

Glossary of Key Words

Lesson 1

Byproduct – a leftover from another product; example: the outer peel after an orange has been peeled and eaten

Homogenize – to break milk into smaller particles to make it smooth so the cream doesn't separate and float to the top

Pasteurize – to heat liquid at a high temperature for a short amount of time to kill any germs and keep it safe to drink

Sustainable nutrition – the concept of ensuring wholesome, nutrient-dense foods are accessible, affordable, and culturally relevant while also preserving environmental resources

Upcycle – to recycle or reuse something to create something new

Lesson 2

Cheese aging – a process where friendly bacteria and enzymes build flavor and change the texture of cheese over time

Curds – the soft lumpy solids, made mostly of protein and fat, that are formed when an acid (like lemon juice) is added to milk

Dairy products – milk and foods made from milk, like yogurt and cheese, that have special nutrients like calcium and vitamins to help the body and brain grow, develop, and stay healthy

Starter culture – friendly microorganisms, like bacteria, that change the flavor and texture of milk to make dairy products through fermentation

Whey – the liquid leftover once an acid (like lemon juice) is added to milk and the curds are removed

Lesson 3

Fermentation – a process where bacteria turn a starch or sugar into an acid, which creates a new food by changing the texture and creating a tangy flavor; example: the process to turn milk into yogurt or to pickle vegetables

Food culture – the practices or beliefs of a person, family, or community around eating, cooking, and producing food

Lactose – a type of natural sugar in milk and some dairy foods

Mouthfeel – how a food feels in the mouth; a term often used in food tasting and by food professionals

Probiotics – live microorganisms, or bacteria, that are found in some fermented foods, have a health benefit when eaten, and play an important role in the health of the digestive tract



For more information and additional resources, visit HealthyEating.org/ExploreDairyGuide.

This program aligns with the Dietary Guidelines for Americans. It is one of many nutrition education resources offered by Dairy Council of California for students and adults to improve eating patterns. For more information and additional resources, visit HealthyEating.org.



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Lesson 4

Food group – a set of foods with similar nutrients; Dairy, Vegetables, Fruits, Grains, Protein, which work together to provide nutrition for healthy bodies, minds, and brains

Food synergy – the concept that high-quality foods eaten together provide more health benefits than their individual components; example: yogurt mixed with fruit or whole grains

Healthy eating – a pattern of nutritious food choices made over time

Nutrient – a part of food so small it can't be seen without a microscope and that helps the body and brain grow, develop, and stay healthy; examples: protein, fat, vitamins, and minerals like calcium

Quality foods – whole foods that are minimally processed and provide nutrients; examples: dairy, fruits, vegetables, whole grains, lean meats, and beans

Lesson 5

Adaptability – the ability to change or adjust as the environment or situation changes

Critical thinking – analyzing information to form an opinion, make decisions, solve problems, and communicate clearly

Cultural sensitivity – awareness and empathy about the similarities and differences between people, cultures, customs, and lived experiences

Networking – building relationships and making connections between people

Resilience – the ability to work through or overcome challenging situations

