🎬 Benefits of Greek Yogurt

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. _____ _____

6. When buying yogurt, look for

_____ _____

7. The word “yogurt” comes from

_____ _____

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