

KOMBUCHA



Origin: China

Bacteria & yeast fermentation

Potential health benefits: Rich in probiotics & antioxidants, supports gut health, and may improve cholesterol, blood sugar regulation, and liver function

Main ingredients: Black or green tea, water, sugar and SCOBY starter culture

Flavour profile: Sour, acidic, fizzy, tangy

Storage: Refrigerate ($\leq 4^{\circ}\text{C}$) in sealed bottles to slow fermentation and limit carbonation. Consume within 1–2 weeks

Serving suggestion: Chilled or at room temperature, or flavoured with fruits, herbs or spices during a second fermentation



TEMPEH



Origin: Indonesia

Mould-based fermentation

Potential health benefits: Rich in plant-based protein; linked to antidiabetic, gut and heart health benefits

Main ingredients: Soybeans, water, fermentation mould – sometimes mixed with grain or other legumes

Flavour profile: Nutty, slightly tangy, savoury, chewy

Storage: If fresh, refrigerate ($\leq 4^{\circ}\text{C}$) and consume within a week. If pasteurised or vacuum-packed, refrigerate for several weeks or keep frozen for longer storage

Serving suggestion: Add to curries, stir-fries, sandwiches, and salads



WATER KEFIR



Origin: Mexico

Bacteria & yeast fermentation

Potential health benefits: Immune support, antioxidant properties & liver-protective effects

Main ingredients: Water, sugar, water kefir grains, citrus & optional fruit

Flavour profile: Sweet, tart, fizzy

Storage: Refrigerate ($\leq 4^{\circ}\text{C}$) in sealed bottles to slow fermentation and limit carbonation. Consume within 1–2 weeks

Serving suggestion: Drink chilled as a probiotic soda alternative. Often flavoured with ginger, citrus, or berries



KIMCHI



Origin: Korea

Lactic acid bacteria fermentation

Potential health benefits: Nutrient rich; probiotic bacteria help balance gut microbiome, improve digestion, and support immunity.

Main ingredients: Napa cabbage, radish, garlic, ginger, and red pepper flakes. Optional: fish sauce and/or salted shrimp

Flavour profile: Spicy, sour, tangy, savoury

Storage: Refrigerate ($\leq 4^{\circ}\text{C}$). Flavour becomes more acidic over time

Serving suggestion: Enjoy as a side dish, or use in soups, stews, rice dishes, or savory pancakes



FERMENTED TABLE OLIVES



Origin: Mediterranean basin

Lactic acid bacteria fermentation

Potential health benefits: Support cardiovascular health, source of polyphenols and vitamin E, antioxidant and anti-inflammatory effects. **Typically high in salt: consume in moderation*

Main ingredients: Olives, water, salt

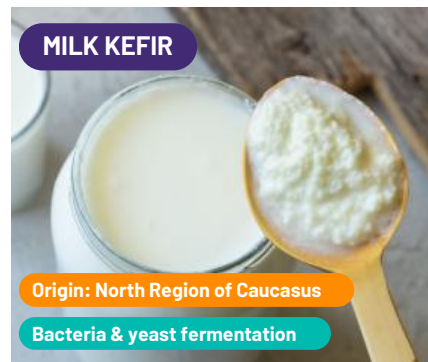
Flavour profile: Salty, tangy, sour

Storage: When unopened, store at room temperature; after opening: refrigerate at $2-8^{\circ}\text{C}$ and keep submerged in brine

Serving suggestion: Enjoy as a snack, or use in salads, sauces, or side dishes



MILK KEFIR



Origin: North Region of Caucasus

Bacteria & yeast fermentation

Potential health benefits: Immune support, improves digestion of lactose, & metabolic benefits

