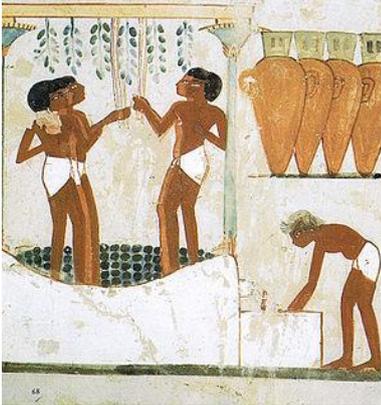


## CLIL TECHNOLOGY

### HISTORY OF FERMENTATION AND ITS BENEFITS

Read the following text.

Then find the false sentences which are below the text and rewrite them properly.



The earliest uses of fermentation were most likely to create alcoholic beverages such as wine and beer.

These beverages may have been created as far back as 7,000 BC in parts of the Middle East.

The fermentation of foods such as milk and various vegetables probably happened sometime a few thousand years later, in both the Middle East and China.

While the general principle of fermentation is the same in all of these drinks and foods, the precise methods of achieving it, and the end results, differ.

Since fruits ferment naturally, fermentation precedes human history. Since ancient times, however, humans have been controlling the fermentation process.

The earliest evidence of winemaking dates from eight thousand years ago, in Georgia, in the Caucasus area.

There is strong evidence that people were fermenting beverages in Babylon circa 5000 BC ancient Egypt circa 3150 BC.

There is also evidence of leavened bread in ancient Egypt circa 1500 BC and of milk fermentation in Babylon circa 3000 BC.

French chemist Louis Pasteur was the first known zymologist, when in 1854 he connected yeast to fermentation. Pasteur originally defined fermentation as "respiration without air".

The benefits of fermented products include:

- The fermentation creates the probiotics, which increases the quantity, availability, digestibility and assimilation of nutrients in our body.
- Fermented products aids in preventing and reducing a variety of diseases including certain forms of heart disease and cancers.
- Fermented products fight off infections.
- Fermented products are a great source of aminoacids, vitamins, and minerals.
- Detoxifying and preserving

The first use of fermentation was dates 7000 BC to produce yogurt. T/F

A:

Firstly fermentation of milk and vegetables took place in China and later was exported to the Middle East. T/F

A:

Fermentation is not a natural process; therefore it was invented by man. T/F

A:

Bread fermentation goes as far as 5000 BC in ancient Egypt. T/F

A:

Among the benefits of fermented products is that people eat them can live longer and feel healthier. T/F

A:

One of the benefits of fermented food is that it neutralises “bad” bacteria. T/F

A:

People who eat kefir are less liable to suffer heart attacks because their levels of cholesterol are lower. T/F

A:

