

Western Europe

Europe's cheeses exemplify the continent's diversity. Parmesan from Italy, gouda from the Netherlands, brie from France, feta from Greece—the list goes on. In fact, Western Europe leads the world in both production and consumption of cheese. But California has its own claim to (cheese) fame: dairy. Including cheese, is California's most valuable agricultural commodity.

Recipe

Cheese Herb Zucchini

This kid-friendly recipe can be modified to feature locally-sourced cheese, such as Monterey Jack, or a European cheese, such as parmesan.

Ingredients
6 zucchini
1 tsp. garlic salt
1 tsp. Italian herbs
2 Tbsp. butter, melted
1 cup cheese, grated

Procedure

1. Cut off ends of zucchini. 2. Drizzle melted butter 3. Bake at 400°F for 10 minutes. 4. Sprinkle with garlic salt and Italian herbs. 5. Melted and lightly until tender but crisp. 6. Drain. Turn into lightly buttered baking dish.

Source: healthyeating.org

California Spotlight

In California, 46 percent of cow's milk is used in cheese production. The state's dairy processors produce more than 250 different varieties and styles of cheese—including Monterey Jack which was originally produced in California missions more than 200 years ago. Additionally, California leads the nation in producing Hispanic-style cheeses.

Folklore for Foodies

The folklore behind blue cheese goes back to the 7th century, to a cave outside the village of Roquefort in France. Legend has it that a distracted shepherd forgot his lunch of bread and cheese in the cave. When he returned a few months later, the cheese had become infused with penicillium roqueforti, a mold that was growing in the cave. Imagine his surprise when he realized this new variety of cheese was both safe to eat and delicious!

Cheese Around my Clock

How might you and your family enjoy cheese (or other dairy products) around the clock? If you get stuck, the Dairy Council of California (dairycouncil.org) hosts dozens of healthy recipes that include cheese.

Side: CA Health Education: Grade 4-6 L.N. Grade 5-5 L.N.

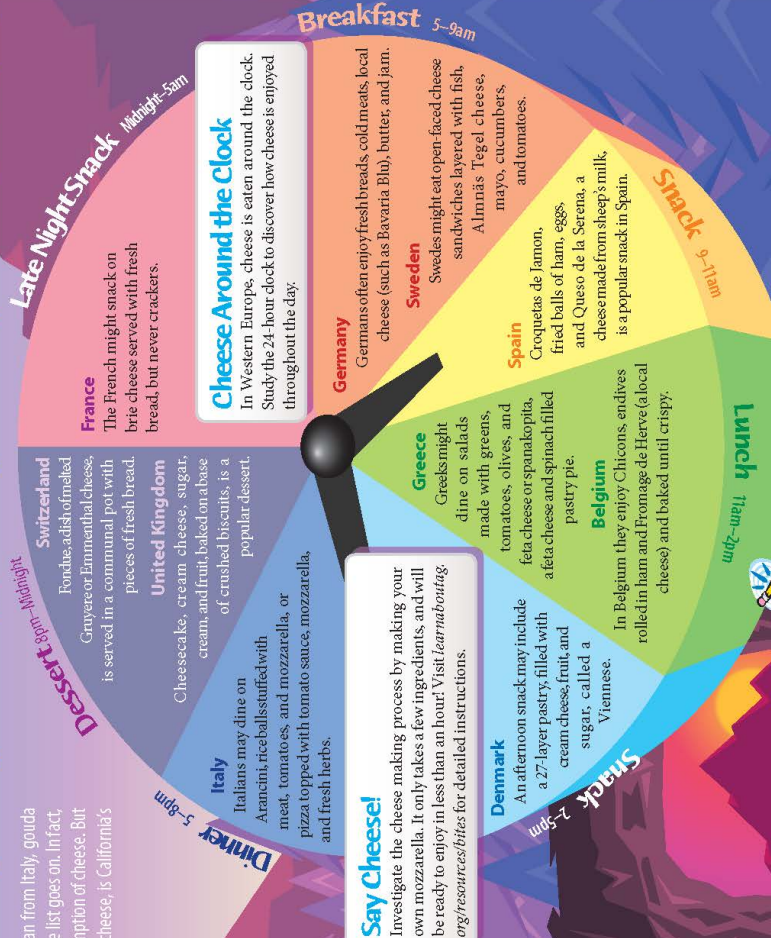
Mealtime	Meal Idea
Breakfast	
Morning Snack	
Lunch	
Afternoon Snack	
Dinner	
Dessert	

Did You Know?

Cheese can be digested by many people with lactose intolerance. Aged cheeses, such as Swiss, parmesan, and cheddar, contain only trace amounts of lactose.

Did You Know?

Cheese provides the body with calcium and protein, and it helps protect teeth against cavities.



Say Cheese!

Investigate the cheese making process by making your own mozzarella. It only takes a few ingredients, and will be ready to enjoy in less than an hour! Visit learnaboutag.org/resources/bites for detailed instructions.

The Degrees of Cheese

Find the angle of each mealtime sector. Use a protractor, or use mathematical equations. To find the percent of each sector, divide the number of hours in each sector by the total number of hours in the circle (24). To find each angle, multiply the percent (in decimal form) by 360.

Sector	Percent (%)	Angle (°)
Breakfast		
Morning Snack		
Lunch		
Afternoon Snack		
Dinner		
Dessert		
Late Night Snack		

Sources: California Milk Advisory Board (californiafarmilk.com)
Council of Europe (european-council.europa.eu)
Dairy Council of California (dairycouncil.org)