



2) Match each milk term on the left with the correct definition on the right. Draw a line or write the matching letter next to each term.

Milk Terms

Cream

2% Milk

Pasteurized

Dairy-Free Milk

Whole Milk

Homogenized

Raw Milk

Lactose-Free Milk

Skim Milk

Definitions & Descriptions

A. Milk that has been heated to kill harmful bacteria and make it safe to drink.

B. A process that keeps fat evenly mixed in the milk, so cream doesn't separate and rise to the top.

C. Milk that contains about 3.25% milk fat—rich and creamy.

D. Milk with 2% milk fat—less creamy but still rich in flavor.

E. Milk with nearly all of the fat removed—usually less than 0.1% fat.

F. The high-fat part of milk that rises to the top if milk is not homogenized; used to make whipped cream and butter.

G. Milk treated to remove lactose (a natural sugar), making it easier to digest for people with lactose intolerance.

H. Milk that has not been pasteurized – it is illegal to sell in Canada due to potentially hosting bacteria that can be harmful.

I. Plant-based milk alternatives made from soy, almonds, oats, or other non-dairy sources—suitable for vegans or people with dairy allergies.

3) What kind of milk do you drink at home, and why? Think about how your personal preferences, dietary needs, or cultural background influence the type of milk you choose to drink (or not drink)?

All about B.C. Milk - Teacher Resources



Background Information:

- [All About B.C. Milk Poster](#)
- [All About B.C. Milk Scrolling Slideshow](#)
- [Buy BC Dairy Products](#)
- [proAction Website](#) and [Fact Sheet](#)
- [Farm & Food Care - Caring for Dairy Cows](#)
- [Farm & Food Care - Dairy Farm 360](#)
- [A Day in the Life of a Dairy Cow | Dairy Farmers of Canada](#)
- [Dairy Queens: Cow Comfort on Canadian Dairy Farms | Dairy Farmers of Canada](#)
- [Canadian Dairy Farm Discovery](#)

Answer Key:

1)

- **Milk Quality:** The proAction program requires farmers to keep their equipment clean, store milk at the correct temperature, and test for bacteria. This helps ensure the milk is safe, fresh, and high quality when it reaches stores and homes.
- **Food Safety:** Farmers must follow strict hygiene rules when milking cows and handling feed. They also keep records of medications and treatments given to cows. This keeps milk safe and healthy.
- **Animal Care:** Farmers are required to give cows clean bedding, regular health checks, proper food and water, and gentle handling. This ensures cows are comfortable, healthy, and treated with respect.
- **Traceability:** Each farm keeps detailed records about where cows come from, where milk goes, and any animal health treatments. If there's a problem, this system helps quickly trace the source and prevent bigger issues.
- **Biosecurity:** The program asks farmers to take steps to prevent diseases from spreading, like cleaning boots and equipment, and having farm visitors wear protection like boot covers. This helps protect the health of cows and ensure the quality and safety of milk.
- **Environmental Stewardship:** Farmers must manage manure properly, protect water sources, and reduce waste. These actions help keep the land, water, and air clean and healthy for the future.

2) **Pasteurized** – A, **Homogenized** – B, **Whole Milk** – C, **2% Milk** – D, **Skim Milk** – E, **Cream** – F, **Lactose-Free Milk** – G, **Raw Milk** – H, **Dairy-Free Milk** – I.

3) Answers will vary



Curriculum Connections - Secondary

Applied Design, Skills and Technologies

Food Studies

- Local food systems (8,9)
- Pathogenic microbes associated with food-borne illnesses (9)
- Food trends, including nutrition, marketing, and food systems (10)
- Effects of removing or substituting ingredients, including nutritional profile, food quality, taste (8)

Culinary Arts

- Food products available locally via agriculture, fishing, and foraging, and their culinary properties (10)
- B.C. agricultural practices (11)
- Characteristics and properties of culinary ingredients (12)
- Analyze and evaluate the influences of land, natural resources, and culture on the development and use of culinary ingredients, tools, and technologies (10 - 12)

Social Studies

- Use Social Studies inquiry processes and skills to ask questions; gather, interpret, and analyze ideas; and communicate findings and decisions. (8-12)
- Assess the significance of people, places, events, phenomena, ideas, or developments (significance) (7-11)

English Language Arts

- Strategies and processes; reading strategies; oral language strategies; writing strategies (7-9)
- Synthesize ideas from a variety of sources to build understanding (8&9)
- Apply appropriate strategies to comprehend written, oral, and visual texts, guide inquiry, and extend thinking (8&9)
- Transform ideas and information to create original texts. (8&9)
- Respond to text in personal, creative, and critical ways (8&9)
- Express an opinion and support it with credible evidence (9)

Physical and Health Education

- Potential short-term and long-term consequences of health decisions, including those involving nutrition (8&9)
- Sources of health information (8&9)
- Identify factors that influence health messages from a variety of sources, and analyze their influence on behaviour (9)