

Microbes in Our Food Introduction

Name(s): _____

Date: _____

Pre-Lab Questions

How do you think yogurt is made?

Where do you think the concept of making yogurt originated?

Describe the texture and taste of your yogurt.

How do you think different flavors of yogurt are made?

Brief History of Yogurt

Yogurt is a _____ product that originated in _____. The word _____ is Turkish for “curdle” or “_____”. It is possible that yogurt was discovered by _____ when it was first produced around _____ BC. _____ would store the milk of cows in bags that were made from the _____ of animals. The combination of the warm environment and the _____ found in these bags made the milk curdle and become more _____. People began to eat this interesting product. The acidity of the _____ also allowed it to keep longer and stay _____. It quickly became a popular food in the _____ and eventually spread _____.

Yogurt can be very beneficial to a person's _____. Some of the bacteria that is found in yogurt is very similar to the bacteria found in the _____. When people take _____, not only does it kill the bad bacteria, but it can also kill off some of the _____ that help with _____. This is why it is recommended to eat yogurt with an antibiotic because this helps in replacing the good bacteria in the digestive tract. Yogurt helps in digestion and helps keep the _____ of good bacteria up in the body.