

Lesson 6: Dairy Products

Name \_\_\_\_\_

**Comparing Different Cheeses for Nutritional Value**

**Objective:** Compare the nutritional value for different varieties of cheese.

**Materials:**

NOTE: Use as many of the cheeses as possible. The cheeses need to be in a store package that contains the original label including the nutrition information.

Blue  
Brick  
Brie/Camembert  
Cheddar  
Colby  
Cottage  
Cream  
Gouda/Edam  
Monterey Jack  
Mozzarella  
Munster (Meunster)  
Pasteurized Process American (real not imitation)  
Provolone  
Swiss  
Processed Cheese Food (imitation)

**Direction:**

1. Complete the table on the back of this page. If the cost of the cheese is not on the label, check with your instructor for pricing information.

2. Answer the following questions.

- a. From a nutrient standpoint, which cheese is the “best buy”? Explain your answer.
- b. What relationship is there between firmness/softness and percent protein? Percent fat?

[illegible]