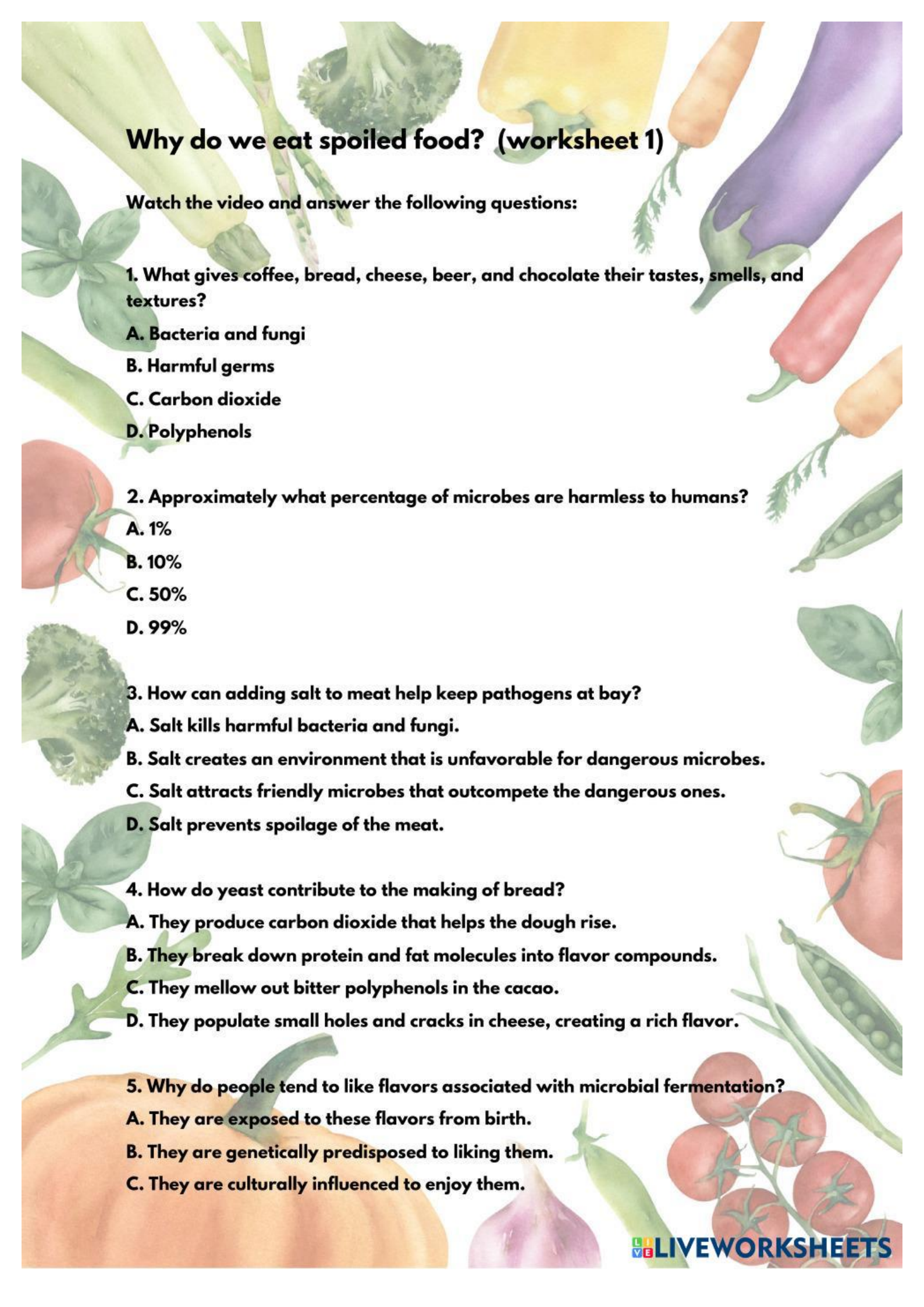




Why do we eat spoiled food? (worksheet 1)

Watch the video and answer the following questions:

