



# CHEESES OF EUROPE GROUP WORKSHEET (Senior Lesson Plan 6)

## ACTIVITY 1:

**Read** about the 'Cheeses of Europe'.

**Discuss** in your class.

### Cheeses of Europe

It's thought that the making of cheese dates back to more than 4000 years ago. By the time of the Roman Empire the production of cheese was already an important business in Europe. As people moved around to different countries they brought their own cheese-making traditions with them.

- **Brie** is a soft cheese which comes from the Brie region in Northern France. It is made from cow's milk and is soft, creamy and yellow on the inside with a strong smell. People have been making Brie for over a thousand years.
- **Manchego** is a hard cheese which comes from the 'La Mancha' region of Spain. It has been produced there for thousands of years. Manchego is golden in colour and it is made from sheep's milk.
- **Parmesan** is probably Italy's most famous cheese. It comes from the Parma region of Italy. It is a hard, dry cheese which is often grated and usually eaten with pasta dishes. It is made from cow's milk.
- **Gouda** is a semi-hard cheese which comes from the city of Gouda in Holland but it is now made all over the world. It is a yellow cheese with a waxy rind on the outside. It is usually made from pasteurised cow's milk but sometimes it can be made from goat's or sheep's milk.
- **Feta** cheese comes from mainland Greece. It is one of the main ingredients in traditional Greek Salad. It is a soft white cheese which is made from sheep's or goat's milk. It is a crumbly cheese with a salty taste. Making Feta takes a long time as it needs to be kept in brine for at least a few months.
- **Emmental** is a semi-hard Swiss Cheese which is named after the Emmental Valley in Switzerland. It is yellow with large holes and a thin rind. The holes appear because of the bubbles of carbon dioxide which are created when the cheese is being made. Emmental is made from cow's milk.

## ACTIVITY 2:

**Read** the 'Cheeses of Europe' questions and **answer** them in your copy book.

### Cheeses of Europe Questions:

1. How old is the tradition of cheese-making?
2. How did cheese-making traditions spread throughout Europe?
3. Which of the cheeses above are made from cow's milk?
4. Which of the cheeses above are made from sheep's milk?
5. Sort the cheeses into categories of soft, semi-hard and hard cheese.
6. Explain why it takes so long to make Feta cheese?
7. Explain why Emmental cheese has large holes in it?
8. Where do you think Manchego cheese gets its name?
9. Name Italy's most famous cheese. From what region of Italy does it come?
10. List any other famous cheeses you can name.



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