

Quiz for Module I : Dairy

Name _____

Date _____

1. What is the primary sugar in milk?

1. Lactose
2. Whey
3. Acidophilus

2. What are the primary amino acids / protein in milk?

1. Whey
2. Casein
3. Lactose

3. There are some genetic strains of cows that make their milk safer to drink due to the fact they do not release BCM7 into the body?

1. True
2. False

4. BCM7 contains morphine and may act as a respiratory suppressor?

1. True
2. False

5. Raw milk is unpasteurized. Because the milk does not experience high heat which destroys (denature) the protein, the body tolerates it easier without the immune system reacting to unrecognizable elements.

1. True
2. False

6. A2 cows have an amino acid in the protein, casein, that firmly holds onto BCM7, making it safer for human consumption.

1. True
2. False

7. Washington state is one of the growing number of states that allows the legal sale of raw milk?

1. True
2. False

8. Raw milk lasts about one week before it goes sour, given it has lots of nutrients that spoil if not refrigerated.

1. True
2. False

9. Commercial milk producers heat the milk to such a high degree, that many of the nutrients that can spoil are destroyed, allowing milk to last up to 30 days in the super market cooler?

1. True
2. False

Answers listed below.

Answers

1. Lactose
2. Whey and Casein
3. True
4. True
5. True
6. True
7. True
8. True
9. True