

Yummy yoghurt makers

★ What do I do?



1. Read the ACTIVITY CARD to familiarise yourself with the activity.
2. Check the Resources list – see overleaf.
3. Prepare a selection of yoghurt samples the day before this activity so that children can test them. Remember to use a variety of milks.
4. Set the scene by reading the email from Mita Gabbar.
5. Children may be surprised that in other countries children don't always go to school. Let them talk about this. They can visit www.practicalaction.org to find out more.
6. Encourage children to talk about yoghurt. How do they think it is made?
7. Help the children to make their own batches of yoghurt using different ingredients.
8. Make sure you have a ready made yoghurt sample for each of the types of milk the children will be using to make their own yoghurt.

9. Encourage the children to predict the type of yoghurt the different milks will make. Will the yoghurt be thick, runny, sweet or sour?
10. Allow the children to do blind taste tests of the ready-made yoghurt samples. Can they guess which milk was used to make each yoghurt sample? Were their predictions right?
11. Children can vote for their favourite yoghurt. Can they make it even tastier by adding chopped or pureed fruit?
12. Make a pictogram of each person's vote – which yoghurt is most popular?
13. Ask the children to write to Mita to tell her what they found out about making yoghurt and to share their recipes.
14. There are extra challenges on the ACTIVITY CARD. These can be used if there is any spare time or if children want to try out more ideas at home and earn a bonus sticker.



★ Handy hints

Resources

- ★ Different types of milk (full fat cow's milk, skimmed and/or semi-skimmed cow's milk, goat's milk, sheep's milk, soya milk, almond milk, etc).
- ★ Flasks
- ★ Saucepans
- ★ Cooker, hot plate or some other source of heat
- ★ Large spoons for stirring
- ★ Small spoons for tasting
- ★ Yoghurt culture (just fresh plain natural yoghurt from a shop)
- ★ Dried milk powder (if using)
- ★ Ready-made yoghurt samples, prepared the day before
- ★ Blindfolds made from pieces of fabric
- ★ Thermometer
- ★ Selection of finely-chopped or pureed fruit

Things to look out for

- ★ Using 25g of dried milk powder for every 500ml of milk will help your yoghurt set. Some types of milk take longer to set.
- ★ The temperature of the milk is important. Help the children measure the temperature of the milk carefully.

Safety

- ★ Emphasise washing hands and keeping work spaces and equipment clean when preparing food.
- ★ Ensure adult supervision when children make the yoghurt.
- ★ Check for any food allergies.

Background information

- ★ To make 500ml of yoghurt you will need 500ml of any milk and 3 tablespoons of fresh, live, plain yoghurt. Heat the milk in a saucepan. When the milk reaches 46°C take it off the heat and stir in the yoghurt. Pour the mixture into a flask and leave overnight. In the morning it should have thickened and turned into yoghurt.
- ★ Making yoghurt is an irreversible reaction. Once the bacteria have fermented the milk you cannot turn it back into milk. Some reactions are reversible, for example turning water into ice.
- ★ In developing countries like Bangladesh, education is especially important. However, with no national provision, families have to pay to send their children to school. Making and selling yoghurt is one way that families can generate an income for school fees. Practical Action helps lots of people go to school, find out more at practicalaction.org/cross-curricular-case-studies

