

ABSTRACT

Milk is considered as the nature's perfect food. Protein provides 11 of the essential amino acids which are deficient in cereals, used for food.

Also soya milk is high in protein and it contains a well balanced amino acids pattern. But with methionine supplementation it can be raised essentially to the same level as that of cows milk.

Studies all over the world have shown the eminent suitability of soya milk as an infant food. It is particularly used for children who are allergic to cow milk.

The addition of vitamins and Calcium is necessary if the milk is to be used as a substitute for cow milk in infants. Also salt, sugar, malt addition is important. It is raised taste and quality of soya milk.

During shortage of animal milk, can supply milk by using a mixture of animal milk and soya milk.

The trypsin inhibitors (in soy milk) can destroy by heat treatment. It is important for the digestion of protein consumed.

To inactivate lipoxydase enzyme in the soya milk it is necessary to drop the broken seeds directly in to boiling water for 10 min.

I used soya milk substitute for cows milk when making yoghurt. Soya milk mixed with cow milk that mixture is given successful result at the soya yoghurt making.

Also this report includes composition of milk, factors affecting composition, proper cows sanitation and microbe controlling methods.

Among dairy products ice cream, yoghurt, butter, milk powder are popular in Sri Lanka. However yoghurt production is very popular through the people. Because of yoghurt making can begin with small capital, low machinery facilities. In yoghurt making starter culture (*Streptococcus thermophilus* and *Lactobacillus bulgaricus*) should be add freshly at 44° C temperature.