



Yogurt Science

Learn the science behind the production of yogurt.

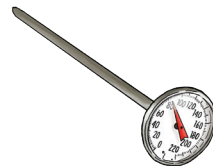
Milk – All yogurt starts as milk! Any milk can be used, from cow to goat to soy milk.

Heat – Milk is warmed to between 86 - 114°F.

Bacteria – Healthy bacteria or *cultures* are added to the milk. When making yogurt at home, add a few spoonfuls of another yogurt to the milk, since yogurt already contains this bacteria!

Fermentation – Milk becomes yogurt during a process called *fermentation*. During this process, bacteria eat the sugar in milk and produce lactic acid, which gives yogurt its tangy taste.

Flavor – Yogurt can be made in a variety of flavors. For healthier yogurt, add a small amount of fruit and little to no sugar.



Chef's Challenge: Yogurt cultures improve digestive health, which helps prevent stomach problems. Explore the label of your yogurt at home. Look for the words “live and active cultures,” and search the ingredient list for bacteria!