



Yogurt



For this activity you'll want to refer to the "All About B.C. Yogurt" poster and slides from the [Feed BC in K-12](#) website.



Draw a circle on the map showing where you live in B.C.



After learning more about B.C. yogurt, draw a yogurt cup where our featured processor is located! Then, shade or colour in where the majority of yogurt is produced in the province.

1) Did you know that yogurt is made from milk from animals? But which animals provide the milk for B.C. yogurt?

Can you name and draw one animal that produces milk used to make yogurt?



2) Can you tell the difference between Greek yogurt and regular yogurt?
 Step 1: Match each description to the correct type of yogurt by drawing a line.
 Step 2 (Optional): With your class, taste both types—can you spot the differences?
 What do you think causes them?

Description

- Thicker and creamier texture
- More liquid or runny
- Stays on the spoon like pudding
- Spills easily if you tip the bowl
- Strained to remove extra whey
- Typically tangier
- Tends to have a milder taste

Match to:

- a) Greek Yogurt
- b) Regular Yogurt

3) Think about all the yogurt flavours you've tasted—strawberry, vanilla, mango... the list goes on!

List some yogurt flavours you've tried before.

4) Now it's your turn to get creative! Invent your own unique yogurt flavour.

My flavour is called:

It tastes like:

Design a fun and colorful label for your yogurt container in the space below!

All about B.C. Yogurt - Teacher Resources



Background Information:

- [All About B.C. Yogurt Poster](#)
- [All About B.C. Yogurt Scrolling Slideshow](#)
- [Buy BC Dairy Products](#)
- [SciShow Video - Why Are There Bacteria in My Yogurt?](#)
- [Farm & Food Care - Dairy Farm 360](#)
- [A Day in the Life of a Dairy Cow | Dairy Farmers of Canada](#)
- [Make Your Own Yogurt - BC Dairy](#)
- [Canadian Dairy Farm Discovery](#)

Answer Key:

1) Animals that produce milk that can be made into yogurt:

1. Dairy Cows
2. Dairy Goats
3. Water Buffalo
4. Sheep

2)

- Thicker and creamier texture - a
- More liquid or runny - b
- Stays on the spoon like pudding - a
- Spills easily if you tip the bowl - b
- Strained to remove extra whey - a
- Typically tangier - a
- Tends to have a milder taste - b

Greek yogurt is thicker because it's strained to remove extra whey (liquid). Regular yogurt keeps more of the liquid, so it's runnier and often has slightly more mild taste.

3) Answers will vary.

4) Answers will vary.

All about B.C. Yogurt – Teacher Resources



Curriculum Connections – Elementary

Applied Design, Skills and Technologies – Food Studies

- Factors in ingredient use, including balanced eating/nutrition, function, and dietary restrictions (6,7)
- Factors that influence food choices, including cost, availability, and family and cultural influences (6,7)
- Generate ideas from their experiences and interests (K-3)
- Identify and use sources of information (6,7)

Science

- Adaptations of local plants and animals (K)
- Names of local plants and animals (1)
- Structural features of living things in the local environment (1)
- Physical ways of changing materials (2)
- Biodiversity in the local environment (3)
- Demonstrate curiosity and a sense of wonder about the natural world (K-4)
- Experience and interpret the local environment (K-8)
- Transfer and apply learning to new situations (K-8)
- Express and reflect on personal, shared, or others' experiences of place (K-6)

Social Studies

- Relationships between people and the environment in different communities (1-2)
- Ask questions, make/corroborate inferences, and draw conclusions about the content and features/origins of different types of sources (K-6)

Physical Health and Education

- Relationships between food, hydration, and health (K-1)
- Identify and explore a variety of foods and describe how they contribute to health (K-1)
- Practices that promote health and well-being, including those relating to physical activity, nutrition, and illness prevention (2)
- Explore strategies for making healthy eating choices (2,3)
- Explore and plan food choices to support personal health and well-being (6)
- Identify factors that influence healthy choices (4) and explain their potential health effects (7)

English Language Arts

- Strategies and processes; reading strategies; oral language strategies; writing strategies (K-5)
- Use sources of information and prior knowledge to make meaning (K-3)
- Access and integrate information and ideas from a variety of sources and from prior knowledge to build understanding (4- 6)
- Use a variety of comprehension strategies before, during, and after reading, listening, or viewing to guide inquiry and deepen understanding of text. (3-5)
- Use personal experience and knowledge to connect to text and develop understanding of self, community, and world (K-5)
- Respond to text in personal and creative ways (K-7)