

ASSIGNMENT

1. List out the different household traditional fermented foods at in and around your place.
2. Make a list of different fermented foods sold in the market at your place.
3. Collect the information about preparation procedure of the different household traditional fermented foods.
4. Collect the information about health benefits of the different household traditional fermented foods.
5. Collect the information about nutritional value of the different household traditional fermented foods.
6. List out the different raw materials used for the preparation of traditional fermented foods.
7. Outline the fermentation condition followed for the preparation of fermented foods.
8. Collect the information about any side effects/adverse effects after consumption of fermented foods.
9. Give an account on traditional cereal-based fermented beverages.
10. Write an account on traditional vegetable-based fermented foods.