

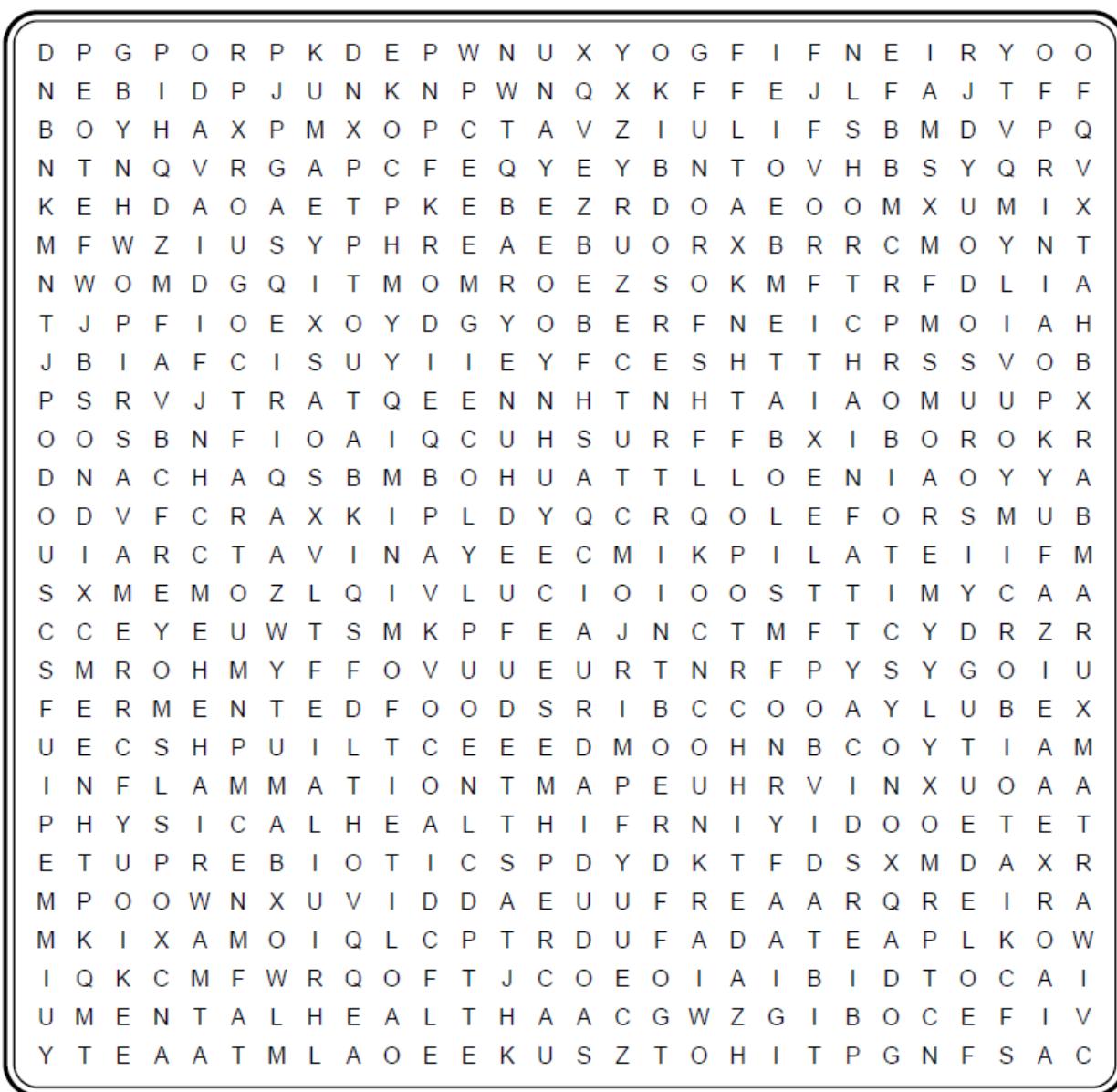
Starter Activity One

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:



<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

