

THE HISTORY OF CHEESE

Cheddar cheese is part of the 'milk, yogurt and cheese' food group in the Food Pyramid. Three servings are recommended per day from this food group for children aged 5-8 years, with five daily servings recommended for those aged 9-18 years. Examples of a serving include 200ml of milk, 125ml of yogurt or 25g of Cheddar cheese. Cheddar cheese provides many important nutrients such as calcium, protein, phosphorus and vitamin B12.



1. Ireland is famous for rain, grass, cows and milk! Before the potato came to Ireland, people ate lots of milky things - like yogurts, curds and soft cheeses.

2. Farmers kept big herds of cows often guarded by cow-boys or Buachaillí.

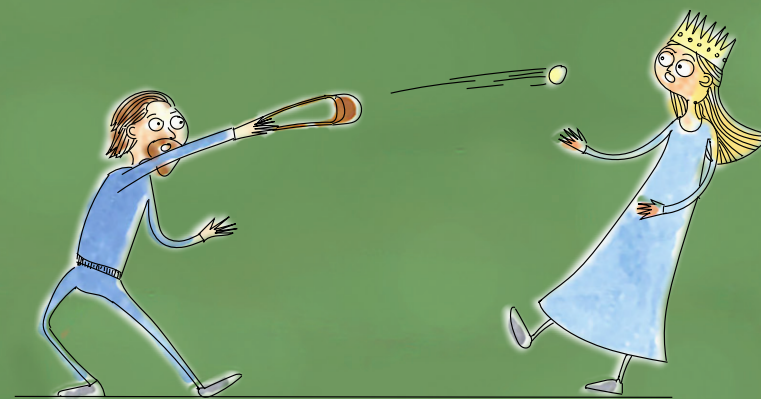
3. In summer, it was the girls' job to do all the milking.

4. Irish people ate so many milk and cheese products that they had a special word for all this food; bán biad, which means white meat.

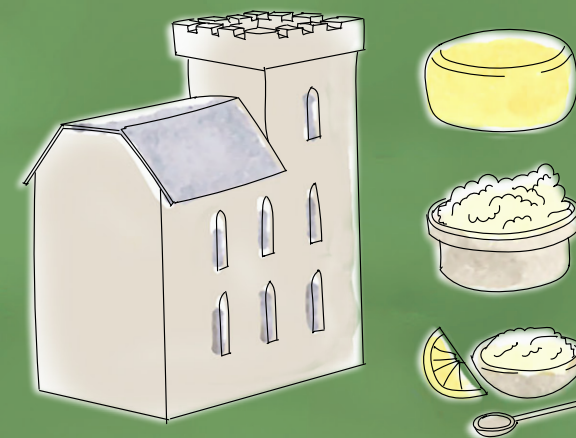
5. People had to transform their milk into a food that would keep over the cold winter months. Cheese is simply milk that keeps for a long time!



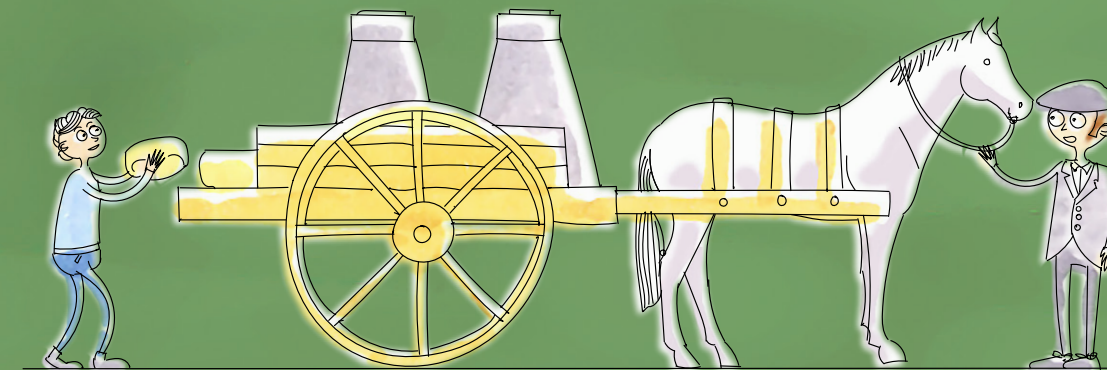
6. Cheese is one of Ireland's oldest foods, well over 1000 years old!



7. In fact, one story of ancient Ireland says that Queen Medb was killed by a piece of hard cheese that was hurled at her by a warrior from his sling.



8. When potatoes came to Ireland, people ate less cheese and used milk for making butter. Slowly, cheese disappeared and it was mostly wealthy people that made cheeses like slip coat, cream cheese and curd cheese.



9. As sales in butter started to fall in the early 1900s, cheesemaking became popular again, with Cheddar becoming a favourite.



10. In the 1970s many factories started making a variety of different cheeses. Some people also started making cheese at home again. Today you can find almost 100 varieties of Irish cheese – all delicious and all a piece of milk magic.