



## HOUT 1

(CLIL Lesson Plan – World Cuisine: Milk Balls)

Useful link: <https://www.onlyfoods.net/types-of-milk>

# Types of Milk

ONLYFOODS

## DAIRY

 <p><b>Cow Milk (1% fat)</b> Calories: 103 kcal Protein: 8 gm Calcium: 300 mg Carbs: 12 gm Fat: 2.4 gm</p>	 <p><b>Goat Milk</b> Calories: 168 kcal Protein: 9 gm Calcium: 327 mg Carbs: 11 gm Fat: 10 gm</p>	 <p><b>Sheep Milk</b> Calories: 265 kcal Protein: 8 gm Calcium: 470 mg Carbs: 13 gm Fat: 17 gm</p>	 <p><b>Camel Milk</b> Calories: 100 kcal Protein: 6 gm Calcium: 330 mg Carbs: 10 gm Fat: 6 gm</p>
 <p><b>Water Buffalo Milk</b> Calories: 237 kcal Protein: 12 gm Calcium: 451 mg Carbs: 12 gm Fat: 12 gm</p>	 <p><b>Donkey Milk</b> Calories: 150 kcal Protein: 5 gm Calcium: 150 mg Carbs: 18 gm Fat: 6 gm</p>	 <p><b>Moose Milk</b> Calories: 350 kcal Protein: 24 gm Calcium: 630 mg Carbs: 35 gm Fat: 20 gm</p>	 <p><b>Mare Milk</b> Calories: 110 kcal Protein: 5.5 gm Calcium: 310 mg Carbs: 11 gm Fat: 6 gm</p>

## NON-DAIRY

 <p><b>Almond Milk</b> Calories: 60 kcal Protein: 1 gm Calcium: 470 mg Carbs: 8 gm Fat: 2.5 gm</p>	 <p><b>Oat Milk</b> Calories: 120 kcal Protein: 4 gm Calcium: 350 mg Carbs: 16 gm Fat: 5 gm</p>	 <p><b>Soy Milk</b> Calories: 100 kcal Protein: 7 gm Calcium: 60 mg Carbs: 4 gm Fat: 4 gm</p>	 <p><b>Coconut Milk</b> Calories: 552 kcal Protein: 5 gm Calcium: 40 mg Carbs: 0.5 gm Fat: 4.5 gm</p>
 <p><b>Pea Milk</b> Calories: 100 kcal Protein: 8 gm Calcium: 450 mg Carbs: 6 gm Fat: 4.5 gm</p>	 <p><b>Rice Milk</b> Calories: 120 kcal Protein: 0.7 gm Calcium: 300 mg Carbs: 23 gm Fat: 2.5 gm</p>	 <p><b>Hemp Milk</b> Calories: 100 kcal Protein: 3 gm Calcium: 300 mg Carbs: 0 gm Fat: 3.5 gm</p>	 <p><b>Peanut Milk</b> Calories: 150 kcal Protein: 8 gm Calcium: 285 mg Carbs: 6 gm Fat: 4.5 gm</p>
 <p><b>Cashew Milk</b> Calories: 170 kcal Protein: 1 gm Calcium: 450 mg Carbs: 8 gm Fat: 2.5 gm</p>	 <p><b>Walnut Milk</b> Calories: 120 kcal Protein: 1 gm Calcium: 450 mg Carbs: 13 gm Fat: 7 gm</p>	 <p><b>Flax Milk</b> Calories: 25 kcal Protein: 5 gm Calcium: 290 mg Carbs: 2 gm Fat: 2.5 gm</p>	 <p><b>Macadamia Milk</b> Calories: 50 kcal Protein: 1 gm Calcium: 450 mg Carbs: 1 gm Fat: 5 gm</p>
 <p><b>Hazelnut Milk</b> Calories: 100 kcal Protein: 3 gm Calcium: 180 mg Carbs: 1 gm Fat: 4 gm</p>	 <p><b>Quinoa Milk</b> Calories: 70 kcal Protein: 2 gm Calcium: 120 mg Carbs: 12 gm Fat: 1.5 gm</p>	 <p><b>Tiger Nut Milk</b> Calories: 100 kcal Protein: 1 gm Calcium: 180 mg Carbs: 10 gm Fat: 7 gm</p>	 <p><b>Potato Milk</b> Calories: 110 kcal Protein: 0.7 gm Calcium: 20 mg Carbs: 5 gm Fat: 2 gm</p>

\*Nutritional data per cup (8oz) of milk

