

Starter Activity One

Assess your understanding of the key terms for this key knowledge and key skill by completing the self-assessment below:

Key Term	I have never seen this word before.	I have seen this word before.	I am a bit unsure of the meaning of this word.	I know this word and I can use it in a sentence.
Fermented foods				
Gut				
Inflammation				
Non-digestible carbohydrates				
Metabolism				
Mental health				
Microbial fermentation				
Microbiome				
Microbiota				
Pathogens				
Physical health				
Prebiotics				
Probiotics				
Short-chain fatty acids				

Starter Activity Two

Find the key terms related to this topic in the wordfind below:

D	P	G	P	O	R	P	K	D	E	P	W	N	U	X	Y	O	G	F	I	F	N	E	I	R	Y	O	O
N	E	B	I	D	P	J	U	N	K	N	P	W	N	Q	X	K	F	F	E	J	L	F	A	J	T	F	F
B	O	Y	H	A	X	P	M	X	O	P	C	T	A	V	Z	I	U	L	I	F	S	B	M	D	V	P	Q
N	T	N	Q	V	R	G	A	P	C	F	E	Q	Y	E	Y	B	N	T	O	V	H	B	S	Y	Q	R	V
K	E	H	D	A	O	A	E	T	P	K	E	B	E	Z	R	D	O	A	E	O	O	M	X	U	M	I	X
M	F	W	Z	I	U	S	Y	P	H	R	E	A	E	B	U	O	R	X	B	R	R	C	M	O	Y	N	T
N	W	O	M	D	G	Q	I	T	M	O	M	R	O	E	Z	S	O	K	M	F	T	R	F	D	L	I	A
T	J	P	F	I	O	E	X	O	Y	D	G	Y	O	B	E	R	F	N	E	I	C	P	M	O	I	A	H
J	B	I	A	F	C	I	S	U	Y	I	I	E	Y	F	C	E	S	H	T	T	H	R	S	S	V	O	B
P	S	R	V	J	T	R	A	T	Q	E	E	N	N	H	T	N	H	T	A	I	A	O	M	U	U	P	X
O	O	S	B	N	F	I	O	A	I	Q	C	U	H	S	U	R	F	F	B	X	I	B	O	R	O	K	R
D	N	A	C	H	A	Q	S	B	M	B	O	H	U	A	T	T	L	L	O	E	N	I	A	O	Y	Y	A
O	D	V	F	C	R	A	X	K	I	P	L	D	Y	Q	C	R	Q	O	L	E	F	O	R	S	M	U	B
U	I	A	R	C	T	A	V	I	N	A	Y	E	E	C	M	I	K	P	I	L	A	T	E	I	I	F	M
S	X	M	E	M	O	Z	L	Q	I	V	L	U	C	I	O	I	O	O	S	T	T	I	M	Y	C	A	A
C	C	E	Y	E	U	W	T	S	M	K	P	F	E	A	J	N	C	T	M	F	T	C	Y	D	R	Z	R
S	M	R	O	H	M	Y	F	F	O	V	U	U	E	U	R	T	N	R	F	P	Y	S	Y	G	O	I	U
F	E	R	M	E	N	T	E	D	F	O	O	D	S	R	I	B	C	C	O	O	A	Y	L	U	B	E	X
U	E	C	S	H	P	U	I	L	T	C	E	E	E	D	M	O	O	H	N	B	C	O	Y	T	I	A	M
I	N	F	L	A	M	M	A	T	I	O	N	T	M	A	P	E	U	H	R	V	I	N	X	U	O	A	A
P	H	Y	S	I	C	A	L	H	E	A	L	T	H	I	F	R	N	I	Y	I	D	O	O	E	T	E	T
E	T	U	P	R	E	B	I	O	T	I	C	S	P	D	Y	D	K	T	F	D	S	X	M	D	A	X	R
M	P	O	O	W	N	X	U	V	I	D	D	A	E	U	U	F	R	E	A	A	R	Q	R	E	I	R	A
M	K	I	X	A	M	O	I	Q	L	C	P	T	R	D	U	F	A	D	A	T	E	A	P	L	K	O	W
I	Q	K	C	M	F	W	R	Q	O	F	T	J	C	O	E	O	I	A	I	B	I	D	T	O	C	A	I
U	M	E	N	T	A	L	H	E	A	L	T	H	A	A	C	G	W	Z	G	I	B	O	C	E	F	I	V
Y	T	E	A	A	T	M	L	A	O	E	E	K	U	S	Z	T	O	H	I	T	P	G	N	F	S	A	C

- | | |
|---|--|
| <input type="checkbox"/> Fermented foods | <input type="checkbox"/> Microbiome |
| <input type="checkbox"/> Gut | <input type="checkbox"/> Microbiota |
| <input type="checkbox"/> Inflammation | <input type="checkbox"/> Pathogens |
| <input type="checkbox"/> Non-digestible carbohydrates | <input type="checkbox"/> Physical health |
| <input type="checkbox"/> Metabolism | <input type="checkbox"/> Prebiotics |
| <input type="checkbox"/> Mental health | <input type="checkbox"/> Probiotics |
| <input type="checkbox"/> Microbial fermentation | <input type="checkbox"/> Short-chain fatty acids |

Wordsearch Answers

