



## Summary:

Cheese is a food derived from milk that is produced in a wide range of flavors and textures, and forms by coagulation of the milk protein, casein. Milk is coagulated by adding acid and enzyme rennet which results in the separation of whey and casein. The solids are separated and pressed into the curd, which mostly consist of proteins and fats. Some cheeses have molds on the rind or throughout. There are hundreds of types of cheeses produced worldwide with different textures and flavors. Their styles, textures and flavors depend on the origin of the milk whether they have been pasteurized, the butterfat content, the bacteria and mold, the processing, and aging. Cheese is valued for its portability, long life, and high content of fat, protein, calcium and phosphorus. Cheese is more compact and has a longer shelf life than milk, although how long a cheese will keep depend on the type of cheese.