

NOTES: SCIENCE OF FERMENTATION AND YOGURT

VIDEO AND TEXT NOTES

Use this sheet to take notes as you review the articles and videos during the Science of Yogurt lesson. You can find, or add to, your answers as you go. There is a section provided at the end to also record your observations of the yogurt-making process and any follow-up experiments you perform.

1. What do the recipes you reviewed have in common? If you have tasted those foods, what do their tastes have in common?

2. Why do we heat milk in yogurt-making? Identify at least two reasons and describe their effects on the final product.

3. Explain how bacteria ferment milk. How do the two bacteria most common in U.S. yogurt interact with each other?

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4. Why do yogurt-makers choose to add different types of bacteria to yogurt?

5. What makes yogurt taste sour?

6. What creates the thickness, or texture, of yogurt?

ADDITIONAL NOTES ON YOGURT-MAKING OBSERVATIONS