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](https://youtu.be/V0Npt3vBlrY)

Also see **CMB 150 Biotechnology & Society on the reverse page**