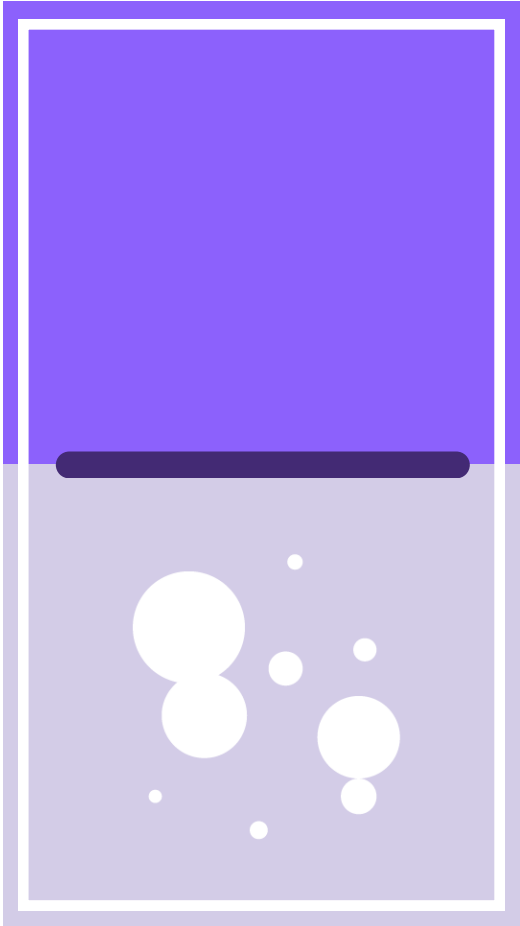
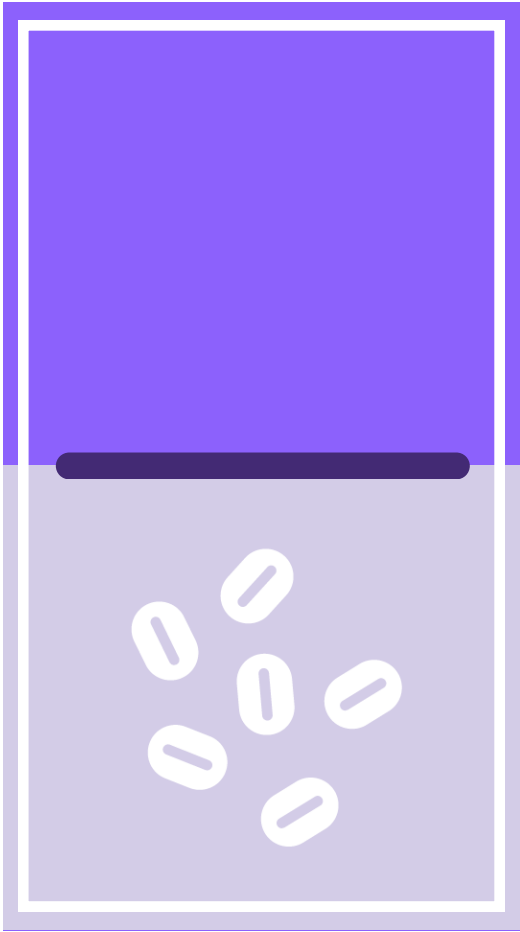
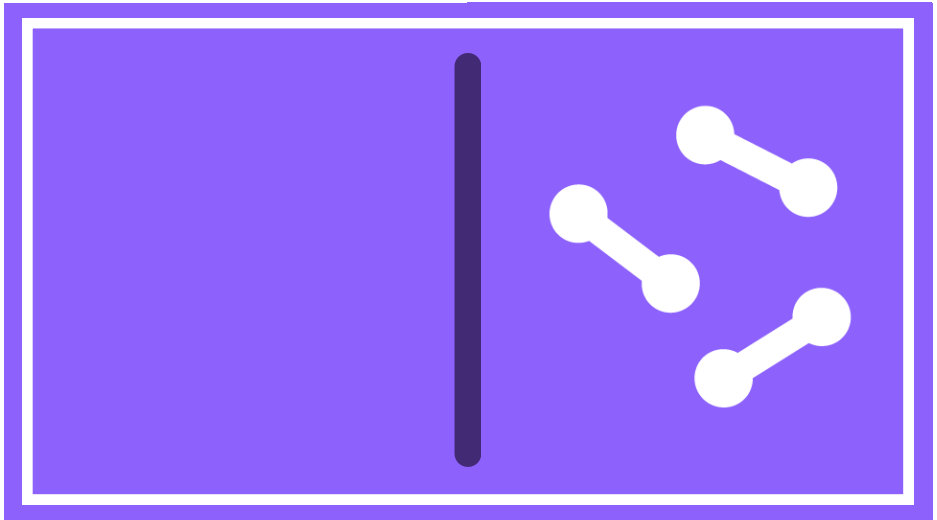
