

Let's taste it! Plan, Shop, Pack List: Milk Tasting

Ingredients

- Reduced Fat (2%) milk
- Low Fat (1%) milk
- Non-Fat (Skim) milk

Disposable Supplies

- Napkins
- Paper/plastic cups (3 per student)
- Plastic spoons (1 per student)
- Plastic wrap or paper towels

Prepare before class

- Label 1 cup for each student "A." Label 1 cup for each student "B." Label 1 cup for each student "C."
- Pour a small portion of the non-fat milk into an "A" cup for each student. Pour a small portion of the low-fat milk into a "B" cup for each student. Pour a small portion of the reduced fat milk into a "C" cup for each student. Cover the cups with plastic wrap or paper towels and refrigerate until ready for use. If there is no refrigerator, leave the milk in the cooler and pour the samples immediately before tasting.

Equipment

- Serving tray

Cleaning supplies

- Hand sanitizer
- Hand soap
- Paper towels
- Sanitizing wipes or spray
- Dish soap
- Trash bags

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Educator: _____
Group Name: _____
of participants in group: _____ **Date of lesson:** _____
Notes: _____
