

Make Your Own Yogurt!



★ KITCHEN GEAR

- Saucepan
- Whisk
- Kitchen Thermometer
- Plastic or Glass container



TIP: For a super fun summer treat—think **COOL** and turn it into a yummy **frozen yogurt** popsicle!

★ INGREDIENTS

- 1 Liter (or 4 cups) milk
- 2 Tbsp Plain Yogurt

★ MAKING IT:

- 1 Heat the milk to boiling in a saucepan.
- 2 Let the milk cool to a temperature of 110°F (44°C). You can check the temperature by using the thermometer.
- 3 Add the yogurt to the milk and whisk well.
- 4 Put the milk mixture in a plastic or glass container and cover with a kitchen towel.
- 5 Keep your container in a warm place for 6-8 hours or overnight.
- 6 Put your yogurt in the refrigerator to chill until it has firmed up.
- 7 When your yogurt has firmed up, it's ready to eat! YUM!

TIP: You can **add fruit** to sweeten your yogurt!

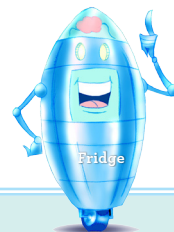


Calcium from your food helps your body grow and is especially important for your bones and teeth! When you get much older, your bones may weaken, so you need to make them as strong as possible when you are young. And, let's not forget about your teeth! Your teeth not only require calcium, but also fluoride to keep them healthy.

Every time you eat, the acids in your mouth increase for a short time. These acids weaken the hard outer layer of your teeth that is called 'enamel'. When this happens, the enamel can soften and cavities, or holes, can form in your teeth. To help fight off cavities, make sure you get enough calcium and fluoride to keep your teeth strong.

You may be wondering how you are going to make sure to get enough calcium and fluoride. It's easy! Milk and other dairy products are great sources of calcium, and calcium is in other foods, too.

And where can you get fluoride? Well, if you regularly brush your teeth, your teeth will be healthier because fluoride is in toothpaste. Just remember to brush and rinse (avoid swallowing toothpaste) to give your teeth just the right amount—and not too much fluoride.



Take care of your pearly whites!

GOOD SOURCES OF CALCIUM

- ★ ALMONDS ★ BEANS
- ★ CHEESE ★ CHIA SEEDS
- ★ FIGS ★ KALE & DARK LEAFY GREENS
- ★ MILK—Animal & Plant-based
- ★ ORANGE JUICE
- ★ QUINOA
- ★ SALMON—Canned . . . and you eat the bones!
- ★ SESAME SEEDS



★ If you want to make brushing your teeth **FUN**, brush with a fluoridated toothpaste) while listening to your favourite song!

★ Did you know at least 99% of the body's calcium is found in your bones and teeth?



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