



HOUT 1

(CLIL Lesson Plan – World Cuisine: Milk Balls)

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

Types of Milk

ONLYFOODS

DAIRY



Cow Milk (1% fat)
Calories: 103 kcal
Protein: 8 gm
Calcium: 300 mg
Carbs: 12 gm
Fat: 2.4 gm



Goat Milk
Calories: 168 kcal
Protein: 9 gm
Calcium: 327 mg
Carbs: 11 gm
Fat: 10 gm



Sheep Milk
Calories: 265 kcal
Protein: 8 gm
Calcium: 470 mg
Carbs: 13 gm
Fat: 17 gm



Camel Milk
Calories: 100 kcal
Protein: 6 gm
Calcium: 330 mg
Carbs: 10 gm
Fat: 6 gm



Water Buffalo Milk
Calories: 237 kcal
Protein: 12 gm
Calcium: 451 mg
Carbs: 12 gm
Fat: 12 gm



Donkey Milk
Calories: 150 kcal
Protein: 5 gm
Calcium: 150 mg
Carbs: 18 gm
Fat: 6 gm



Moose Milk
Calories: 350 kcal
Protein: 24 gm
Calcium: 630 mg
Carbs: 35 gm
Fat: 20 gm



Mare Milk
Calories: 110 kcal
Protein: 5.5 gm
Calcium: 310 mg
Carbs: 11 gm
Fat: 6 gm

NON-DAIRY



Almond Milk
Calories: 60 kcal
Protein: 1 gm
Calcium: 470 mg
Carbs: 8 gm
Fat: 2.5 gm



Oat Milk
Calories: 120 kcal
Protein: 4 gm
Calcium: 350 mg
Carbs: 16 gm
Fat: 5 gm



Soy Milk
Calories: 100 kcal
Protein: 7 gm
Calcium: 60 mg
Carbs: 4 gm
Fat: 4 gm



Coconut Milk
Calories: 552 kcal
Protein: 5 gm
Calcium: 40 mg
Carbs: 0.5 gm
Fat: 4.5 gm



Pea Milk
Calories: 100 kcal
Protein: 8 gm
Calcium: 450 mg
Carbs: 6 gm
Fat: 4.5 gm



Rice Milk
Calories: 120 kcal
Protein: 0.7 gm
Calcium: 300 mg
Carbs: 23 gm
Fat: 2.5 gm



Hemp Milk
Calories: 100 kcal
Protein: 3 gm
Calcium: 300 mg
Carbs: 0 gm
Fat: 3.5 gm



Peanut Milk
Calories: 150 kcal
Protein: 8 gm
Calcium: 285 mg
Carbs: 6 gm
Fat: 4.5 gm



Cashew Milk
Calories: 170 kcal
Protein: 1 gm
Calcium: 450 mg
Carbs: 8 gm
Fat: 2.5 gm



Walnut Milk
Calories: 120 kcal
Protein: 1 gm
Calcium: 450 mg
Carbs: 13 gm
Fat: 7 gm



Flax Milk
Calories: 25 kcal
Protein: 5 gm
Calcium: 290 mg
Carbs: 2 gm
Fat: 2.5 gm



Macadamia Milk
Calories: 50 kcal
Protein: 1 gm
Calcium: 450 mg
Carbs: 1 gm
Fat: 5 gm



Hazelnut Milk
Calories: 100 kcal
Protein: 3 gm
Calcium: 180 mg
Carbs: 1 gm
Fat: 4 gm



Quinoa Milk
Calories: 70 kcal
Protein: 2 gm
Calcium: 120 mg
Carbs: 12 gm
Fat: 1.5 gm



Tiger Nut Milk
Calories: 100 kcal
Protein: 1 gm
Calcium: 180 mg
Carbs: 10 gm
Fat: 7 gm



Potato Milk
Calories: 110 kcal
Protein: 0.7 gm
Calcium: 20 mg
Carbs: 5 gm
Fat: 2 gm

*Nutritional data per cup (8oz) of milk



Vocabulary help? Access the project [Gastronomy e-Pictionary](#)

