Foods 1 Cheese Webquest Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Visit the assignment on google classroom and use the links to answer the following questions. Assign each teammember a category and then share answers.

**Cheese Families**

1. What are the different kinds of cheese families?

**Cheese Overview**

1. What are the 7 categories of cheese?
2. List 5 of the textures listed on the website.
3. List 4 cheese storage tips
4. What are 3 tips to cutting cheese?
5. How many different cheeses are listed on this website?

**Nutritional Value of Cheese**

1. How many pounds of milk does it take to make 1 pound of cheese?
2. What percentage of preteen and teenage girls are at risk of not getting enough calcium?
3. What are the 4 basic ingredients that a natural cheese is made out of?
4. If you were looking to add more calcium in your diet, list 4 of the 9 cheeses that can best provide enough calcium.

**Nutritional Label Information**

1. Which cheese has the most calories in one serving?
2. Which cheese has the least calories in one serving?
3. Which cheese has the highest calcium in one serving?
4. Which cheese has the most sodium in one serving?

**Cheese making process**

1. According to the website, what are the 8 steps in the cheese making process?

**Cooking with Cheese**

1. What are the rules of melting cheese?
2. What are the 3 melting categories of cheese? List one example of cheese in each category

**What is Osteoporosis?**

1. What is osteoporosis?
2. What are the risk factors of osteoporosis?
3. What are the symptoms of osteoporosis?