



Glossary:

Cereals

A cereal is any grass cultivated for the edible components of its grain (botanically, a type of fruit called a caryopsis), composed of the endosperm, germ, and bran. Cereal grains are grown in greater quantities and provide more food energy worldwide than any other type of crop and are therefore staple crops.

Fermentation

Fermentation is a slow decomposition reaction of organic substances accelerated by microorganisms or enzymes that essentially convert complex substances into simpler ones as carbohydrates to alcohols or organic acids.

Spectrum

A spectrum (plural spectra or spectrums) is a condition that is not limited to a specific set of values but can vary, without steps, across a continuum.

Diversity

the state of being diverse

Detoxification

(detox for short) is the physiological or medicinal removal of toxic substances from a living organism, including the human body, which is mainly carried out by the liver

Probiotics

are live bacteria and yeasts that are good for your health, especially your digestive system. We usually think of bacteria

Preservation

Preservation refers to the set of activities that aims to prolong the life of a record and relevant metadata, or enhance its value, or improve access to it through non-interventive means.

Legume

A legume is a plant or fruit/seed in the family Fabaceae. Legumes are grown agriculturally, primarily for their grain seed called pulse, for livestock forage and silage and as soil-enhancing green manure.