

Glossary

1. **Fermentation:** Fermentation is the process in which a substance breaks down into a simpler substance. Microorganisms like yeast and bacteria usually play a role in the fermentation process, creating beer, wine, bread, kimchi, yogurt and other foods. Fermentation comes from the Latin word fermentare, meaning “to leaven.”
2. **Beverages:** A beverage or drink is a liquid intended for human consumption. In addition to their basic function of satisfying thirst, drinks play important roles in human culture. Common types of drinks include plain water, milk, juices, coffee, tea, and soft drinks.
3. **Microbiota:** A microbiota is "the ecological community of commensal, symbiotic and pathogenic microorganisms that literally share our body space". Joshua Lederberg coined the term, emphasising the importance of microorganisms inhabiting the human body in health and disease.
4. **Batter:** Batter is a liquid mixture of one or more flours made with ground grains or soaked grains that are ground. Batters are used to prepare various foods.
5. **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; they are therefore staple crops.
6. **Biological value:** Biological value (BV) is a measure of the proportion of absorbed protein from a food which becomes incorporated into the proteins of the organism's body. It captures how readily the digested protein can be used in protein synthesis in the cells of the organism. Proteins are the major source of nitrogen in food.
7. **Porridge:** a soft food made by boiling meal of grains or legumes in milk or water until thick.
8. **Water activity:** Water activity or a_w is the partial vapor pressure of water in a substance divided by the standard state partial vapor pressure of water. In the field of food science, the standard state is most often defined as the partial vapor pressure of pure water at the same temperature.
9. **Taste enhancers:** A substance added to food in order to enhance or intensify its taste.
10. **Legumes:** Legumes are grown agriculturally, primarily for their grain seed called pulse, for livestock forage and silage, and as soil-enhancing green manure. Well-known legumes include alfalfa, clover, peas, beans, lentils, lupin bean, mesquite, carob, soybeans, peanuts, and tamarind.
11. **Indigenous foods:** Indigenous food encompasses a wide variety of regional and traditional foods native to India. Given the range of diversity in soil type, climate, culture, ethnic group and occupations, these foods vary significantly from each other and use locally available spices, herbs, vegetables and fruits.
12. **Weaning:** Weaning is the process of gradually introducing a mammal infant to what will be its adult diet and withdrawing the supply of its mother's milk. The process takes place

only in mammals, as only mammals produce milk. The infant is considered to be fully weaned once it is no longer fed any breast milk (or bottled substitute).

13. Soothing properties: To tranquilize or calm, as a person or the feelings; relieve, comfort, or refresh.

14. Appetizers: A small dish of food or a drink taken before a meal or the main course of a meal to stimulate one's appetite.

15. Chronic disease: A disease of long duration.