









Grade 5&6 Activity: Making my own yoghurt or amasi at home

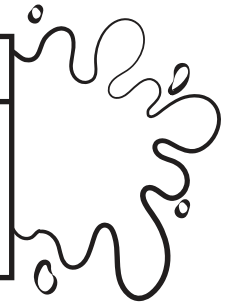


Activity 1 : Lets make yoghurt or amasi/maas at home!

To ensure that food products like milk, maas or yoghurt stay safe we have to make sure that the area whereon we prepare the food is clean. Various different types of micro-organisms, that could make you sick, are present in the environment and on surfaces. They can come into contact with, and contaminate the food during food preparation. Even more micro-organisms can contaminate the food if the persons working with it, or the area where the food is made, are dirty and not cleaned regularly.

Things you'll need:

Milk	Yoghurt	Saucepan	Container	Gelatin	Canned Fruit
					



You will need:

- Milk (any amount will work – best to use 1 litre at a time)
- Small tub of yoghurt/maas (100 ml – 200 ml)
- Clean saucepan
- Clean container (plastic or glass jars)

You can add the following for a thick yoghurt:

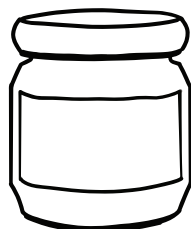
- 30 ml milk powder for every 500 ml milk (not creamer)

or

- Gelatin (15 ml for every 500 ml milk)

Optional for flavour - used in small amounts (if added use within 3-4 days)

- Canned fruit
- Jam
- Flavoured syrup



Steps:

- 1) Clean your hands and cooking area.
- 2) Start by heating the milk (with the milk powder and gelatin if you like it thick) in a saucepan, until you start to see small bubbles on the side. Switch off the heat and remove from the stove.
- 3) Wait ten minutes. Add a big scoop of any yoghurt/maas you have, and stir using a clean spoon.
- 4) Close the lid and leave in the saucepan for four to five hours.
- 5) After four to five hours open the saucepan, and give it a good gentle stir with a clean spoon. (You should see a white gel like texture with some water on top. This is normal for a good quality yoghurt with no thickener).
- 6) Pour into sterilised containers and cover.
- 7) Put into the fridge over-night.
- 8) Crack open your homemade yoghurt and enjoy with any toppings of your choice.

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Initiative by the Consumer Education Project of Milk SA



Grade 5&6 Activity: Making my own yoghurt and amasi at home



Activity 2 : Design a label for your new product in the box below.

Yoghurt and amasi are popular fermented milk products and a source of protein, calcium, potassium, vitamin A, vitamins B12 and B2, magnesium, phosphorus and zinc.

Full-fat or low-fat milk can be used to produce yoghurt or amasi. The live starter culture (or probiotic) converts some of the lactose (the naturally occurring milk sugar) to lactic acid, giving these products a slightly sour taste. The food-based dietary guidelines of South Africa states to have milk, maas or yoghurt every day as part of a healthy and balanced diet.

Design a label for product you made in Activity 1

- Use plain yoghurt/amasi that you have flavoured
- or
- Just create your own unique label

Remember to add the following:

- Product name
- Country of origin
- Nutrition label (compare to other similar products at your local retail store)
- List of ingredients
- Storage instructions
- Best before date (4-5 days from when it was made)

