

YOGURT AS A PROBIOTIC AND pH VARIABILITY

M. Moreda¹

L. Cosgaya¹, V. Patel¹, E. Peña¹

¹I.E.S. Fidiana (Córdoba)

IES FIDIANA, C/Saturno s/n CP 14014

Abstract

One of the main objectives of this project was trying to grow microbial cultures suitable for fermented products, like yogurt, commonly known for its great benefits to human health.

Fermentation is a useful method of preserving food, and has been around for thousands of years, furthermore it makes foodstuffs more digestible as well as nutritious. With specific reference to lactose, it could be considered difficult to digest for adults, but microorganisms present in fermented lactics transform lactose, the main sugar in milk, into a lactic acid for easy digestion.

Taking this into account, microorganisms should not be considered harmful. Eating foods with fermented microorganisms is a very healthy way by which the digestive system is given a microbiota with helpful properties in terms of nutritious assimilation.

Through fermented foods an increase of microdiversity can be incorporated into our organisms.

On the other hand, thanks to the fermentation procedure, it is now being considered a good bacteria and a source of living microorganisms which allows us to digest in a healthy and very beneficial way.

So, in brief terms, for this project microbial cultures have been used and manipulated in order to produce a fermented product like yogurt. Meaning that different variables have been analyzed throughout the process, pH and viability of bacterias in different conditions like higher temperature and resting time being some examples.

Keywords: *fermentation, lactic bacteria, pH, viability,*