

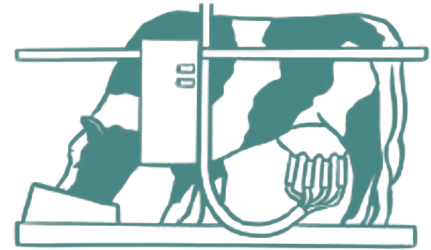
# Food Stories

## Yoghurt



### DAIRY COW

When cows are fully grown at around three years old they are ready to have a calf and produce milk. Cows have four stomachs. Some of the grass they eat and water they drink is turned into milk.



### MILKING TIME

Twice a day cows are milked. They are given food whilst a machine is put on their udders. The machine squeezes out their milk which is collected and flows into a refrigerated tank. The actual milking process takes less than ten minutes.



### TRANSPORT

The milk is collected from the farm and taken to the dairy in special insulated milk tankers to keep it cool and fresh. At the dairy it is heated to kill off bacteria. This is called pasturisation.



### BOTTLE OF MILK

Milk has many uses. It is drunk cold and added to hot drinks such as tea and coffee. It is an ingredient for many recipes, and is used to make cheese and ice-cream. In this food story the milk will be used to make the yoghurt.



### DAIRY

In order to turn the milk into yoghurt, friendly bacteria are pumped into the milk and the yoghurt is formed. Some yoghurt is left plain, and some has fruit added. Strawberry is a popular flavour.

### FINISHED POT OF YOGHURT

Yoghurt is a good source of calcium and protein, and makes a healthy and tasty snack at any time of the day.

