



**Where Does Cheese  
Come From?**

**How is it made?**

# Step 1: Treat the Milk Right

- Milk from cows is heated to kill the bad germs
- Then the milk is cooled
- After the cooling, good bacteria are added to the milk
- This is where cheese gets its flavor

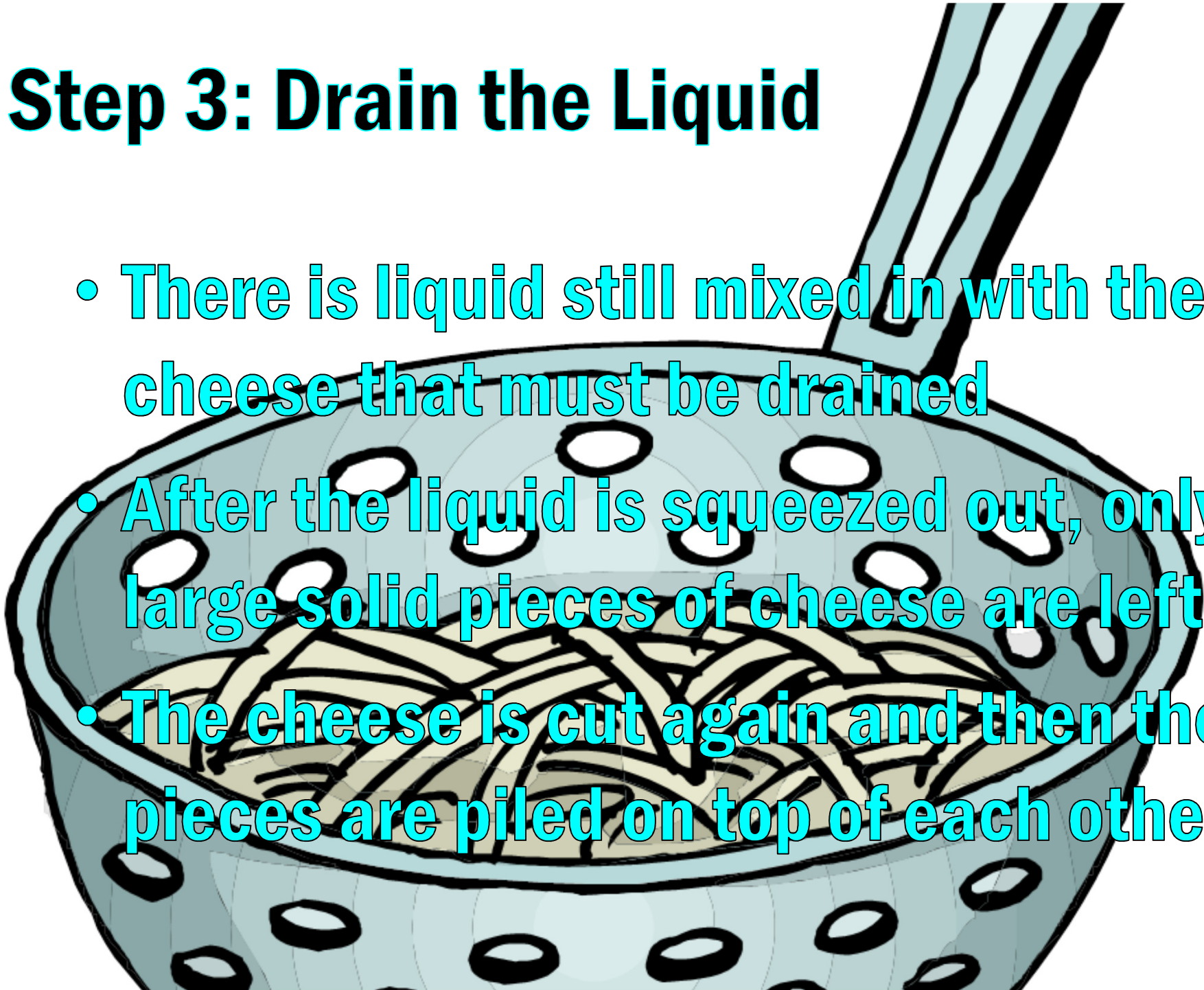


## **Step 2: Form the Curd**

- **An enzyme called rennet is added**
- **This makes the milk curd, which is solid**
- **The cheese is left alone for 30 minutes**
- **Balls of cheese are cut into very small pieces and heated again to 100°F**

## Step 3: Drain the Liquid

- There is liquid still mixed in with the cheese that must be drained
- After the liquid is squeezed out, only large solid pieces of cheese are left
- The cheese is cut again and then the pieces are piled on top of each other



## **Step 4: Add Salt**



- **Salt is then sprinkled on the cheese**
- **The salt and cheese are mixed together**
- **This also helps the cheese get its flavor**



## Step 5: Making the Blocks

- The cheese is placed in big machines that shape the cheese into blocks
- Cheese is kept in huge refrigerators until it is ready to be eaten
- This could mean months to years before anyone eats it



## Step 6: Your Plate

- When the cheese is ready, it is sent to stores for you to buy
- Enjoy cheese on sandwiches, pasta, and many other of your favorite foods!
- Remember cheese is in the dairy food group and has calcium in it that keeps your bones and teeth strong!

