

HOW TO MAKE YOGURT



Prep: 15 Min Total: 30 Hours

INGREDIENTS

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

STEP 2 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.

STEP 3 Add the pre-made yogurt, and lightly stir enough to incorporate into the milk.

STEP 4 Pour into clean jars, and place on cookie sheet in oven (with the light on) for 12-24 hours. The light provides a consistent heat of 110°F.

STEP 5 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.NewEnglandDairyCouncil.org

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.NewEnglandDairyCouncil.org

Adapted from Dairy Council of Florida