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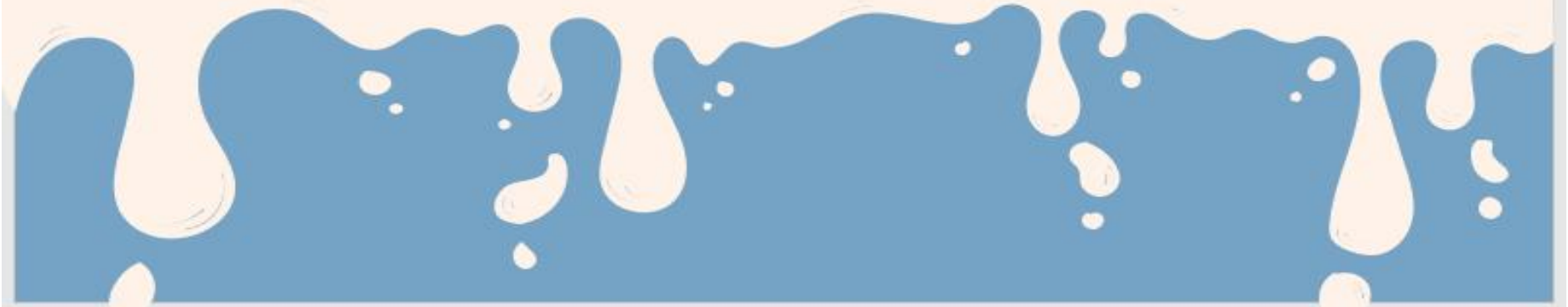
YOGURT MAKING CHALLENGE



OUR TEAM

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Yogurt making is a fermentation process. Streptococcus and Lactobacillus species change lactose into lactic acid. We have had the experiments of making three different dairy products including yogurt, kefir and curd and eventually we engaged measurement.

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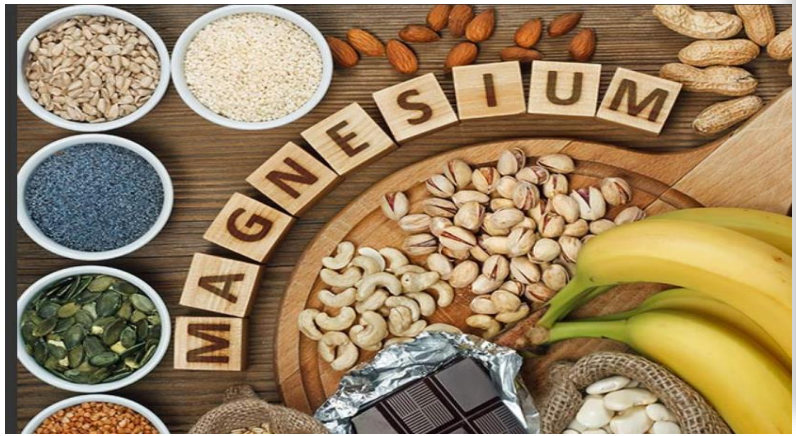
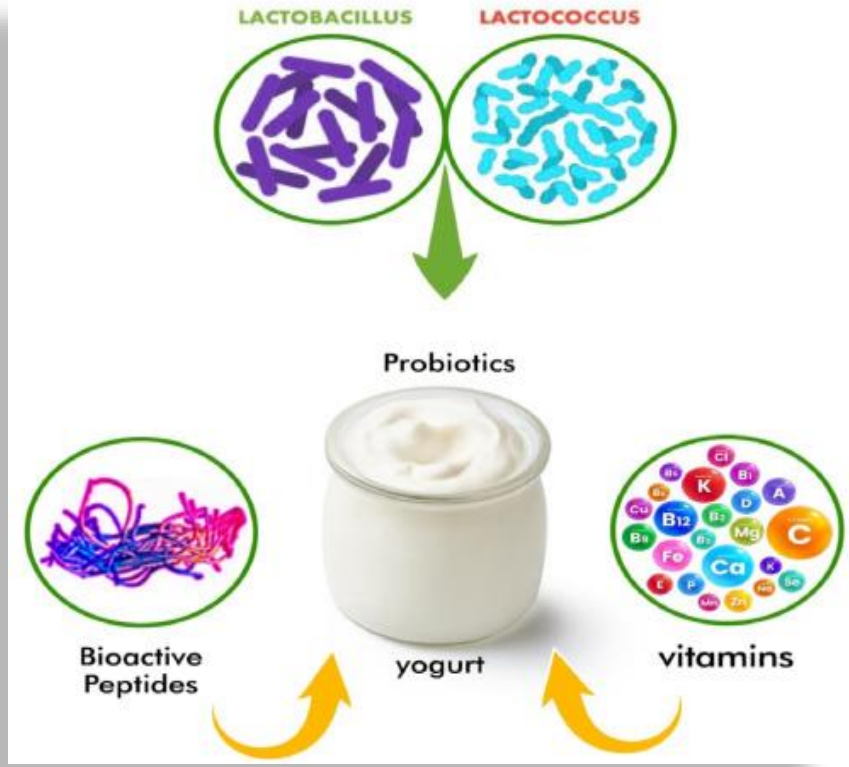
Yogurt contains some of nearly every nutrient that our body needs. It is rich source of calcium as one cup just provides 49% of daily calcium needs. In addition minerals such as magnesium and others.





