

HOUT 1

(CLIL Lesson Plan – World Cuisine: Milk Balls)

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

Types of Milk

ONLYFOODS

DAIRY

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

NON-DAIRY

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

*Nutritional data per cup (8oz) of milk

