

TASTY TUESDAY

“Observe Chemical Reactions by Making Cheese Curds!”

Get ready for a deliciously educational adventure as we explore the science of cheese-making! In this hands-on activity, children will discover the magical transformation of milk into cheese curds using a simple acid like lemon juice or vinegar.

Materials Needed:

- Whole milk
- Lemon juice or white vinegar (white vinegar will give it a more neutral taste)
- A saucepan
- A stirring spoon
- Cheesecloth
- A strainer

Simply heat some whole milk in a saucepan, stirring constantly, until it starts to simmer. Then, add your lemon juice or white vinegar and continue to stir. You should begin to see clumps in about a minute. Once your curds separate from the whey (the liquid part of the milk) then you can pour it into a cheese cloth (or something similar) and squeeze it until all the liquid is out. Now enjoy your cheese! You can eat it as is or even shape it with a mold to eat later.

Taste the milk beforehand and then taste your cheese when it's done— how is it similar and how is it different? How does the milk change when you apply heat and your acid?

Benefits:

- Introduces basic chemistry concepts in a fun and interactive way
- Encourages observational skills as children witness the transformation of milk into cheese curds
- Develops fine motor skills through stirring and pouring
- Fosters an appreciation for homemade food and the science behind it