to a senior citizen in your neighborhood.

4-H Demonstration

Ask your volunteer leader for a manual to help you prepare and give a demonstration on something you have learned in this project. By doing a demonstration you can show others what you have learned and compete with other 4-H'ers in the demonstration contest. Topics for demonstrations include making a milk drink, making butter and making pudding. You also could demonstrate making another product which contains milk. Select a family favorite or ask your leader, 4-H agent or parent for ideas.

ANSWERS To Quiz

3 2% Milk
1 Nonfat dry Milk
5 Buttermilk
2 Evaporated Milk
6 Skim Milk
4 Homogenized Milk

Dairy Foods Part 1: Milk

Project Record Form

Name _____

School _____ Grade _____

Address _____
Street and Number/Rural Route *City* *State* *Zip Code*

County _____ Birth Date _____

A. Under each section, list all the dairy foods dishes you prepared for this project. This is the size and scope of your project.

Type of Food	**Date Prepared**	**Number of Servings**	**What You Remember Most About the Food or Its Preparation**
Milk Drinks			
Cocoa			
Butter			
Buttermilk Corn Bread			
Oatmeal Cookies			
Other Dishes (List)			
Total			

B. How many times did you attend group meetings to work on your project?

C. List any other activities, such as exhibits, demonstrations and tours, you participated in as part of this project.

D. What are some skills you learned in the course of this project. Example: to measure, to compare prices in the grocery store or to read ingredient labels on foods.

E. List the awards and recognition you have received in this project. Tell the level of recognition. Levels: L—local or club; C—county; D—district or area; S—state; N—national; and I—international.

F. If you helped others with their dairy foods project, give the number of people you helped and what you did to help them.

G. List your citizenship and community service in this project.

H. Write a project story telling what you did and learned in the project. Include items such as how the project helped your family, who helped you with the project and why dairy foods are important to good nutrition.

Dairy Foods Project Developmental Committee Members: Maryellen Garrison, Henry County; David Sparrow, Boyle County; Lisa Rogers, Hardin County; and Cheryl Wyatt, Fayette County.

Appreciation is expressed to Michigan State University, Wisconsin State University and the University of Tennessee for educational materials adapted for use in this publication.

Issued 11-89; Revised/Printed 11-95, 1000 copies; 18,500 copies to date.