

# SCIENCE

**Welcome to the Science Super Curriculum. Below you'll find a whole host of things to do to stretch yourself beyond the classroom curriculum.**

In this month's Science Super Curriculum we will be diving into the delicious world of fermented foods! We will look at the science and history behind how these foods are produced. We will journey into the surprising world of the 'good' bacteria in our guts - our microbiome - and how eating more fermented foods has been linked to helping not only our digestive system, but also our immune system, bone strength and skin, and may help prevent obesity.

From kimchi to kombucha, let's find out about the fascinating world of fermented foods!

## READ

Read this article from The Royal Society of Chemistry on fermented foods:

[Why fermented foods are good for your gut](https://www.rsc.org/education/why-fermented-foods-are-good-for-your-gut) - edu.rsc.org

## WATCH

Find out about careers in Chemistry that use fermentation:

[Bioethanol production](https://www.rsc.org/education/bioethanol-production) - edu.rsc.org

## LISTEN

Listen to this BBC podcast on the health benefits of fermented foods:

[Just one thing](https://www.bbc.com/sounds/play/p08kz8kz) - BBC Sounds

Find out about how fermentation helps produce common food products:

[TED: Food and Fermentation](https://www.youtube.com/watch?v=...) - YouTube

## DO

Carry out your own experiment into fermentation with yeast:

[Fermentation experiment](https://www.ed.ac.uk/...) - ed.ac.uk