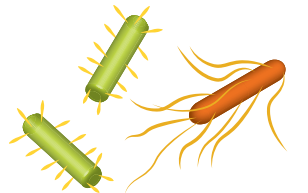
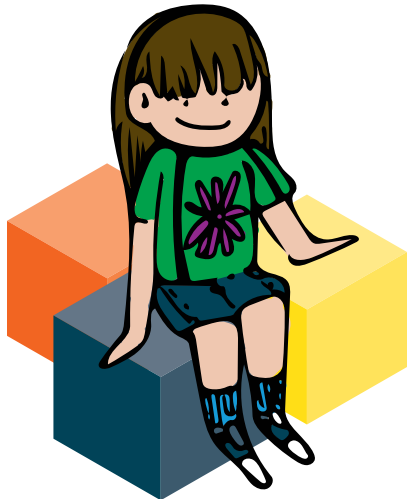
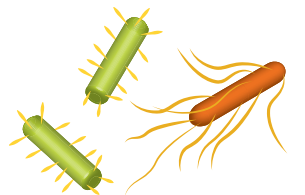
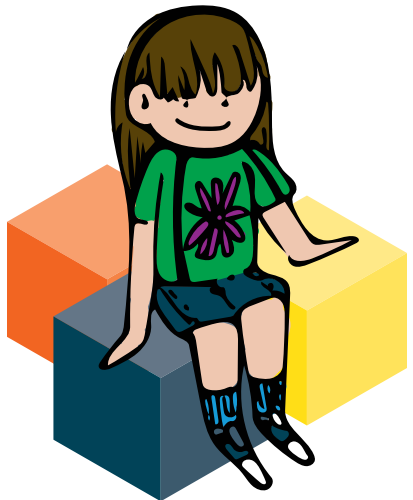


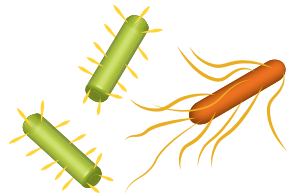
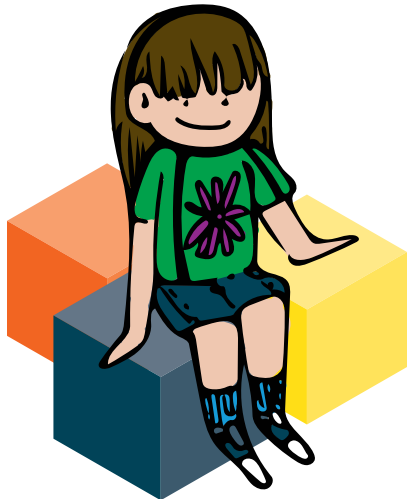
Microbes in our Food



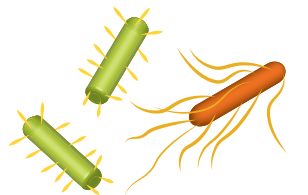
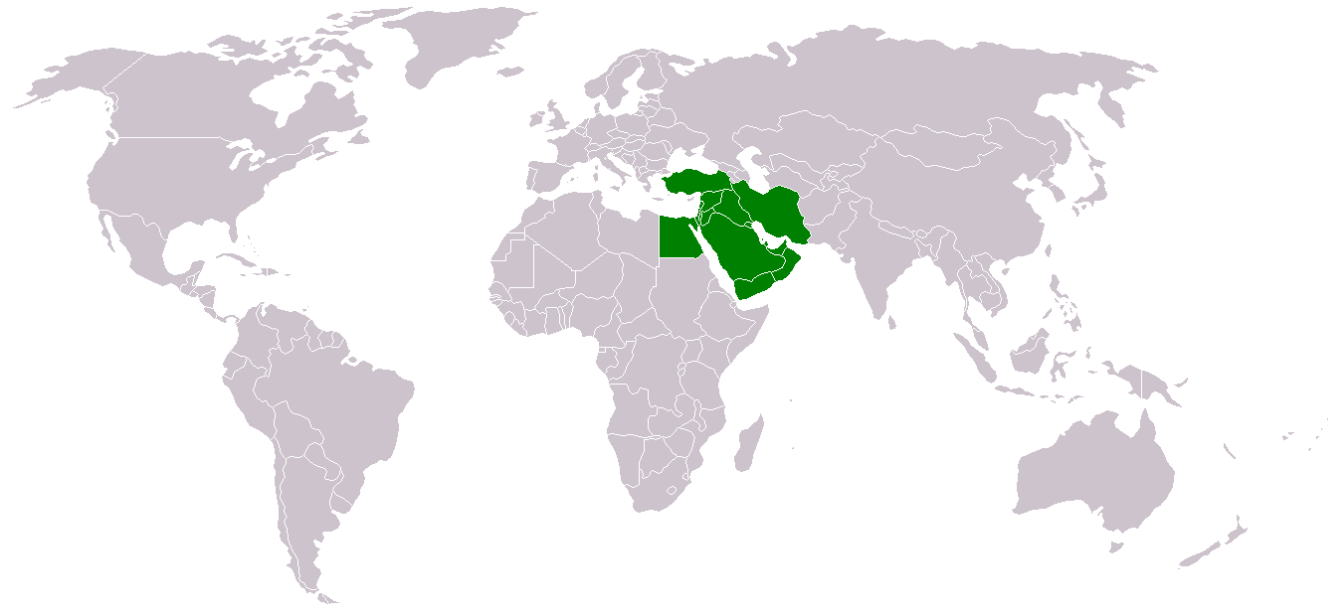
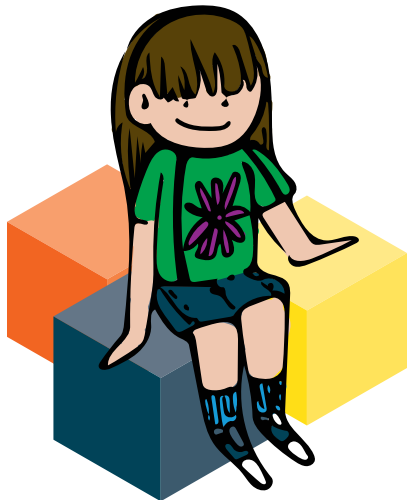
- Yogurt is a **FERMENTED** product that originated in **TURKEY**.
- The word **YOGURT** is Turkish for “curdle” or “**TO THICKEN**”.



