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## SOME INFORMATION ABOUT YOGHURT

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### WORKSHEET 1

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1. Speaking activity: Me and Yoghurt



In pairs talk about your yoghurt biography for 2 minutes. Use the word yoghurt in your mother tongue. Then get ready to report to the class what you learnt about your partner's yoghurt experience/attitude etc.

The whole class then brainstorms about yoghurt. Write the ideas on the board.

2. Reading

- a) Skim the following text individually and choose your favourite word related to yoghurt. In groups share your word and explain why you like it. Try to make a sentence with that word.



Translate the word into your mother tongue and any other languages you know within your group.


### Yoghurt

Yoghurt is a dairy product. It is produced by the fermenting action of live bacteria. In yoghurt this bacteria is either *Lactobacillus bulgaricus* (called *L. bulgaricus*) or *Streptococcus thermophilus* (called *S. thermophilus*). The fact that the bacteria are live is critical to the formation of yoghurt. It is the activity of the live bacteria that converts the



CONTENT BASED TEACHING + PLURILINGUAL/CULTURAL AWARENESS  
CONBAT

YOGURT

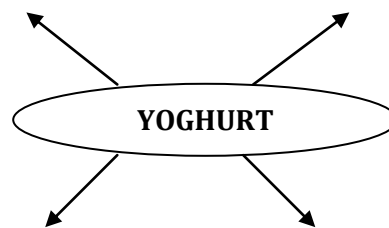
Anu Parts & Mare Kallas

lactose (a form of sugar) in the milk into lactic acid, which in turn, because of its acidity, reacts to cause the proteins in the milk to solidify (or at least thicken).

Some yoghurts are then pasteurised to kill the bacteria before they are sold. The container will be marked to indicate whether there are live bacteria present. Most people prefer the live bacteria versions for health reasons. 100 grammes of yoghurt can contain 10 billion live bacteria.



Organize the information about yoghurt.



Discuss the categories in groups of 4. Add more arrows (for more categories) if necessary.



- b) Read the following text about the history of yoghurt. In groups. Replace 10 words by the equivalent word in your mother tongues. Give the changed text to next group and ask them to name the used languages.

### HISTORY OF YOGHURT

The first evidence of yoghurt being eaten dates back to 2500 BC.

Certainly the first yoghurt was discovered accidentally, with milk being left too long in the sun or a warm place. How long it took before somebody discovered that the rancid milk had become a tasty dessert is less clear...

It is probable that the climate in India, Asia and southern Europe was responsible for yoghurt being found there long before more cool climates. It has also been suggested that the nomadic Bulgars perhaps found yoghurt spontaneously produced on their goatskin bags, and brought it to Europe with them in the second century AD.

Yoghurt remained in India, Asia and southern and central Europe for the next couple of thousand years, little known in the rest of the world.

In the early 20th century the suggestion arose that Bulgarian peasants owed their long and healthy lives to the substantial amounts of yoghurt they ate, which was the first step towards yoghurt conquering the world.

The second step was a business called Danone, the first commercial yoghurt producer. Started in 1919, and still a very successful company to this day (better known under the Dannon name in North America) the company successfully launched yoghurt on the world.

### 3. Language structures

Finish the sentences. Use the information from the texts.

- If you pasteurise yoghurt, the bacteria will \_\_\_\_\_
- If you prefer live bacteria versions of yoghurt, \_\_\_\_\_
- If some milk hadn't been left in the sun/a warm place too long, \_\_\_\_\_  
\_\_\_\_\_
- The proteins in the milk would not thicken unless \_\_\_\_\_



- If the nomadic Bulgarians hadn't used goatskin for making bags \_\_\_\_\_
- \_\_\_\_\_

Form 2-3 conditional sentences on your own (related to the topic).

### VOCABULARY

Match the following definitions with the words from the text

Connected with milk (adj)	
Changing chemically through the action of organic substances (noun)	
Become firm, hard (verb)	
Heat milk to certain temperature and then chill it in order to kill harmful bacteria (verb)	
Tasting and smelling bad because of staleness (adj)	
a farmer (noun)	
Put into action, set going (verb)	
Substance found in meat, eggs etc that is an important body-building part of the diet of humans and animals (noun)	
Change from one form or use of another (verb)	
Large in amount (adj)	



ANSWER SHEET

Connected with milk (adj)	dairy
Changing chemically through the action of organic substances (noun)	Fermenting action
Become firm, hard (verb)	solidify
Heat milk to certain temperature and then chill it in order to kill harmful bacteria (verb)	pasteurise
Tasting and smelling bad because of staleness (adj)	rancid
a farmer	peasant
Put into action, set going	launch
Substance found in meat, eggs etc that is an important body-building part of the diet of humans and animals	proteins
Change from one form or use of another (verb)	convert
Large in amount (adj)	substantial