



DAIRY FOODS

Unit III: Cheese

Project Overview

The 4-H Dairy Foods Cheese Unit project is designed to introduce the 4-H member to the discovery of cheese and its place in a healthy diet. This project will be best suited for senior level 4-Her's.

Key Learning Topics

- Importance of cheese in a healthy diet.
- New Mexico's contribution to the cheese industry.
- Understand information on cheese labels.
- Compare cost, taste and nutritional values of different cheeses.
- Understand how cheese is made.
- Prepare and make foods using cheese.

Expanding the Project

- Help with National Dairy Month (June).
- Help with Agricultural Field Days
- Prepare milk recipes for community functions.
- Help younger members with projects.
- Lead a project meeting
- Participate in FCS Bowl team competition

Resources

- Dairy I: Milk R -09
- Dairy II: Ice Cream
- Dairy Foods III – Cheese Project Book
- Foods Record Sheet 300.A-20 (R18)

Exhibit Guidelines

1. Cheese sticks
2. Unit III- Cheese Exhibit (No actual food will be accepted as an Exhibit)
3. Self-determined advanced Dairy Exhibit including Self-Determined Project Record Sheet 300.SD.1

Targeting Life Skills:

- Disease Prevention
- Self-discipline
- Concern for Others
- Healthy Lifestyle Choices
- Wise use of Resources
- Critical thinking
- Problem solving
- Decision Making
- Self-esteem

