THE SCIENCE SWEETIES

CLASSROOM SCIENCE SHEET

HOW IS YOGURT MADE?

What's alive in my yogurt?

Living things · Food science · Grades K-2

THE BIG IDEA

Tiny living helpers called bacteria eat sugar and make yogurt, pickles and cheese sour.



1 MEET THE EXPERT

Bloom Bun studies living things.
Today he is in the lab,
looking for tiny life!



2 THE TINY CREW

One spoon of yogurt holds
billions of bacteria,
too tiny to see.



3 SOUR FOODS

Bacteria eat the sugar
and make food sour:
pickles, sauerkraut, cheese.

TWO THINGS TO REMEMBER

TUMMY HELPERS

Trillions of helpers live in your tummy. They help digest your food.

GROWN-UPS ONLY

HEATING MILK IS A GROWN-UP JOB.
FUZZY MOLD ON OLD FOOD? DON'T EAT IT!

WORDS TO KNOW

BACTERIA · YOGURT · SOUR · CHEESE · MOLD · DIGEST

ASK YOUR CLASS

- **Why can't we see bacteria?** They're too tiny! You need a microscope.
- **What do they eat in milk?** The sugar, and that makes it sour.
- **Why warm milk, not hot?** Too hot will harm the helpers.

Watch the song: "How Is Yogurt Made?"

The Science Sweeties · 2:22 · free on YouTube

Try it: read a yogurt label. "Live and active cultures" = the helpers are there!

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