



From Milk to Yogurt to Cheese: How Is Milk

Transformed?

OBJECTIVE

Understand how **milk** is transformed into different dairy products, distinguishing **simple processes** from **more intensive processes**, and reflect on the impact of these transformations on nutritional composition.

YOUR MISSION

Choose a **dairy product** that you usually consume and follow its journey from **raw milk** to the final product.

Step 1 - Identify the product

- **Chosen product:** _____
(e.g. UHT milk, natural yogurt, fresh cheese, cured cheese)
- **Form of consumption:** ☐ solid fermented ☐ liquid ☐

Step 2 – From milk to product

Mark the steps you think are part of the transformation:

- ☐ Milking
- ☐ Filtration and normalization
- ☐ Pasteurization / UHT
- ☐ Fermentation
- ☐ Coagulation and desorption (cheeses)
- ☐ Maturation (some cheeses)
- ☐ Packaging



WHICH OF THESE STAGES DO YOU THINK ALTER THE ORIGINAL MILK THE MOST? WHY?

Step 3 - Degree of transformation

Rate the product you have chosen:

- ☐ Little transformed
- ☐ Moderately processed
- ☐ Very transformed

WHAT LED YOU TO THIS CHOICE?

Step 4 – Impact on composition

Reflect and answer:

- Does the product keep **milk as the main ingredient**?
- Is there **added sugar, salt or fat**?
- What nutrients are maintained or concentrated (e.g. protein, calcium)?

REFLECTION:



FINAL REFLECTION

If you had to choose between two dairy products (more or less processed), which one would you choose more often and why?

FOODWISELAB TIP

Plain dairy products (plain milk, plain yoghurt, cottage cheese) tend to be **less processed** and allow greater control of sugar and salt than flavoured or highly processed versions.