

Evaluation of Commercial Yogurts

EXPERIMENT 23-3

SAFETY FIRST

Review these safety guidelines before you begin this experiment.



Several factors figure prominently in judging the quality of yogurt. Yogurt should have a smooth, uniform texture. No graininess, lumpiness, or liquid whey should be present. Good yogurt has no unpleasant aftertaste. In this experiment, you will evaluate the quality of commercially prepared yogurt.

Note that some yogurt contains live bacteria that have the enzyme lactase, which may aid in lactose digestion. Other yogurt is heat-treated to destroy the bacterial culture. While extending the shelf life, this heat-treatment eliminates any health benefits that might result from the live microorganisms.

Equipment and Materials

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|----------------|--------------|-----------|
| yogurt samples | masking tape | spoon |
| paper plate | marking pen | paper cup |

Procedure

1. Attach equally spaced labels around the edge of a paper plate, identifying the numbers of all yogurt samples. Place a bite-size amount of each yogurt sample beside the correct identification number.
2. Evaluate each sample on color, texture, and taste. Using a paper cup, rinse your mouth with water between samples. Record your observations in your data table. Also mark one sample as your favorite.
3. After all students have finished the taste test, your teacher will display the container and the unit price of each sample. In your data table, record the price and the following information from the container:
 - a. Brand name
 - b. Any colorings and flavorings
 - c. Whether the sample contained live bacteria

Analyzing Results

1. Read the list of ingredients for the sample that you judged best in appearance. Which ingredients do you think contributed to this effect?

2. Read the list of ingredients for the sample with the best flavor. What ingredients do you think contributed to its taste?

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EXPERIMENT 23-3 (Continued)

3. Read the Nutrition Facts panel of the yogurt you liked best. Is it also a nutritious choice? Explain your answer.

4. Compare the number of kcalories per serving among the different brands. Does the brand you favor provide a reasonable number? Explain.

5. Did the yogurt with the highest unit price seem worth the added cost? If so, in what qualities is it superior?

6. For what reasons would you buy yogurt with or without live bacterial cultures?

DATA TABLE

	Yogurt Samples						
Color							
Texture							
Taste							
Favorite							
Brand							
Unit price							
Colorings							
Flavorings							
Live bacteria?							