

Like food?

Need life sciences general education credits?

CMB180 Living foods: ferment them yourself! *(special topics)*

Foundations – Life sciences with a lab

Lecture includes:

intro to fermentation as food preparation:

- history & human culture
- food preservation & safety aspects
- science of fermentation
- human digestion & the gut microbiome
- health implications



Lab includes:

hands-on fermentation as is done in home kitchens; examples:

- bread, including sourdough
- yogurt
- kefir
- sauerkraut & other vegetables
- student-selected projects



Registration info

Winter 2019

Lecture

10 35921 MWF 10-10:50 am MAK B1114

Lab options

101 35922 M 1-2:50 pm KHS 1176

102 35923 M 3-4:50 pm KHS 1176



Scan for an informational video or go to

<https://youtu.be/V0Npt3vBlrY>

Also see CMB 150 Biotechnology & Society on the reverse page