

## **OBJECTIVE**

1. In this episode you learnt about
2. What is fermentation
3. What are fermented products
4. Curd and Acidophilus milk
5. Soured cream , Yogurt and Kefir
6. Butter milk and Cultured Butter milk
7. Cheese and Lassi
8. Bhaand and Villi
9. Acidophilus milk
10. Health benefits