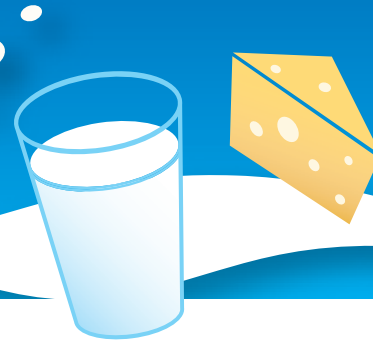


What's new ... in **dairy** and eggs?



Welcome

Thanks to all who visited our booth at the 2005 CTS Conference in Jasper this past May. It was great to meet you and get your feedback on our resources. We encourage all CTS teachers, who teach foods modules to sign up for our free semi-annual newsletter and take advantage of the resources that Alberta Egg Producers and Alberta Milk have available for you. Sign up today by emailing sroy@albertamilk.com.

Dairy Products

Butter is natural as it is made from cream that is skimmed off milk. It takes 10.2 litres of fresh milk to provide enough cream to make 500 grams of butter. The cream is churned or agitated until it becomes a solid. Butter contains 80-82 per cent milk fat, 16-17 per cent water, 1-2 per cent milk solids other than fat and 1-2 per cent salt. Butter that has no salt is referred to as sweet butter and is labelled as unsalted.

Cheese is generally made from whole milk (3.5-3.6 per cent fat). Once the milk has been pasteurized, it flows into a curdling vat; where a bacterial culture is added. This causes the milk to separate into two parts, curds and whey. Curds are formed when proteins such as casein lose their solubility and entrap the fat globules. Whey is a watery liquid, which drains from the curds and contains much of the lactose (sugar), salts and water-soluble vitamins of the milk. To make different types of cheese, different enzymes (cultures) are added. For example, rennet curds are used to make hard cheese like cheddar, Emmental, Edam and Parmesan.

Dairy Industry

The modern dairy farm is a specialized operation, and even with mechanized equipment, dairy farming is a very demanding occupation. Cows must be milked twice, fed, watered and cared for daily.

A heifer is a young female cow that has not yet had a calf. In order for a cow to make milk, she must first give birth to a calf. When she is about 18 months old, the dairy farmer will breed her so that she will have a calf and then start to produce milk. All cows are bred so they have a calf once a year. The cow is pregnant for approximately 280 days (nine months). Birth is a natural process and in most cases unaided by the dairy farmer. The lactation cycle of a cow is approximately 300 days.

Featured Dairy Recipe

Golden Cheddar Bread

Ingredients

2 cups (500 mL)	all-purpose flour
4 tsp (20 mL)	baking powder
1 tbsp (15 mL)	sugar
1 tsp (5 mL)	dry mustard
1/2 tsp (2 mL)	salt
1 1/2 cups (375 mL)	shredded sharp Canadian cheddar cheese
1	egg
1 cup (250 mL)	milk
1/4 cup (50 mL)	butter, melted
	paprika

Method

1. Preheat oven to 350 F (180 C).
2. In large bowl, combine flour, baking powder, sugar, mustard and salt; stir in Canadian cheddar cheese.
3. In small bowl, lightly beat egg; stir in milk and butter. Add to dry ingredients, all at once, stirring just until moistened. Spread batter into greased 8 1/2 x 4 1/2 inch (21 x 11 cm) loaf pan. Sprinkle with paprika.
4. Bake 40 minutes or until toothpick inserted in centre comes out clean. Cool 10 minutes in pan on wire rack. Remove from pan and let cool completely.

Recipe compliments of Dairy Farmers of Canada

Resources

Explore the Land of Canadian Cheese – This pocket size guidebook is a great reference packed with all kinds of information on cheese. (Limited quantities)

Class sets of the following resource is available:

Calcium...Do you get enough? – A quick and easy tool to have your students calculate their daily calcium intake and learn about dairy and other calcium containing foods. Contact Debbie at daugustyn@albertamilk.com to order.

Check out the Dairy Farmers of Canada *Encyclopedia of Canadian Cheese* at http://www1.dairybureau.org/eng/recipes/4_1.asp. This is a great resource to teach your students about the different types of cheese available. Have some fun and sample a cheese from each of the categories.

What's new... in dairy and eggs ?

Welcome

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Egg Products

It's commonly known that eggs are a nutritious food, being an excellent source of high quality protein and a good source of more than a dozen vitamins and minerals. Though this is all true, it's not the whole story.

Eggs are low in calories. One large egg contains just 70 calories, it nicely fits in the diet of even those concerned about their weight. Of course, as with all foods, caloric value can vary greatly, depending on how you prepare the foods and what you serve them with. Poached, hard-cooked, scrambled or fried in a non-stick skillet are low-calorie ways to prepare eggs.

As well, **eggs are low in fat.** One large egg contains just five grams of fat, most of which is in the "healthier," unsaturated form and none in the trans fat form. (Note: Recognizing that our bodies do need some fat to be healthy, just not too much, Health Canada states that the average man can have up to 90 grams of fat per day while the average woman can have up to 65 grams of fat per day.)

Although the cholesterophobia of the 70s and early 80s is history, some lingering misconceptions exist, so it bears mentioning. Over the past several years, science has repeatedly shown that **for healthy people, dietary cholesterol (i.e. the cholesterol in the food you eat) does not significantly affect blood cholesterol.** Certain non-dietary as well as other dietary factors (e.g. trans fats and some saturated fat) are much bigger causes for concern than dietary cholesterol when it comes to keeping a healthy blood cholesterol level. That's why the message with many health professionals is "an egg a day is okay."

Egg Industry

1. Alberta's eggs are some of the safest in Canada, and Canada's eggs are known for being some of the safest in the world. Alberta's 169 registered egg producers, year after year, get some of the highest scores in the country for their on-farm food safety practices.

Featured Egg Recipe

Tortilla Roll-Up

A quick, easy, healthy and portable meal or snack!

Ingredients

1 8-inch (20 cm)	flour tortilla
1	egg
2 tbsp (25 mL)	cheese, grated
2 tbsp (25 mL)	cooked ham, chicken or turkey, chopped
To taste	salsa or taco sauce

Method

1. Place tortilla on a glass 23 cm pie plate. Microwave on HIGH (100%) power for 10 seconds.
2. Break egg into the middle of the tortilla. Pierce yolk with fork and gently stir to spread the egg out evenly over the tortilla.
3. Sprinkle with cheese and ham (or chicken or turkey). Cover loosely with wax paper; microwave on HIGH (100%) power 1½-2 minutes or until egg is just set.
4. Top with salsa or taco sauce; roll up.

Serves 1.

2. Alberta eggs are fresh, with most reaching grocery stores within a week of being laid.
3. Yolk colour tells you the type of grain the hen was fed. A lemon yellow-coloured yolk indicates wheat, while a darker coloured yolk indicates corn was fed. They don't differ in nutritional value or functional properties.
4. Brown-feathered hens lay brown eggs; white-feathered hen breeds lay white eggs. Regardless of shell colour, what's inside is the same – nutritionally and functionally.

Resources

The new **2005-06 EGGcellent Resources for Alberta Teachers** resource list and order form is now available. In response to teacher feedback, this "what-used-to-be-available-in-late August" publication is now ready for those teachers wanting to get a head start on next year's planning!

To get a copy or to order resources, contact Alberta Egg Producers at the addresses listed below. As well, check out our website section "For Teachers" and access the newsletter or order your resources at any time.

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