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Health Benefits of Yoghurt

- Keeps Heart Healthy
- Helps in muscle building & functioning
- Eases down blood pressure
- Reduces Inflammation
- Boosts Immunity
- Strengthens bones
- A blessing for guts
- Source of numerous nutrients
- Manages weight
- Good for Skin

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INGREDIENTS OF PREPARING YOGURT AND KEFIR

125 g yogurt

125 g natural kefir

2 l pasteurized milk

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PREPARATION OF YOGURT AND KEFIR

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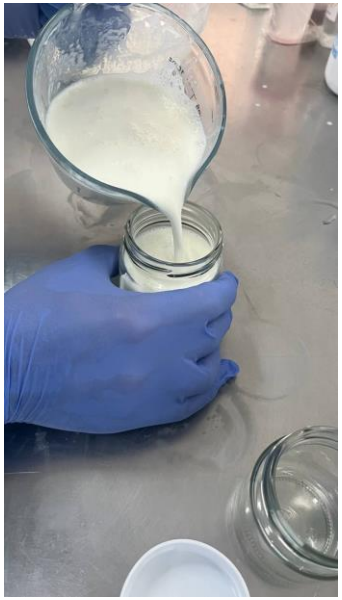
Adding milk+yogurt/kefir

Homogenization



Pouring into yogurt cups

Incubation 40°C

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INGREDIENTS OF PREPARING CURD

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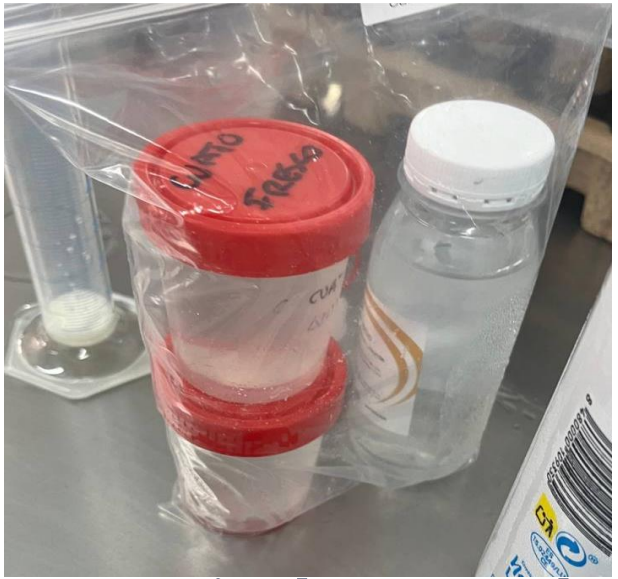
Milk



Animal rennet and CaCl2

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PROCESS OF MAKING CURD

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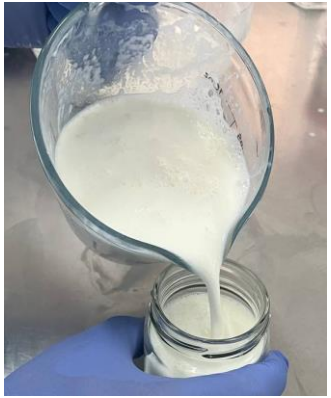
Pasteurization of milk (40°C)

