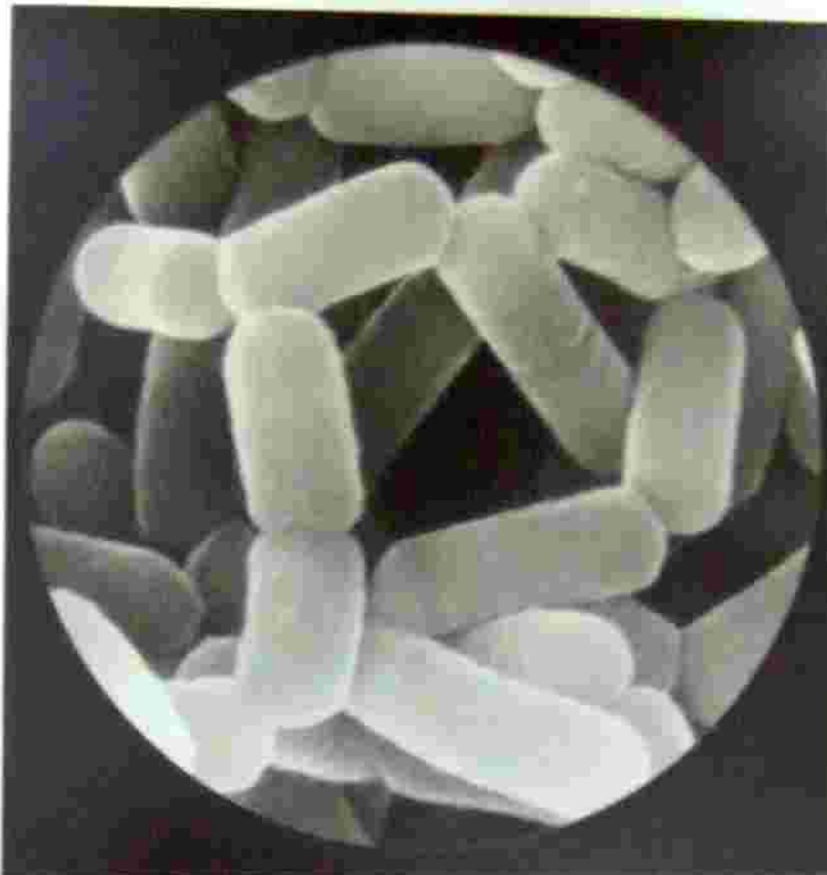


Visit to the Yakult factory by 1/1 and 1/2

On the 4th and 5th of March 2008, our class had the opportunity to visit the Yakult factory to learn more about the uses of Yakult and what it's made of. When we got there, we were taught by our guide that Yakult was founded 73 years ago and is now sold in 28 countries including Singapore.

The bacteria used to make Yakult are called *Lactobacillus casei* Shirota strain. It is named after Dr Minoru Shirota, the founder of Yakult. These bacteria can multiply once every 17 minutes and there are about 10 billion of them in just one bottle of Yakult. The bacterium takes about 7 days to grow and is kept in a room called the Seed Room for 1 day.



Lactobacillus casei Shirota strain

What is so special about *Lactobacillus casei* Shirota strain is that it helps NK cells (cells that fight cancer cells) to fight the cancer cells. If a person has cancer cells in them and drinks Yakult, he or she will have a higher chance of getting rid of the cancer cells. The bacterium also helps your digestive system too. The bacteria can also be made into cosmetics.

The class also had a tour around the factory. We were then introduced to a room where they make their own bottles. We were told that over 180,000 bottles of Yakult bottles are made in one day. If we were to leave the Yakult out at room temperature, it will spoil within three days and turn sour. It is also recommended that we drink one bottle a day.



The unique thing about the Yakult sold in Singapore is that the bottles are bigger and have a wide range of flavours to choose from and now they even have Yakult which has less sugar in it and has thrice as many bacteria in it than the normal Yakult.

The class also had a chance to try Yakult without sugar and many of us found it rather sour but still enjoyed it. We could also buy Yakult at the factory but at a cheaper price.

Everyone enjoyed the trip as we learned a lot of new things about Yakult that we wouldn't have known if we didn't go for this trip. We found that the trip was very enriching and interesting and hope that we will be given the chance to go on another trip.

Done by: Kaysie Pillai

Class: 1/2

Reflections.....

"I learnt a lot of interesting facts about the good bacteria in our bodies. It was a very educational and enriching experience." Therese Loh

"The trip helped me to learn more about how Yakult is made and also about bacteria like lactobacillus." Danielle Ng

"This trip was an enriching experience, we got to learn many new things about how bacteria can be put into good use. I look forward to having more of these trips."
Michelle Huong