

# PERFECTLY PICKLED: PROBIOTICS PACK A PUNCH

## ANSWER KEY

1. Give two examples of fermented foods and the cultures they originated in.

*Examples of fermented foods include Kimchi (Korea), Kombucha (China), Miso (Japan), Chutney (India).*

2. What did Russian microbiologist Elie Metchnikoff believe about fermented foods?

*Russian microbiologist Elie Metchnikoff believed*

*bacteria in fermented dairy products could prevent “fouling” in the large intestine. He believed eating fermented foods regularly could lead to a longer, healthier life.*

3. What is one of the most common methods of fermentation?

*Lactic acid fermentation is among the most common methods of fermentation.*

4. In your own words, what are probiotics?

*Probiotics are bacteria that are good for you. When eaten, they increase the good bacteria in your gut and protect against the bad bacteria.*

5. What does lactic acid bacteria do?

*Lactic acid bacteria is bacteria that is grown with vegetables in a salt brine. The bacteria eat the vegetable’s sugars and produces lactic acid.*

6. What role does salt play in the fermentation process?

*Salt plays a pivotal role in traditional fermentation by creating favorable conditions for the good bacteria, preventing the growth of bad bacteria, and adding flavor.*

7. Should people be encouraged to eat foods with probiotics? Why or why not?

*Answers will vary.*

### PROBIOTICS MAY HELP:

- Improve immune function
- Protect against hostile bacteria to prevent infection
- Improve digestion and absorption of food and nutrients.