

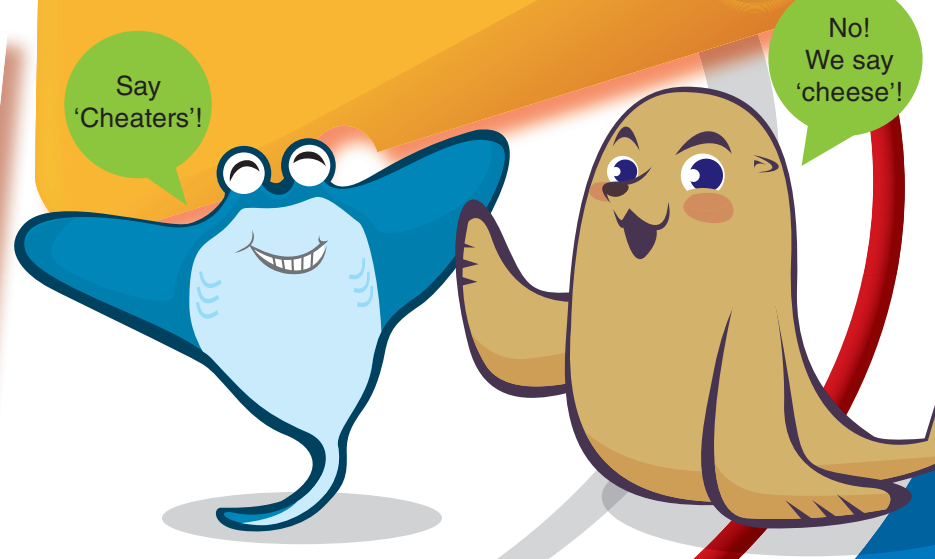
Goodies



Dairy

good food!

WHAT do you say when you are about to take a picture? You say 'cheese'! This food is one of the main staples of many Western diets. It is the curdled milk of sheep, goats or cows. It is made by mixing rennin, an enzyme found in the stomachs of mammals, with milk. When the mixture of half-solid milk is ready, it is then pressed into various shapes.



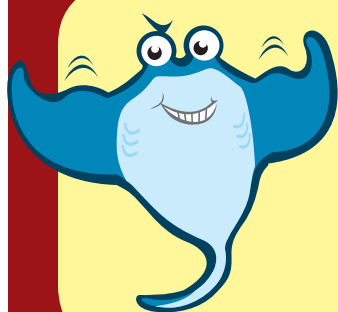


OVEREATING is bad! Overeating cheesecake is even worse! Boys and girls, please eat **sensibly** otherwise you will be as fat as Stevie and as **unhealthy** as Big Dee. You do not want to be fat and unhealthy, do you?

Good mould, bad mould

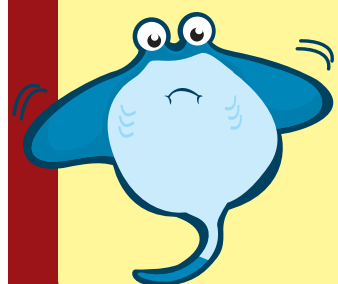
SOME cheeses are made with **mould** in the **manufacturing** process. They are a healthy mould and are perfectly safe to eat. However, there is also bad mould. This is created from poor storage and a dirty environment. Just remember the key to **distinguishing** them: good mould is blue or green and bad mould is grey or pink.

What you get from cheese



The good

- Good source of protein
- Rich in calcium
- Contains nutritional enzymes



The bad

- High in energy (eating too much could lead to obesity)
- Rich in fats



How many cheeses are there?

THERE are at least 600 different kinds of cheese. The kind of cheese depends on the type of milk used, the method used to produce it, the ingredients used and the type of mould that is formed.

