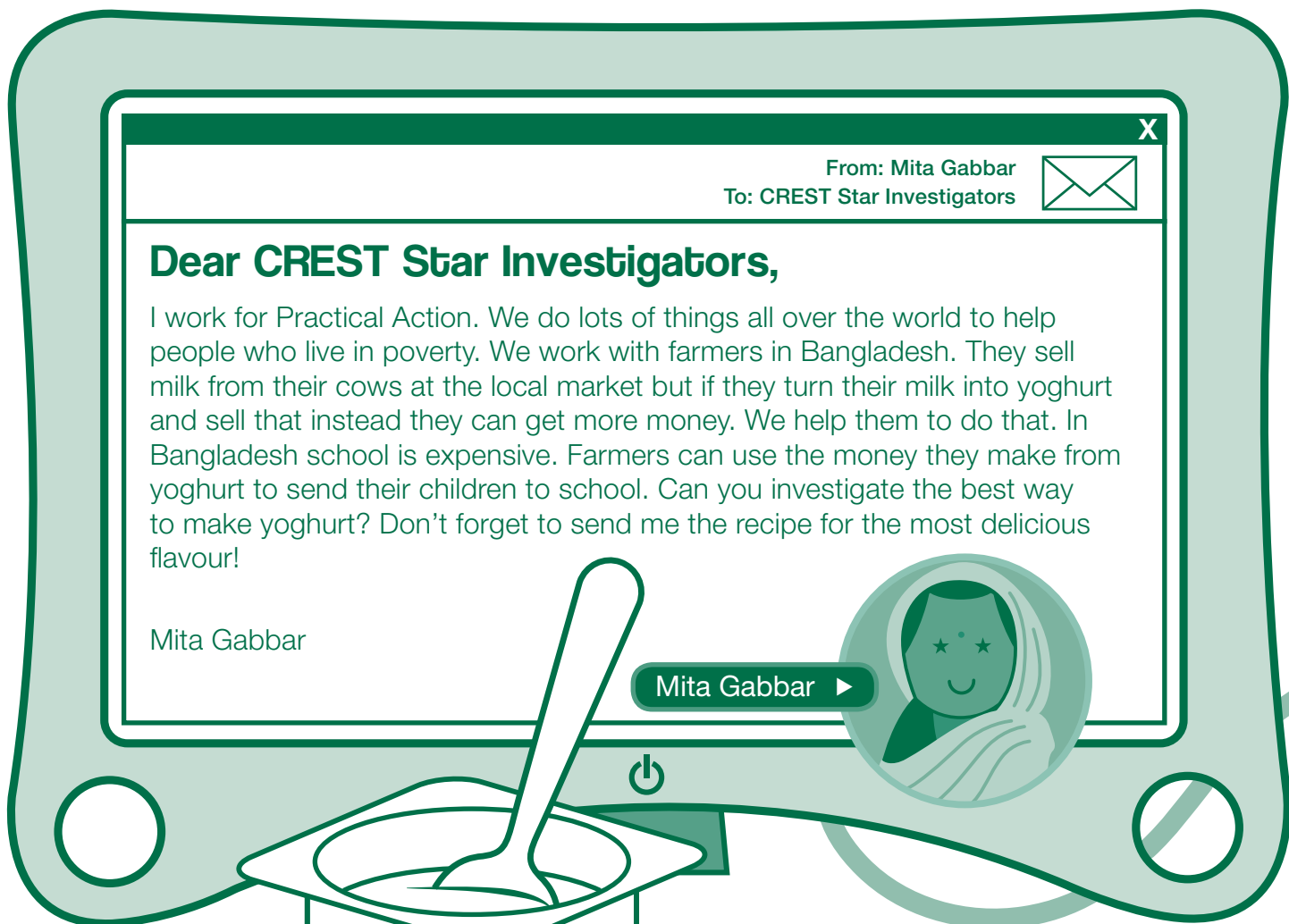




# Yummy yoghurt makers



## Dear CREST Star Investigators,

I work for Practical Action. We do lots of things all over the world to help people who live in poverty. We work with farmers in Bangladesh. They sell milk from their cows at the local market but if they turn their milk into yoghurt and sell that instead they can get more money. We help them to do that. In Bangladesh school is expensive. Farmers can use the money they make from yoghurt to send their children to school. Can you investigate the best way to make yoghurt? Don't forget to send me the recipe for the most delicious flavour!

Mita Gabbar

Mita Gabbar ▶



### Talk about

- ★ Have you eaten yoghurt before? Which kind is your favourite?
- ★ What type of milk do you think will work best?
- ★ Why do you need to start with fresh yoghurt to make more?

### ★ Your challenge

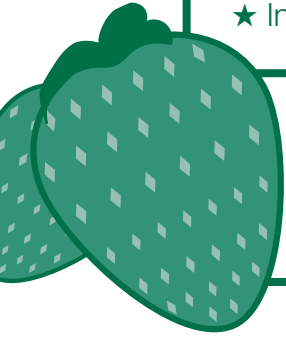
Investigate how to make the tastiest yoghurt from milk.



★ **Here are some ideas to get you started**

Before you start wash your hands with soap and water

- ★ Pour your milk into a saucepan and gently heat it up.
- ★ When it is 46°C take it off the heat. Use a thermometer to help you.
- ★ The yoghurt culture has live bacteria in it. Stir this into the warm milk.
- ★ Pour the new mixture into a flask.
- ★ In the morning the milk will have turned into yoghurt!



Try adding different fruits to your yoghurt to make your favourite flavour.

**Now put your yoghurt to the test**

- ★ How will you test the yoghurts? You could do a blind taste test.
- ★ Did the different types of milk make different types of yoghurt?
  - ★ Which flavours work best?

★ **Safety**

- ★ Always keep things clean when preparing food.

★ **Sharing your ideas**

Make a pictogram of each person's vote – which yoghurt is most popular? Write to Mita to tell her what you have found out about making yoghurt.

**Congratulations!**

You are a yummy yoghurt maker. Collect your stickers and get ready for your next challenge.

★ **Here are some extra things to do**

- ★ Design a poster to sell your yoghurt at market.
- ★ Find out what else you can make from milk.
- ★ Find out more about the food people eat in Bangladesh. Draw a picture of a meal a child your age might eat in Bangladesh...and include yoghurt!