Adding CaCl2 and animal rennet



Pouring into yogurt maker cups

Incubation 2 hours

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ANALYTICAL METHODS AND TECHNIQUES

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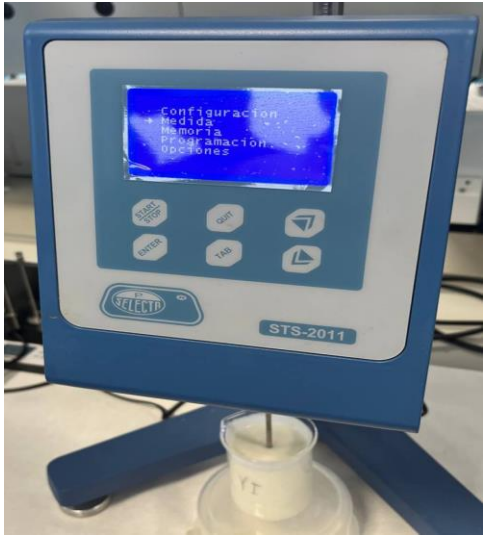
PH MEASUREMENT

TEXTURE ANALYZER



VISCOSITY ANALYZER

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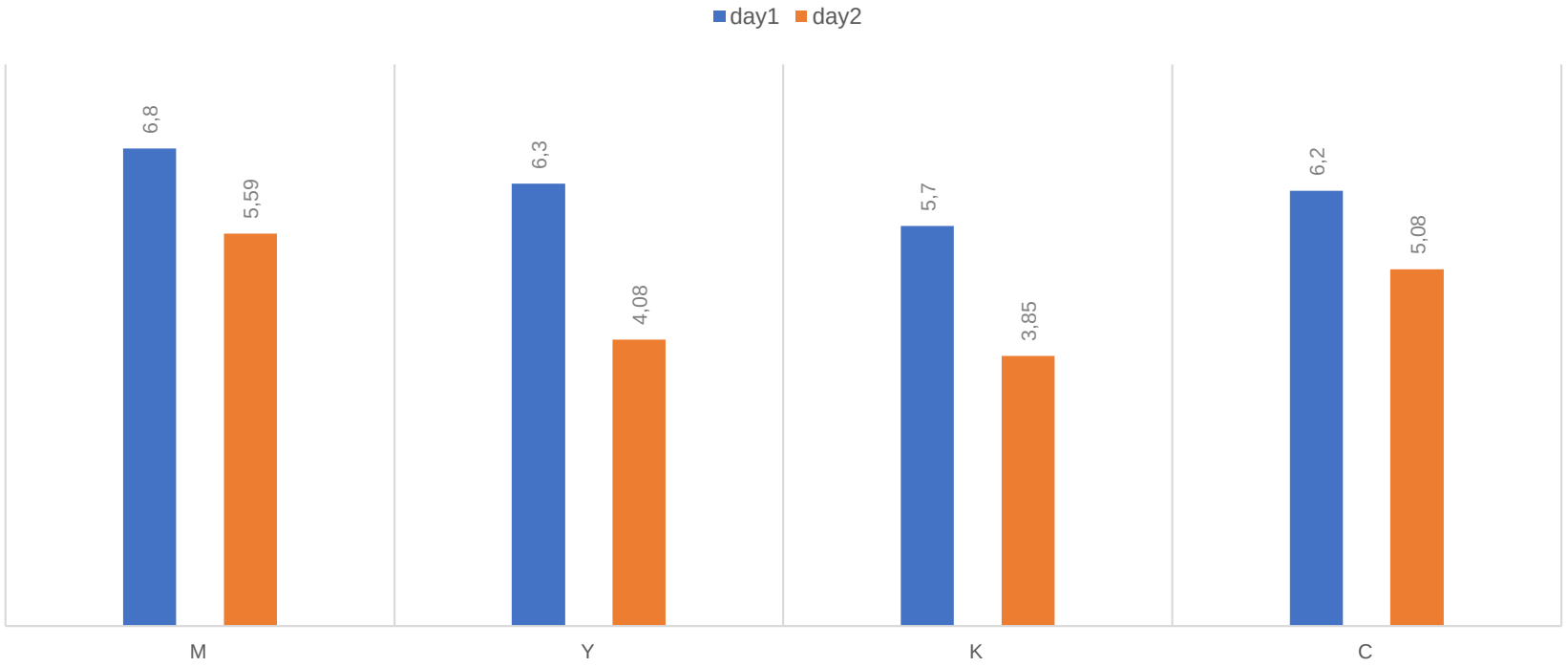
pH SCORES



