Milk

This task is about reading and comparing nutritional information.

Below is the information a milk company puts on the container of each of three different types of milk it produces.

A - FRESH NON-FAT MILK

NUTRITIONAL INFORMATION

Approx.	Per 100	mL
Energy	154	kJ
Protein	4.3	g
Fat	0.2	g
Carbohydrate	4.3	g
Calcium	160	mg

INGREDIENTS: Pasteurised non-fat milk, non-fat milk solids.

B - FRESH HOMOGENISED MILK

NUTRITIONAL INFORMATION

Approx.	Per 100	mL
Energy	260	kJ
Protein	3.4	g
Fat	3.3	g
Carbohydrate	4.7	g
Calcium	120	mg

INGREDIENTS:Pasteurised homogenised milk.

C - FRESH NON-FAT CALCI-TRIM MILK

NUTRITIONAL INFORMATION

Approx.	Per 100	mL
Energy	175	kJ
Protein	5.8	g
Fat	0.1	g
Carbohydrate	4.5	g
Calcium	205	mg

INGREDIENTS: Pasteurised non-fat milk, non-fat milk solids.

a)Which milk would give you the most energy if you drank 200 mL? _____

b)i) Which milk would be the best for someone who is concerned about the strength of their bones?

_____

ii)Explain why this milk would be good for that person.

_____

c)i) Which milk would be the best for a woman who is 5 months pregnant? _____

ii)Explain why you chose this milk.

_____

d)When milk is pasteurised it is heated to 72°C for 15 seconds followed by rapid cooling. Why is milk pasteurised?

_____

e)The company's milk comes in 500 mL, 1 L, or 2 L containers. Why has the company used a measure of 100 mL for their nutritional information?

_____

_____

Published on *Assessment Resource Banks* (https://arbs.nzcer.org.nz)