

Activity

3

# It's All Greek to Me!

**D**o you speak Greek? Greek yogurt, that is. Creamy, smooth Greek yogurt is a favorite with kids everywhere, but where does it come from? Yes, it starts with milk from local farmers, but then it goes through quite a process. Can you put the steps of that process in the correct order?

Use the poster to number these pictures that show how Greek yogurt is made. Then write a sentence to describe each step.



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_

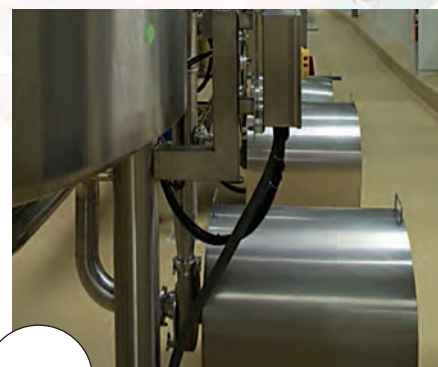
\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Yogurt Quick Bites

Choose from among these many different ways to enjoy Greek yogurt throughout the day:

- Layer it with granola and fresh fruit for a breakfast, lunch, or snack parfait.
- Substitute it for cream or sour cream in soups, salad dressings, dips, quesadillas, and sandwich wraps.
- Add fresh, juiced fruits to whip up a tasty breakfast smoothie.
- Use it instead of mayo for tuna, chicken, and egg salads.
- Serve it with your favorite fresh fruits and a drizzle of chocolate sauce for a healthier dessert.
- Mix it with skim milk in place of buttermilk to make perfectly nutritious pancakes.
- Mix it with your favorite seasonings for a tangy marinade for meats and poultry.

**Parents!** The creamy goodness and quality nutrition of Greek yogurt starts with the freshest milk. Packed with calcium and other nutrients for strong bones and teeth, Greek yogurt's creamy, tangy goodness generally contains at least twice the protein of regular yogurt thanks to the straining process that is part of the production process. Young children especially need protein to help them stay focused at school.

