# 🎬 Benefits of Greek Yogurt · ANSWER KEY

Ag Science 1 · Unit 6 · Level 2 video guide (modified). Mr. Torretta's Greek Yogurt sheet (class video or reading).

Name: _____

## While you watch: circle the best answer

**1. Yogurt is…**

A. Frozen milk | **B. Milk fermented with good bacteria** | C. Cheese with fruit

**2. The good bacteria in yogurt are called…**

A. Antibiotics | B. Vitamins | **C. Probiotics**

**3. Compared to regular yogurt, Greek yogurt has…**

**A. About twice the protein** | B. No protein | C. Less calcium and protein

**4. A vitamin found in yogurt:**

A. Vitamin Z | B. Caffeine | **C. Vitamin B12**

## After you watch: finish the sentence

5. Two benefits of eating yogurt:

1. _____ 2. _____ **protein, calcium/bones, probiotics/gut health**

6. When buying yogurt, look for

_____ **low added sugar; “live and active cultures”**

7. The word “yogurt” comes from

_____ **Turkish (yoğurt) — check with Mr. Torretta**

*Goes with the class “Benefits of Greek Yogurt” (10 pts). Same points when complete.*