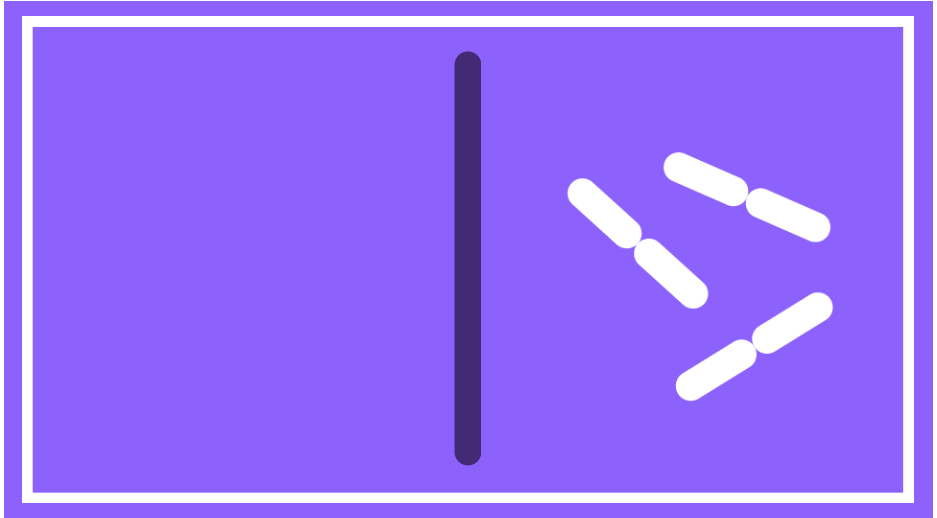
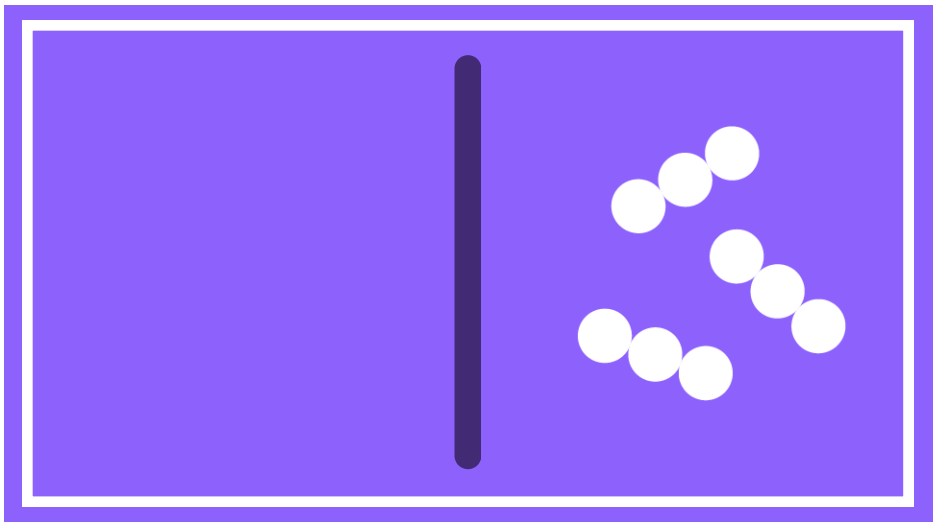
Main ingredients: Milk and milk kefir grains

