

## GLOSSARY OF TERMS

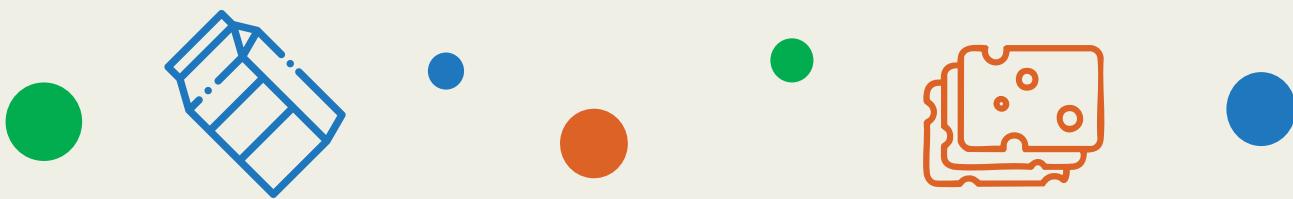
## LESSON 1



- **Dairy foods** – milk and foods made from milk, like yogurt and cheese, that have special nutrients that help the body and brain grow and stay healthy
- **Food group** – a group of foods similar in how they help the body; Dairy, Vegetables, Fruits, Grains, Protein
- **Nutrient** – a part of food so small it can't be seen without a microscope; it helps the body and brain grow and stay healthy; examples: vitamins, calcium, protein
- **Serving** – the amount of food eaten in a meal or snack

## LESSON 2

- **Byproduct** – a leftover from another product; example: the outer peel after an orange has been peeled and eaten
- **Cattle** – a group of cows
- **Chewing the cud** – when some animals eat their food by swallowing it, then bringing it back up to their mouth to chew again before swallowing it a second time
- **Digest** – to break down food into small pieces that can be used by the body
- **Herbivore** – an animal that only eats plants
- **Mammal** – an animal that has hair or fur on its body and gives birth to live babies, which it can feed with milk
- **Ruminant** – an animal with a special stomach and that chews its food more than once to help digest it; examples: cows, sheep, deer, giraffes
- **Upcycle** – to take something that might have been thrown away and change it into something new and useful



For more information and additional resources, visit: <https://DairyCouncilofCA.org>

## GLOSSARY OF TERMS

## LESSON 3

- **Homogenize** – to make milk smooth by mixing it really well so there are no lumps, and the creamy part doesn't float to the top
- **Pasteurize** – to make a liquid really hot for a short amount of time to kill any germs and keep it safe to drink
- **Processing plant** – a place where food is prepared for easy eating or storage; where food is changed into other products like making milk into yogurt or apples into applesauce
- **Transport** – to carry or move from one place to another

## LESSON 4

- **5 senses** – hearing, seeing, smelling, tasting, and touching as a way to know the world around us
- **Culture** – all the special things that make a group of people, a family, a community, or a whole country unique and different
- **Recipe** – a list of ingredients and instructions to make something



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## VOCABULARY CARDS

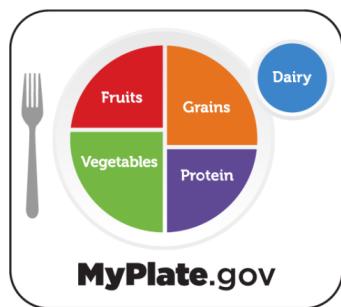
## LESSON 1

## DAIRY FOODS



milk and foods made from milk, like yogurt and cheese, that have special nutrients that help the body and brain grow and stay healthy

## FOOD GROUP



a group of foods similar in how they help the body; Dairy, Vegetables, Fruits, Grains, Protein

## NUTRIENT



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

## SERVING



to break down food into small pieces that can be used by the body

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## VOCABULARY CARDS

## LESSON 2



## BYPRODUCT



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



## CATTLE



a group of cows

FOLD

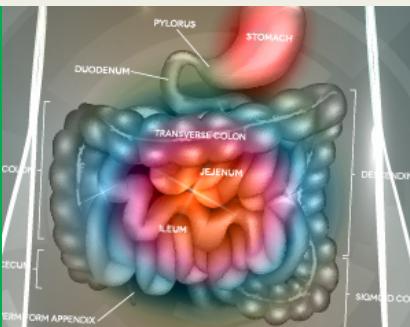
## CHEWING THE CUD



when some animals eat their food by  
swallowing it, then bringing it back up  
to their mouth to chew again before  
swallowing it a second time



## DIGEST



to break down food into small pieces  
that can be used by the body

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## VOCABULARY CARDS

## LESSON 2

HERBIVORE



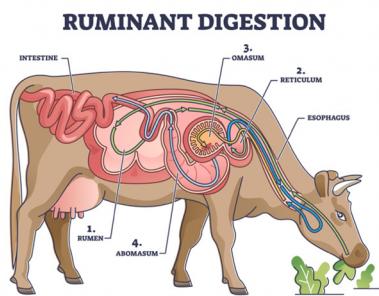
an animal that only eats plants

MAMMAL



an animal that has hair or fur on its body and gives birth to live babies, which it can feed with milk

RUMINANT



an animal with a special stomach and that chews its food more than once to help digest it; examples: cows, sheep, deer, giraffes.

UPCYCLE



to take something that might have been thrown away and change it into something new and useful

## VOCABULARY CARDS

## LESSON 3

**HOMOGENIZE**

to make milk smooth by mixing it really well so there are no lumps, and the creamy part doesn't float to the top

**PASTEURIZE**

to make a liquid really hot for a short amount of time to kill any germs and keep it safe to drink

**PROCESSING PLANT**

a place where food is prepared for easy eating or storage; where food is changed into other products like making milk into yogurt or apples into applesauce

**TRANSPORT**

to carry or move from one place to another

## VOCABULARY CARDS

## LESSON 4

## 5 SENSES



hearing, seeing, smelling, tasting, and touching as a way to know the world around us



## CULTURE



all the special things that make a group of people, a family, a community, or a whole country unique and different



## RECIPE



a list of ingredients and instructions to make something, like food



FOLD



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