

Make yummy yoghurt primary resource

This Food & Nutrition primary resource shows children how to make their own delicious yoghurt from a few simple ingredients.

Pupils will be challenged to follow a set of step-by-step instructions to complete this hands-on activity. They'll have lots of fun putting their culinary skills to the test and making their own tasty treat!

In addition to the activity itself, this primary resource explains the science behind how yoghurt is formed by the process of fermentation. It also offers children a way that they can help reduce plastic pollution, inspiring them to protect our planet.

The teaching resource can be used as a printed handout for instruction in class time, or for display on the interactive whiteboard.

Activity:

Get the children to have a go at completing this activity – in pairs or groups may work best, depending on numbers and equipment available. Given the use of kitchen equipment, adult supervision will also be required. Once they've made their yummy yoghurt, pupils could think about/experiment with different healthy foods to enjoy with it. Perhaps different kinds of fruit? Honey? Cereals? Nuts and seeds? **Just be aware of any allergies the children may have.**

As the resource explains, substituting home-made yoghurt for shop-bought yoghurt is one way we can help reduce plastic waste. Encourage the children to think about other things they can do to help protect our planet from plastic pollution. Are there other foods they could start making at home with their parents? Do they go litter picking? Does their family recycle as much of their waste as possible and/or use their own bags when shopping?