



CHEESE

- Cheese can be made from almost any milk, including milk from cows, sheep, goats, and buffalo!
- Mozzarella and cheddar are the most popular cheeses in the United States, but there are over 1,000 different varieties of cheese in the world!
- Fresh goat cheese, often called chèvre, is creamy, tart, and tangy.
- Lactose is a natural sugar found in cow's milk that is hard for many people to digest. Goat milk has lower levels of lactose and different kinds of proteins than cow's milk. This makes goat cheese easier to digest.



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



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SCIENCE: Gaga About Goats!

Goats were one of the first animals to be domesticated by humans and were being herded 9,000 years ago.

Goats can be taught their name and to come when called.

Baby goats (called kids) are standing and taking their first steps within minutes of being born.

Goats are herd animals and will become depressed if kept without any goat friends. It is unhealthy for a goat to be kept as a solitary pet.

Goats, being mountain animals, are very good at climbing. They have been known to climb to the tops of trees!

Goats' have horizontal, rectangular pupils. This gives them a panoramic field of vision of 320 to 340 degrees (compared to humans with 160-210)! The shape and size of the pupils also gives goats more control over how much light enters the eye, which allows them to see well at night.



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