

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**  
B.C. milk or cream is pasteurized and homogenized.
- 2 GETTING CULTURED**  
Lactic bacteria starters are added for fermentation.
- 3 IN THE THICK OF IT**  
The Lactose is converted to lactic acid, thickening the yogurt.
- 4 ALL IN GOOD TASTE**  
Then it is cooled, flavoured and ready to be sold in stores.



## YOUR YOGURT GUIDE



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



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



**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.



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



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



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



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



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

## DID YOU KNOW...?

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

## YOGURT PARFAIT RECIPE:

**CURRICULUM CONNECTIONS:** HEALTH AND PHYSICAL EDUCATION 2: practices that promote health and well-being, including those relating to nutrition, and illness prevention, HEALTH AND PHYSICAL EDUCATION 3: nutrition and hydration choices to support different activities and overall health.

### Ingredients:

- 125 mL plain yogurt
- 65 mL fruit (such as fresh or frozen and thawed berries, diced fruit or applesauce)
- 65 mL crunchy topping (such as granola, dry cereal, hemp hearts, chia seeds or unsweetened coconut)



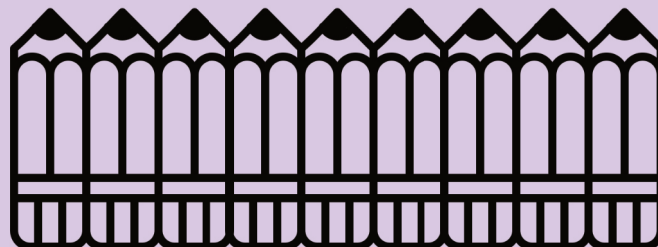
### Procedure:

1. Wash hands.
2. Place half the yogurt in a small container, bowl or mason jar.
3. Top with fruit.
4. Top with the rest of the yogurt.
5. Finish with the crunchy toppings.
6. Enjoy!

## HOW TO MAKE A YOGURT PARFAIT WRITING

**CURRICULUM CONNECTIONS:** ENGLISH LANGUAGE ARTS GRADES 1-3: create stories and other texts to deepen awareness, use personal experience and knowledge to connect to text and make meaning.

After making a yogurt parfait or watching a video about making one, students will write, "How to Make a Yogurt Parfait". They can use the format: First, then, finally, and can use pictures to accompany their written text.



## YOGURT CUP ACTIVITIES

**CURRICULUM CONNECTIONS:** PHYSICAL AND HEALTH EDUCATION 1-3: Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments.

### Cup Stacking:

Wash out yogurt cups and give groups of students 21 cups. Ask them to make the tallest tower, a pyramid, and finally- can they make a heart shape?

### Cup Bowling:

Have students stack yogurt cups two or three high and set up in a bowling pin formation. Use a ball to bowl the yogurt cups over. Restack and try again- can you knock over more? Can you stand farther away and still knock them over?

### Cup Relays:

Have groups of students set up 6 yogurt cups in line about 30-60 cm. apart. Have students stand behind the first cup in the line and complete an activity through the cones, and back. Then the have the next member of the group will go. Ideas: dribbling a soccer ball, jumping on one foot, skipping, walking backwards, crab walking, running balancing a beanbag on their head.

## FAMILY CONNECTION

Ask students to try a new type of yogurt with their family. Have them write 2-3 sentences describing what type they ate and if everyone liked it or not and why.



## YUMMY YOGURT VOCABULARY

**Pasteurization:** the process where certain foods are quickly heated for a short time to kill bacteria that can make you sick.

**Probiotics:** a microorganism introduced into the body for its "good for you" qualities.

**Parfait:** is the French word for perfect, and when referred to with yogurt it means layers of yogurt and fruit often topped with granola.