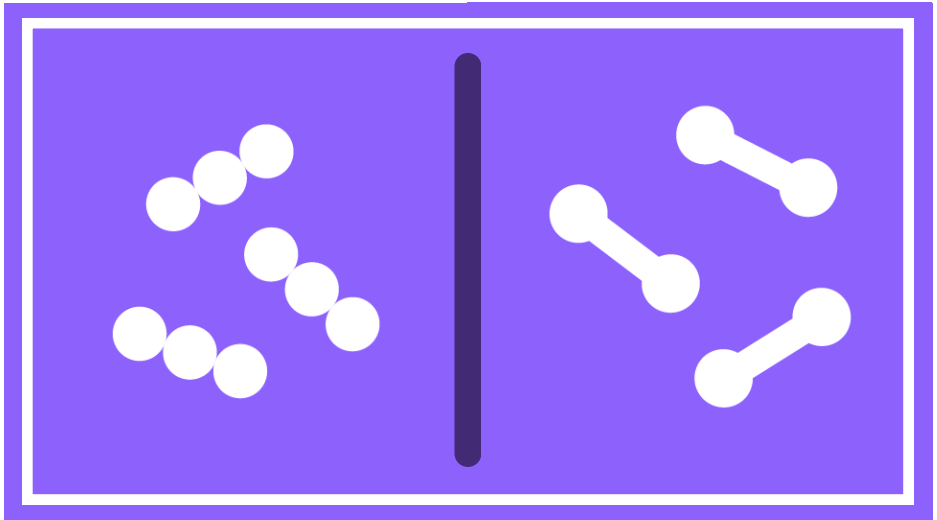
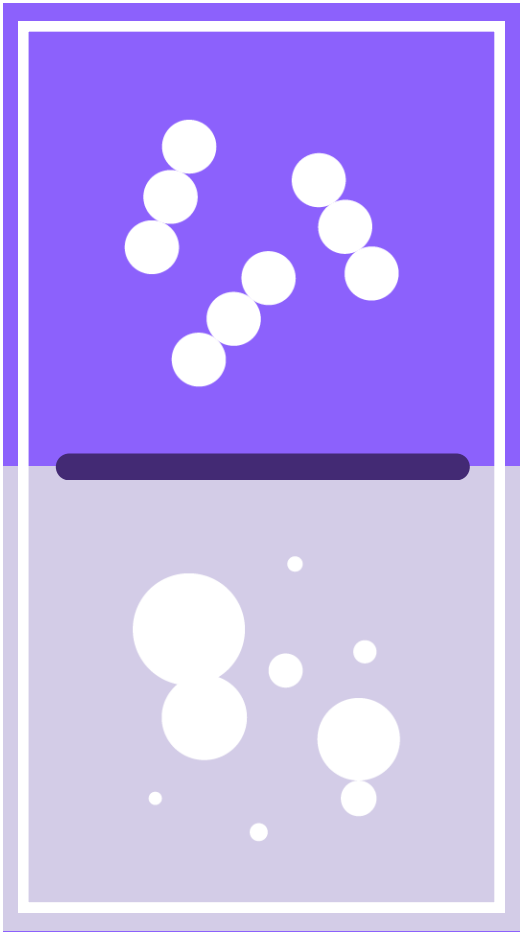
