

ASSIGNMENT

- 1. What is fermentation? Explain the importance of fermented foods?*
- 2. What are fermented foods? Explain various types of fermented foods on the basis of region?*
- 3. What are the nine best fermented foods you should be eating for your gut?*
- 4. What are various uses and purposes of food fermentation?*
- 5. Briefly explain probiotic effect?*
- 6. Write a detailed note on benefits of fermented food?*