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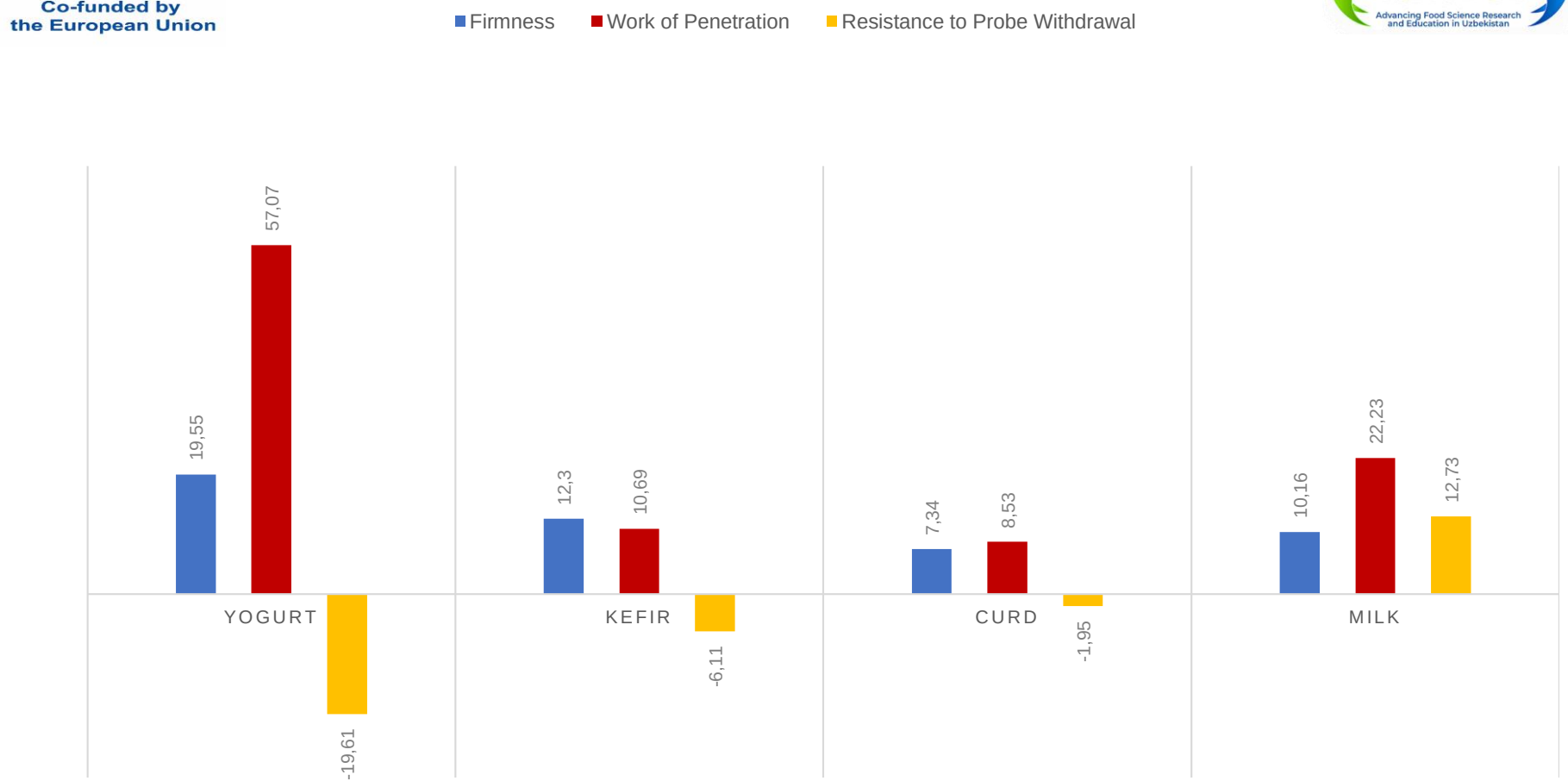
TEXTURE