1. What gives coffee, bread, cheese, beer, and chocolate their tastes, smells, and textures?

- A. Bacteria and fungi
- B. Harmful germs
- C. Carbon dioxide
- D. Polyphenols

2. Approximately what percentage of microbes are harmless to humans?

- A. 1%
- B. 10%
- C. 50%
- D. 99%

3. How can adding salt to meat help keep pathogens at bay?

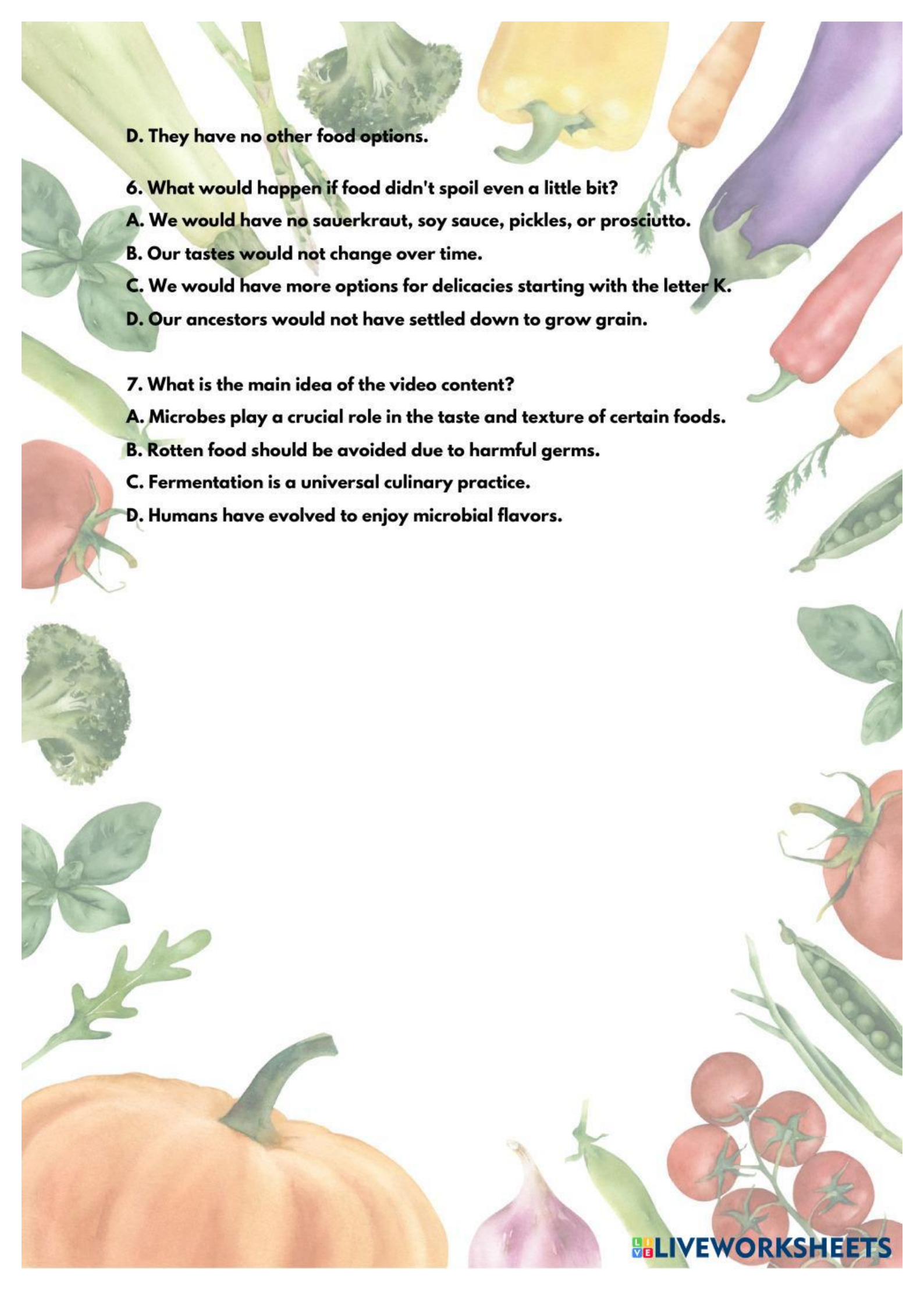
- A. Salt kills harmful bacteria and fungi.
- B. Salt creates an environment that is unfavorable for dangerous microbes.
- C. Salt attracts friendly microbes that outcompete the dangerous ones.
- D. Salt prevents spoilage of the meat.

4. How do yeast contribute to the making of bread?

- A. They produce carbon dioxide that helps the dough rise.
- B. They break down protein and fat molecules into flavor compounds.
- C. They mellow out bitter polyphenols in the cacao.
- D. They populate small holes and cracks in cheese, creating a rich flavor.

5. Why do people tend to like flavors associated with microbial fermentation?

- A. They are exposed to these flavors from birth.
- B. They are genetically predisposed to liking them.
- C. They are culturally influenced to enjoy them.



D. They have no other food options.

6. What would happen if food didn't spoil even a little bit?

- A. We would have no sauerkraut, soy sauce, pickles, or prosciutto.**
- B. Our tastes would not change over time.**
- C. We would have more options for delicacies starting with the letter K.**
- D. Our ancestors would not have settled down to grow grain.**

7. What is the main idea of the video content?

- A. Microbes play a crucial role in the taste and texture of certain foods.**
- B. Rotten food should be avoided due to harmful germs.**
- C. Fermentation is a universal culinary practice.**
- D. Humans have evolved to enjoy microbial flavors.**