## **HOW TO MAKE** YOGURT



Prep: 15 Min Total: 30 Hours

**INGREDIENTS** 

1/2 gallon milk

4 T pre-made yogurt

#### MATERIALS

40 - 2 oz recycled baby food jars and lids (1 per student) 8" x 11" baking sheet

STEP Heat milk on the stove over medium heat until it reaches 180°F.

STEP

Pour heated milk into clean shallow pan to cool, either by sitting on the counter or in a cool water bath until the temperature drops to 115°F.



Add the pre-made yogurt, and lightly stir enough to incorporate into the milk.

Pour into clean jars, STEP and place on cookie sheet in oven (with the light on) for 12-24 hours. The light provides a consistent heat of 110°F.

Put jars into the refrigerator until the yogurt is cold. Let it set for approximately 4 to 6 hours. Add your favorite fruit!

FOR ADDITIONAL RESOURCES, VISIT: www.NewEnglandDairy.com

# SCIENCE BREAK Bacteria Cafeteria

#### Question 1

#### When is the bacteria added to the yogurt?

- A. When the yogurt is in the oven overnight
- B. When you add the pre-made yogurt

#### **Question 2**

What does good bacteria do to our bodies?

- A. Help our immune system
- B. Makes our hair grow faster

### Question 3

Name 1 other dairy food that contains good bacteria.

#### **Question 4**

#### What does the good bacteria eat to make yogurt?

- A. The milk's bacteria
- B. The milk's sugar



www.NewEnglandDairy.com Adapted from Dairy Council of Florida