

Say Cheese!

WORKSHEET

This worksheet is about cheese. Please complete both sides of the worksheet. If you have any questions at any time, please ask!

healthy habits every day

ACTIVITY: 1

WHAT'S IN YOUR CHEESE?

DIRECTIONS: Not all cheeses are the same. Review the chart below and then answer the questions.

<i>1 oz Slice/Cube or ¼ cup Shredded</i>	Calories	Total Fat <i>grams</i>	Saturated Fat <i>grams</i>	Protein <i>grams</i>	Calcium
Cheddar, Colby, Jack	112	9.0	6.0	7.0	20%
Reduced Fat (Cheddar, Colby, Jack)	90	6.0	4.0	7.0	20%
Mozzarella Part Skim	72	4.5	2.8	7.0	22%

DIRECTIONS:
Circle true or false
for each statement.

- | | | | |
|---|---|------|-------|
| 1 | All cheeses have the same amount of calories . | True | False |
| 2 | Reduced fat and part skim mozzarella cheeses have the lowest total fat . | True | False |
| 3 | All cheeses have about the same amount of calcium . | True | False |

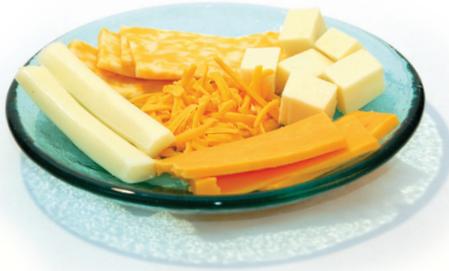
Check your
answers here.

- 1) **False:** Reduced fat and part skim cheeses have less calories.
- 2) **True:** Reduced fat and part skim cheeses are made from lower fat milk instead of whole milk.
- 3) **True:** All of the cheeses have about the same calcium content.

ACTIVITY:2

TIPS FOR COOKING WITH CHEESE

DIRECTIONS: Check (✓) the suggestions you might consider trying.



- Use reduced fat versions of your favorite cheeses.
- Use part skim Mozzarella cheese for Cheddar or Jack.
- Use “sharp” instead of mild cheddar cheese to get more flavor with less cheese.
- Cheese melts and blends better if you shred it or cut it into small pieces.
- Cheese microwaves well, but FAST. Try 15-30 seconds then check and add more time if needed.
- To keep cheese from becoming tough and stringy, cook it at a low temperature. And always add the cheese at the end of the cooking time.

Remember the three “C’s” for storing cheese:

Covered



Cover cheese tightly in plastic wrap or foil after opening to keep airtight.

Cold



Store cheese in the refrigerator at 34-38 degrees.

Clean



Store in a CLEAN container or cover with new plastic wrap or foil after each use.

DIRECTIONS: Check (✓) which of the following you would like.

- Recipes using cheese
- Information on lactose intolerance
- Information on receiving soymilk and tofu from WIC instead of milk and cheese



THANK YOU FOR PARTICIPATING IN THIS ACTIVITY!

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