



Make Your Own Cottage Cheese

How children that cottage cheese is another food made from milk. This recipe requires a stove or hot plate. Supervise children carefully.

Slowly bring one pint of milk to a boil. Add one tablespoon of lemon juice and stir. When cool, strain to separate the curds and whey. Explain that these are the “curds and whey” that Little Miss Muffet eats. Invite children to taste the homemade cottage cheese.

