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Cheese Day with Dad

by

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Michael was a five-year-old boy who lived on a farm with his dad Ali and his mom. They had 50 sheep that gave them fresh milk every day. Michael loved to drink the milk and eat the cheese that his mom made from it.

One day, his mom had to take Grandma to the doctor, so she asked Ali and Michael to make the cheese for her. Michael was very excited to help his dad with this task. He ran to the kitchen and put on his apron.

"Are you ready, Michael?" Ali asked.

"Yes, dad!" Michael said.

"OK, then. First, we need to wash our hands," Ali said.

"Why do we need to wash our hands, dad?" Michael asked.

"Because hygiene is very important before making cheese, son," Ali explained. "Hygiene means keeping ourselves and our things clean. If we don't wash our hands, we might have germs on them. Germs are tiny things that can make us sick or spoil the cheese. We don't want that, do we?"

"No, we don't, dad," Michael said.

"So, let's wash our hands with soap and water for 20 seconds. Can you count to 20 with me?" Ali said.

"Yes, dad!" Michael said.

They washed their hands together and counted to 20. Then they dried their hands with a clean towel.



"Good job, Michael. Now we can start making the cheese," Ali said.

They poured the milk into a big pot and heated it on the stove. They added some vinegar and salt and stirred the mixture. They watched as the milk turned into curds and whey.

"What are curds and whey, dad?" Michael asked.

"Curds are the solid parts of the milk that will become cheese. Whey is the liquid part that we will drain out," Ali said.

They lined a colander with a cheesecloth and poured the curds and whey into it. They squeezed the cheesecloth to remove the excess whey. They shaped the cheese into a ball and wrapped it in a fresh cheesecloth.



"Wow, dad. We made cheese!" Michael said.

"Yes, we did, son. But we are not done yet. We need to store the cheese in the fridge for a few hours to let it set. Then we can eat it or share it with our friends," Ali said.

"Can we share it with Grandma when she comes back from the doctor?" Michael asked.

"Of course, we can, son. I'm sure she will love it. But before we put the cheese in the fridge, we need to do one more thing. Can you guess what it is?" Ali asked.

"Um, wash our hands again?" Michael guessed.

"That's right, son. We need to wash our hands again after making the cheese. And we also need to wash the pot, the colander, the cheesecloth, and the spoon. We need to keep everything clean so that the cheese stays fresh and tasty," Ali said.

They washed their hands and the utensils and put the cheese in the fridge. They smiled at each other and gave each other a high five.

"We did it, dad. We made cheese!" Michael said.

"Yes, we did, son. And we learned about hygiene too. Hygiene is very important for our health and our food. Remember to always wash your hands before and after you eat or cook. And keep your things clean too. OK?" Ali said.

"OK, dad. I will remember that. Thank you for teaching me how to make cheese. I love you, dad," Michael said.

"I love you too, son. You are a great helper and a fast learner. I'm proud of you, Michael," Ali said.

They hugged each other and waited for mom and Grandma to come back. They couldn't wait to share their cheese with them and tell them about their adventure.