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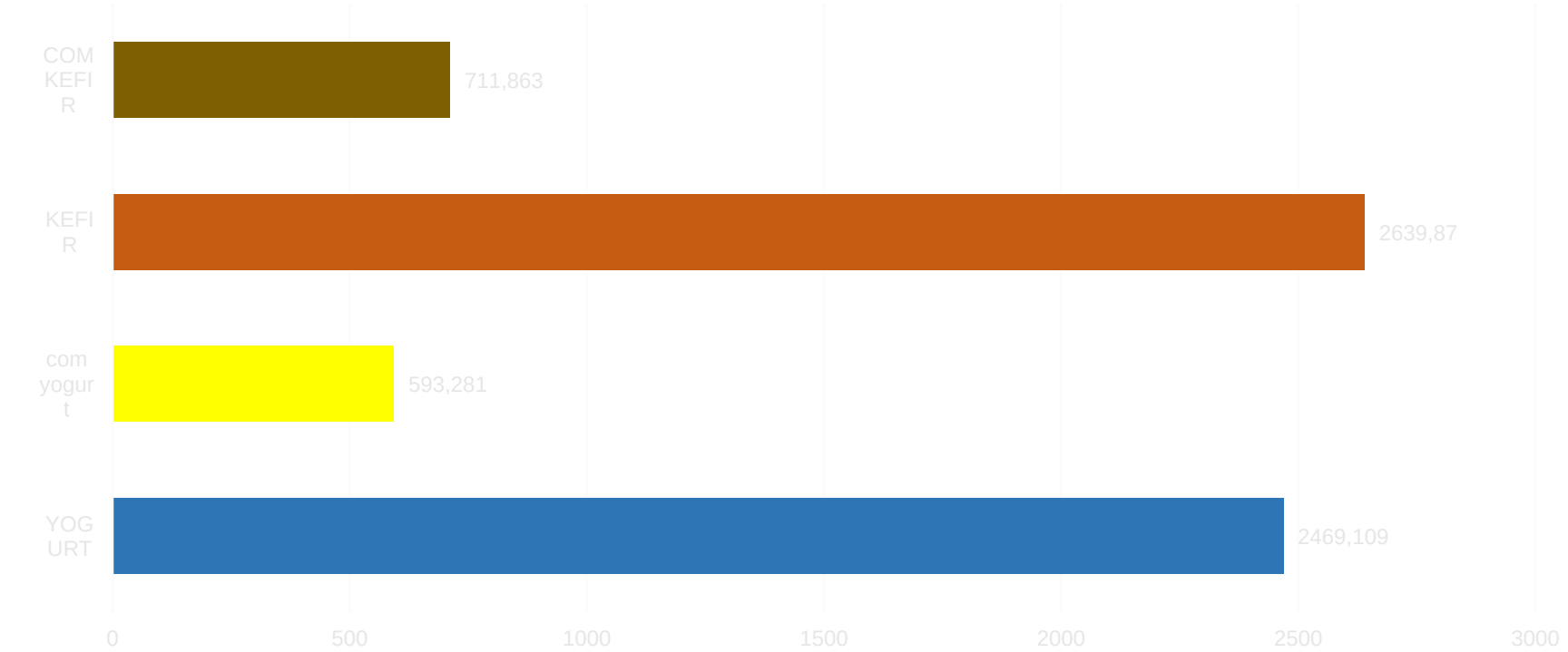
Viscosity mPa*s



CONCLUSION

In conclusion, our experiment involved making yogurt, kefir, and curd to study the fermentation process. We explored the food technology and microbiology aspects, analyzing factors like pH and texture. We faced challenges, notably in one milk sample showing lower pH, possibly due to contamination. Despite setbacks, we learned valuable lessons that will benefit our future careers.

THANK YOU!

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