

Yogurt made from BC Milk is delicious and can be enjoyed in so many different ways! Which way is your favourite? Frozen, in baking or cooking, in a smoothie, by the spoonful, mixed with fruit and granola, or from the cup or tube?

## HOW IT'S MADE

### 1 IT STARTS WITH B.C. MILK

First, fresh milk or cream is pasteurized to eliminate any potential bad bacteria. It is then homogenized (has the fat droplets emulsified) to maintain a smooth, creamy texture. The fermentation process then begins with the addition of lactic bacteria starters (cultures).

### 2 GETTING CULTURED

*Lactobacillus bulgaricus* and *Streptococcus thermophiles* bacteria are added, and the yogurt is kept warm to stimulate bacteria activity.

### 3 IN THE THICK OF IT

The added bacteria then converts the lactose (the sugar naturally found in milk) to lactic acid, which causes the milk to thicken and the tangy yogurt taste to form.

### 4 ALL IN GOOD TASTE

The yogurt is then cooled and flavoured. Then it is ready to be sold in stores for you to buy and then consume at home.



## YOUR YOGURT GUIDE

**STIRRED YOGURT:** this even textured yogurt is great consumed on its own.

**BALKAN-STYLE OR SET-STYLE YOGURT:** this yogurt is poured into containers and goes through the incubation process without any stirring to give it a thick texture.

**GREEK YOGURT:** this protein rich yogurt is thick and creamy because it is strained of any liquid.

**SKYR:** an Icelandic style yogurt that is thick like Greek yogurt but milder in taste.

**PROBIOTIC YOGURT:** this yogurt had additional strains of good bacteria called probiotics added to it which maintain a healthy gut flora.

**KEFIR:** this yogurt is fermented with yeast and contains lots of probiotics with a slight zesty taste.

**DRINKABLE YOGURT:** this thin texture yogurt, often sweetened and flavoured is an easy to drink snack.

**FROZEN YOGURT:** a frozen, often sweetened yogurt that doesn't contain any live bacterial cultures because of the freezing process.



## YOGURT: A DELICIOUS FERMENT

Fermented foods have been around for thousands of years to preserve food or change their taste. More recently they have been growing in popularity for their health (especially gut health) benefits.



There are thousands of foods from many different cultures which are fermented. Some of them you might have heard of and seen on your local grocery store shelves. Cultured yogurt, kefir, sauerkraut, pickles, miso, tempeh, natto, kimchi, sourdough bread, kombucha, aged cheeses.

### DID YOU KNOW...?

Canadians consume an annual average of 11.01 litres of yogurt per person!

## FOOD STUDIES ACTIVITY: YOGURT BARK

**CURRICULUM CONNECTIONS:** FOOD STUDIES 6 & 7: basic food handling and simple preparation techniques and equipment.

### Ingredients:

- 500 mL of yogurt (Greek Yogurt works well but any type will work)
- Optional additions:
- Approximately 125 mL of:
  - Pumpkin seeds, unsweetened coconut, nuts, cereal, bananas, granola, chocolate chips, diced fruit, or a combination of items.



### Procedure:

1. Wash hands
2. Spread the yogurt evenly over a parchment paper lined baking sheet.
3. Top with optional additions.
4. Freeze until firm (about 2 hours).
5. Remove from the freezer, break into pieces, and enjoy!

## SCIENCE: YOGURT CUP TELEPHONE

**CURRICULUM CONNECTIONS:** APPLIED DESIGN SKILLS AND TECHNOLOGIES 6 & 7: forms of energy (sound), APPLIED DESIGN SKILLS AND TECHNOLOGIES 4 & 5: The choice of technology and tools depends on the task, SCIENCE 4: Energy can be transformed, SCIENCE 5: Machines are devices that transfer force and energy.

### Materials (per 2 students):

- 2 yogurt cups
- 2 paper clips
- String (3 meters in length)
- To Share: Pushpins, scissors



### Procedure:

- Use the push pin to poke a hole in the bottom of each empty, clean yogurt cup.
- Thread the string through the hole of each cup.
- Tie a paperclip on the end of each string (inside the cup)
- Have one student hold one cup, and the other take the other cup and walk until the string is tight.
- Then have one student talk through the inside of the cup while the other one listens.
- Questions to extend learning: What happens if you hold the string while talking? What happens if you make the string longer or shorter? What do you think might happen if you used fishing line? Could you make a telephone to talk to more than one person at once?

## MY FAVOURITE TYPE OF YOGURT ACTIVITY

**CURRICULUM CONNECTIONS:** FOOD STUDIES GRADE 6 & 7: basic food handling and simple preparation techniques and equipment, PHYSICAL AND HEALTH EDUCATION 4: practices that promote health and well-being: healthy eating (taste preferences), PHYSICAL AND HEALTH EDUCATION 5: food choices (enjoyment, comfort, energy) to support active lifestyles and overall health, PHYSICAL AND HEALTH EDUCATION 7: factors that influence personal eating choices (personal taste), MATH 4 & 5: one-to-one correspondence and many-to-one correspondence, using bar graphs and pictographs.

1. Put out three different types of unsweetened yogurt (Greek, stirred, skyr, low or full fat, etc.) in bowls or containers which do not show what they are.
2. Have students use a new spoon or popsicle stick to dip into the first sample. Encourage the students to not talk during the tasting and to use their senses to make observations about the sample. Have them record several words to describe the first sample.
3. Have students repeat for the other two samples.
4. When they have tasted all the samples, have them decide which one was their favourite.
5. Use a bar graph to graph the favourite type, individually or as a whole class activity.
6. Reveal the types of yogurts to students and have them reflect on why the sample was their favourite.

