Yummy Yogurt
Where does my yogurt come from?

The word yogurt comes from Turkey and refers to a tart, thick milk. However, yogurt has been created in almost all countries with animals that produce milk at some stage.

The main ingredient in yogurt is milk. Milk + Friendly bacteria + time = yogurt!

When fresh milk is left in a container with friendly bacteria (Lactobacillus bulgaricus and Streptococcus thermophiles), the milk thickens and develops a delicious, sour taste. The bacteria that is used to make yogurt are known as "yogurt cultures". Bacteria are the simplest of all life forms and one of the oldest too!

The fermentation of milk produces lactic acid which acts as a preservative, helping the cultured milk stay fresh for longer.

Quiz

1. What is the main ingredient in yogurt?
2. Where does the word yogurt come from?
3. What is a yogurt culture?