**Food Science Literacy Strategy: Anticipation Guide**

***Fermenting Veggies at Home: Follow Food Safety ABCs***

**by Cookson Beecher of Food Safety News**

**On your own:** In the space to the left of each statement, place a T if you think the statement is true, an F if you think it is false. Read the article, marking the page number or other supporting evidence to confirm or refute your original prediction beside the statement.

**Whole group discussion:** Use the evidence you gathered to justify your True or False response. How can fermentation and pickling of foods at home be unsafe? What makes fermentation a science and an art? How can someone help to prevent food-borne illness when consuming foods prepared from home fermentation practices?

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| **Before (T or F)** | **Statement** | **After (T or F)** | **Evidence** |
|  | Consuming living bacteria helps aid in digestion. |  |  |
|  | Fermentation inhibits food preservation. |  |  |
|  | Examples of fermented foods/beverages are kimchee, olives, yogurt, bread, chocolate and beer. |  |  |
|  | Food scientists are advocates of home fermentation. |  |  |
|  | Lactic acid, produced during fermentation, can make consuming fermented foods less safe than eating fresh fruits and vegetables. |  |  |
|  | Lactic acid can subdue disease causing pathogens that lead to food borne illnesses. |  |  |
|  | One of the first food technologies that humans created was when vegetables and salt united. |  |  |
|  | Kale is an excellent leafy green and a welcome addition to the world of fermented foods. |  |  |
|  | Sauerkraut helps pirates stay healthy. |  |  |
|  | Fermentation is not usually the culprit in food borne illness, however, post-fermentation practices often can lead to food safety issues. |  |  |
|  | Temperature coupled with salt are key stakeholders in determining the safety of a fermented dish. |  |  |
|  | Botulism is a foodborne pathogen commonly associated with home fermentation. |  |  |
|  | Sauerkraut is a fermented food best left to experts and not novice fermenters. |  |  |
|  | Items that can be used for home fermentation can include a crock, a rock, and a sock. |  |  |
|  | Once properly fermented, a food will taste tangy. |  |  |
|  | After a fermented food is refrigerated, the process of fermentation ceases and the foods can no longer be consumed. |  |  |
|  | A wonderful resource for fermentation is the National center for Home Food Preservation and your local Extension agent. |  |  |