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## ***Decoding Dairy: Understanding the Milk Label***

COMPLETE THIS WORKSHEET AND VIDEO LESSON TO LEARN MORE ABOUT SOME OF THE TERMS ON A MILK LABEL.

**Access the lesson here:**

1. Begin the online video lesson (0:00 – 1:50). You will be introduced to the lesson and instructed on how the lesson is formatted.
  - a. Online video lesson link [HERE](#).
2. Pause the video and fill out the following questions while looking at the milk label.

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### ***Milk Label Questions***

What do you notice is written on the label?

What questions do you have about what is written on the label?

What are the ingredients?

What nutrients does milk contain?

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3. Once you've completed the milk label questions, resume the video (1:50 – 4:15).
4. You will start by researching pasteurization on your own to answer the three questions below. The sources linked here contain all the information you'll need to answer the questions.

[Article written by the Food and Drug Administration \(FDA\)](#)

[Article written by the Center for Disease Control \(CDC\)](#)

[Article written by the Academy of Nutrition and Dietetics](#)

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### ***Pasteurization Questions***

What is the definition of pasteurization?

Is there a nutritional difference between raw and pasteurized milk?

Why is milk pasteurized?

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5. Once you've completed the pasteurization questions, resume the video (4:15 – 9:20).
  6. While you are listening to the video and presentation fill out the below questions about homogenization. You may need pause or rewind the video to give yourself time to answer the questions.

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### ***Homogenization Questions***

What is the definition of homogenization?

Why is milk homogenized?

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7. Once you have completed the homogenization questions, resume the video (9:20 – 10:24).
8. While listening to the lesson answer the following questions about fortification. You may need pause or rewind the video to give yourself time to answer the questions.

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### **Fortification Questions**

What is the definition of fortification?

What nutrients are fortified in milk?

Why is milk fortified?

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9. Once you have completed the fortification questions, resume the video (10:24 – 14:13).
  10. While listening to the lesson answer the following questions about hormones. You may need pause or rewind the video to give yourself time to answer the questions.

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### **Hormone Questions**

What is the definition of a hormone?

Write the full statement noted by the asterisk on the milk label when it refers to hormones.

Does the rBST hormone in milk have a physiological response in humans? Explain the reason for your answer.

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11. Use some time to review the social media post below. Either list the false statements below or circle the false statements in the images below.

### Social Media Post Questions

What statements were false?

**BE CONSCIOUS OF WHAT YOU EAT**

## KNOW YOUR DAIRY

MOST MILK UNDERGOES PROCESSING BEFORE YOU BUY IT. THE THREE PRIMARY STEPS INCLUDE:

- PASTEURIZATION**  
heats the milk to destroy harmful microorganisms and prolong shelf life. Ultra-high temperature (UHT) milk is pasteurized at a much higher temperature to make it sterile. UHT milk is then packed into special containers that keep it safe without requiring refrigeration.
- HOMOGENIZATION**  
After pasteurization, milk undergoes homogenization to prevent separation of the milk fat from the fluid milk.
- FORTIFICATION**  
Finally, milk is fortified to increase its nutritional value or to replace nutrients lost during processing.

**HORMONES**  
Bovine somatotropin (BST) is a hormone found in all cows and all cow milk. Cows with higher levels of BST produce more milk, so some dairies inject cows with a synthetic form of the hormone (rBST). If milk is rBST free it means that it is synthetic hormone free.

The factory processed milk lasts longer but has lower nutrition value compared to the raw milk boiled in homes plus it also contains harmful hormones, antibiotics, and chemicals used in the process of preservation of the milk. Ultimately raw milk may have a lower shelf life but it is more safer and healthier than compared to the processed milk.

8  
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12. Complete the video to review your fact check of the milk label (14:13 – 20:10).

**Once you have completed all the questions turn your worksheet in to your teacher.  
Great job learning more about dairy and the milk label today!**