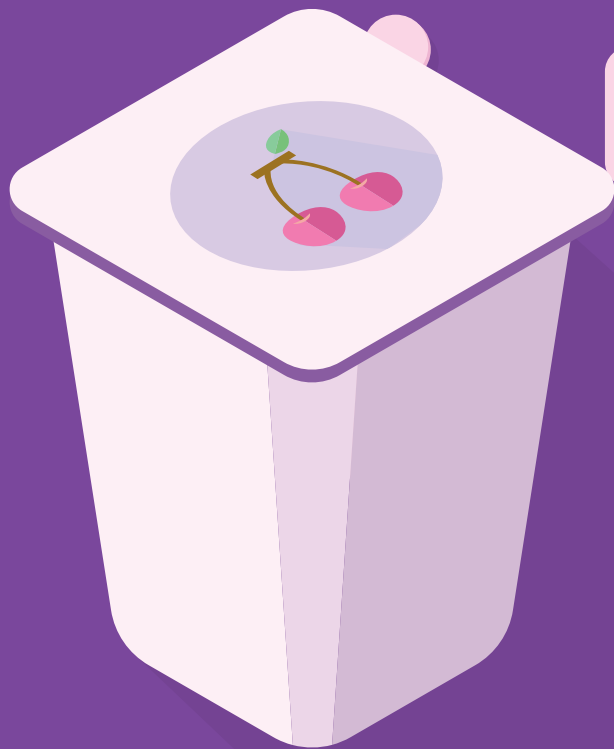
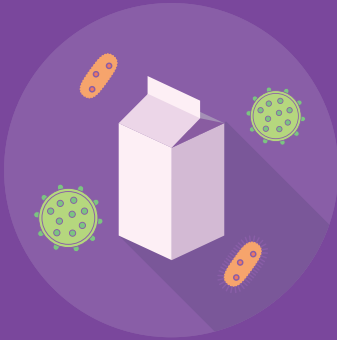


# Yummy Yogurt



# Where does my yogurt come from?

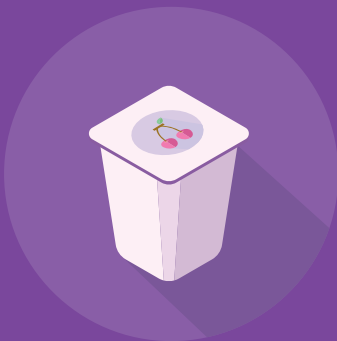


The word yogurt comes from Turkey and refers to a tart, thick milk. However, yogurt has been created in almost all countries with animals that produce milk at some stage.

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?