

Cheesemaking and Fermentation

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Lesson Plan 1

Competency: Be able to ferment vegetables. Explore the biochemistry of fermentation. Discover how microbes enhance digestion.

Learning Objectives: Introduce students to fermentation. Give a little history of food preservation and the role of fermentation. Explain how microbes make fermentation happen and how our gut microbiome is related to our overall health. These ideas will show the relevance of fermentation to the modern diet and student's overall health. Make a really easy sauerkraut recipe as a hands-on activity that introduces fermentation concepts.

Assessments: successfully make sauerkraut

Activities:

Use the Powerpoint lecture that introduces the topics. This is a LONG powerpoint (50 slides) but it can easily be divided into sections to fit into shorter class sessions. The sauerkraut making instructions are included in the powerpoint but should be offered as a stand-alone sheet of directions.

Make sauerkraut.

Notes:

Read up on or refresh your memory of the story of Alexis St. Martin/Dr. Beaumont so you can better share that story, or, skip it since it is a bit tangential to fermentation, however, it is very engaging.

Materials needed to make sauerkraut. (amount for each student)

Knife, cutting board, large bowl, quart jar, large head of cabbage, tablespoon of salt (non-iodized)

Optional materials:

A can of canned sauerkraut to show/compare.



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