# Yoghurt

Yoghurt is rich in nutrients and can be readily absorbed by the human body. This drink was originally manufactured by the Bulgarians hundreds of years ago. The Bulgarians lived in Thrace and kept herds for a living. They were often equipped with goat leather pouches. Due to the air temperature outside and heat in the pouch, goat's milk often turned into something that was semisolid and semi-liquid. This consistency was caused by oxidation and acidity. When they drank milk, they would pour the liquid in the pouch into the boiling milk. Once it was cooked, it tasted sour, and Thracian people liked to drink this type of milk. This explains the origin of yoghurt.

In the late 20th century, scientist, Ilya Ilyich Mechnikov, who specialized in human longevity studies, went to Bulgaria to conduct research. He found that among 1000 people, there were four who had lived to be more than a 100 years old because of yoghurt. He then concluded that these people lived longer because they drank yoghurt. Mechnikov tasted the yoghurt and discovered that it contained a colon Bacillus (the probiotics). He named this good bacteria "Lactobacillus bulgaricus".

Later, Isaac Carasso, a Spanish businessman, got wind of the information and immediately set up a factory producing yoghurt. When he first started, he sold yoghurt as drugs to pharmacies, but business was not too good. After the Second World War, he returned to the USA where he established a yoghurt factory. The locals enjoyed this nutritious drink. Not long after, yoghurt became a popular drink throughout the world.

**Food for Thought:**
We need technology to do research and further advancement of existing products. Strong scientific and technological knowledge allow us to engage more effectively in innovation and invention.