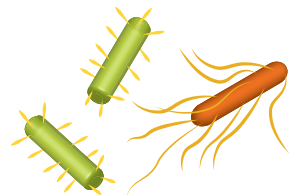
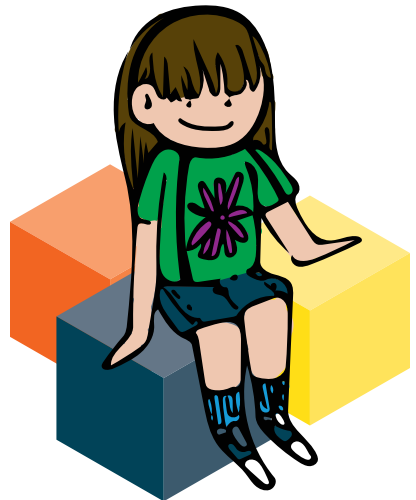
- It is possible that yogurt was discovered by **ACCIDENT** when it was first produced around 500 BC.
- **FARMERS** would store the milk of cows in bags that were made from the **STOMACHS** of animals.
- The combination of the warm environment and the **BACTERIA** found in these bags made the milk curdle and become more **ACIDIC**.



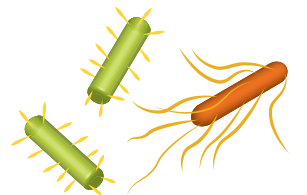
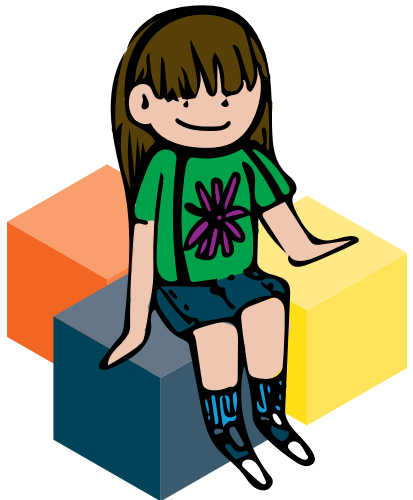
- People began to eat this interesting product.
- The acidity of the YOGURT also allowed it to keep longer and stay EDIBLE.
- It quickly became a popular food in the MIDDLE EAST and eventually spread WORLDWIDE.



- Yogurt can be very beneficial to a person's DIET.
- Some of the bacteria that is found in yogurt is very similar to the bacteria found in the **INTESTINES**.



- When people take ANTIBIOTICS not only does it kill the bad bacteria, but it can also kill off some of the GOOD BACTERIA that helps with DIGESTION.
- This is why it is recommended to eat yogurt with an antibiotic because this helps in replacing the good bacteria in the digestive track.



- Yogurt helps in digestion and helps keep the **LEVELS** of good bacteria up in the body.

