

STEM: Make Your Own Yogurt

Enjoy delicious yogurt that you and your family can make at home. It's easy!

Or make cheese using the "Say Cheese" Ag-Bite from California Foundation for Agriculture in the Classroom:

<http://learnaboutag.org/resources/bites>



Healthy Food Scramble

Ingredients:

1 quart (4 cups) low-fat or fat-free Milk
2 tablespoons Yogurt, plain with live, active cultures
2/3 cup fat-free powdered Milk (Omit if using whole milk)

Non-stick saucepan, 2 quarts or larger
Wisk
Candy or general cooking thermometer
Quart sized jar, container or insulated bottle

For sweetened yogurt, stir in
2-4 tablespoons Honey or Maple syrup
1-2 cups fresh or dried Fruit
1/2 teaspoon Vanilla



Preparation:

Combine milk and powdered milk in a non-stick saucepan. Wisk together and constantly stirring, heat milk to 180-190 degrees. The milk will be steaming, expanding and beginning to form bubbles.

Remove from heat and let milk cool to 115-120 degrees.

In a small container, mix two tablespoons of yogurt with two tablespoons of the heated milk and wisk until smooth.

Stir yogurt mixture into the saucepan of cooling milk and continue stirring for at least two minutes.

Pour the contents of the saucepan into a warm jar, container or insulated bottle. Cover it and keep it warm until it sets, usually 4-6 hours. You can wrap the jar in kitchen towels, place your container in an insulated cooler or place it in the oven with a light bulb on.

Once the yogurt sets, refrigerate it to firm its structure and mix in any desired flavorings.

LEARN MORE AT: <http://www.healthyeating.org/Healthy-Eating/Meals-Recipes/Browse-Search-Recipes/rid/58472/homemade-yogurt.aspx>

Unscramble the words to finish each sentence:

Yidra _ _ _ _ _ foods are an important part of a healthy diet.

Milk is a good source of Imccuia _ _ _ _ _ which is important for strong bones.

Gtyuor _ _ _ _ _ and eesehc _ _ _ _ _ are examples of dairy foods.

Milk has rtpneoi _ _ _ _ _ which is good for building muscle.

Children ages 9 and older, as well as adults, should eat erhte _ _ _ _ _ servings of dairy foods each day.

