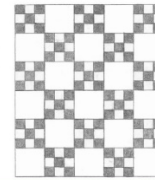
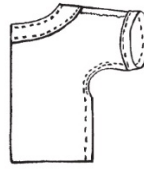




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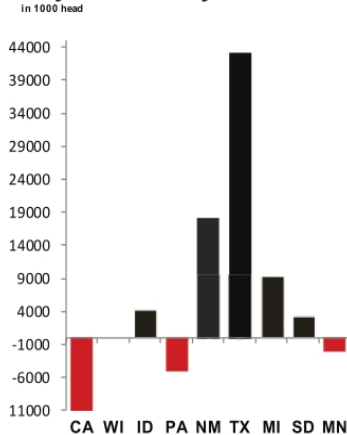
Home Economics



4-H Dairy Foods Unit III Cheese Project – Greentop

400. E-54 (R- 18)

Change In Milk Cows
 May 2016 vs. May 2017



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.

What 4-H members will learn:

- The importance of cheese in a healthy diet.
- New Mexico's contribution to the cheese industry.
- To understand information on cheese labels.
- Compare cost, taste and nutritional values of different cheeses.
- Understand how cheese is made.
- How to prepare foods using cheese.
- How to make soft cheeses.

Steps to complete the project:

- Complete the Comparison Chart.
- Using the chart compare cost per serving.
- Compare taste and compare nutritional values.
- Prepare recipes using cheese.
- Complete project record form.
- List group meetings you attended to work on this project.
- List other activities such as exhibits, demonstrations and tours you participated in for this project.

Resources:

- Dairy Foods III – Cheese Project Book – 100.E-54
- Foods Record Sheet 300.A-20 (R-18)

Citizenship and Leadership Activities:

- Help with National Dairy Month (June).
- Help with Agricultural Field Days
- Prepare milk recipes and serve at community functions.
- Help younger members with projects.
- Lead a project meeting
- Contact a Dairy Industry for donor support of 4-H activities.
- Demonstration and talk ideas:
 - Where milk products fit in on MyPyramid,
 - Dairy drinks,
 - Dairy cows or dairy goats,
 - Family dairy heirlooms,
 - Visit and report on a New Mexico dairy.
- Enter a complete Dairy II Project Book.
- Enter presentations or public speaking contests.
- Participate in Favorite Foods contest at county, district, and state contests.
- Participate in Home Ec. Bowl team competition.

O'Loughlin, 2009