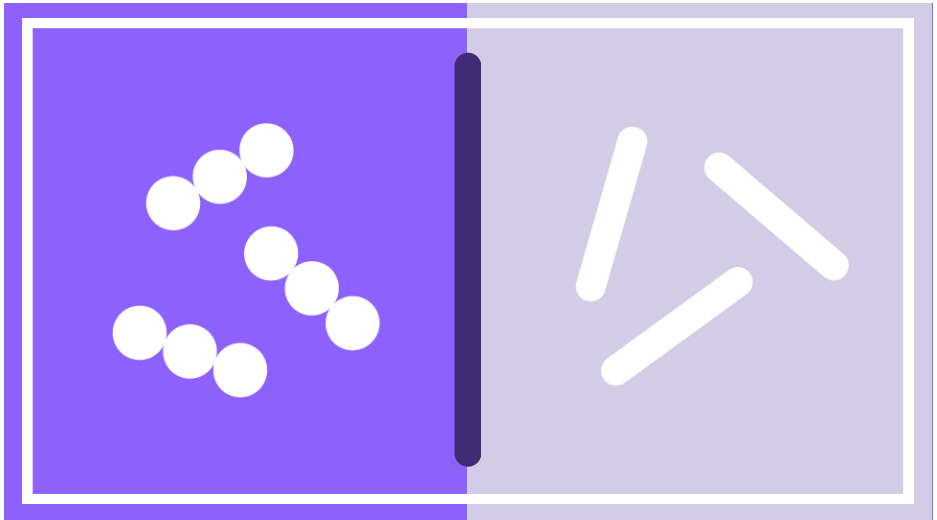
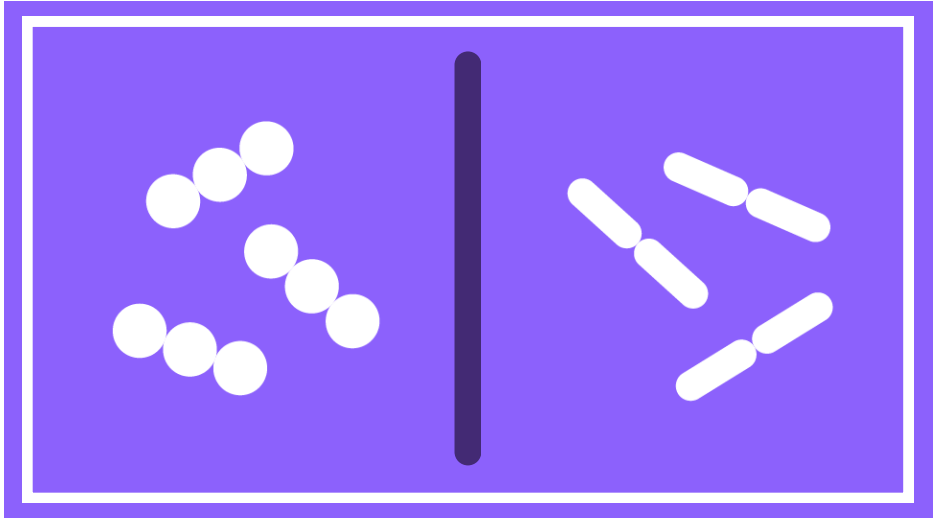
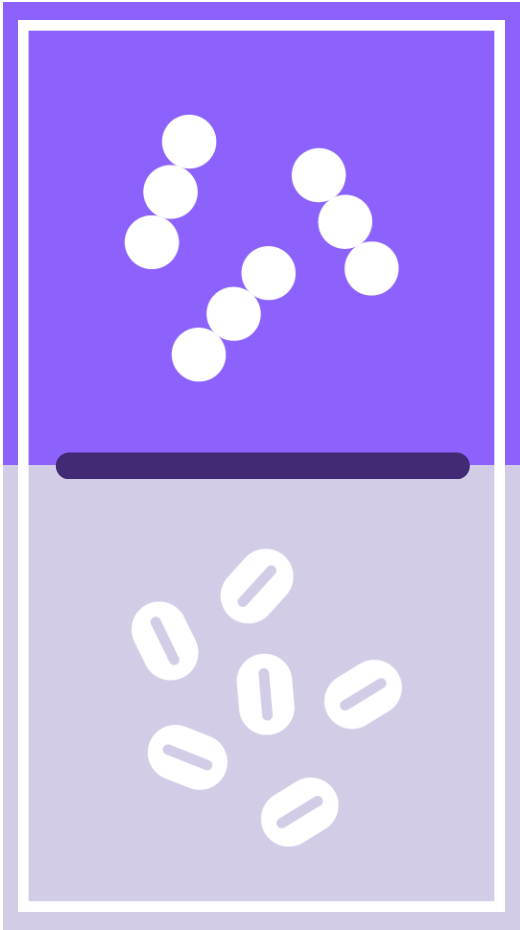
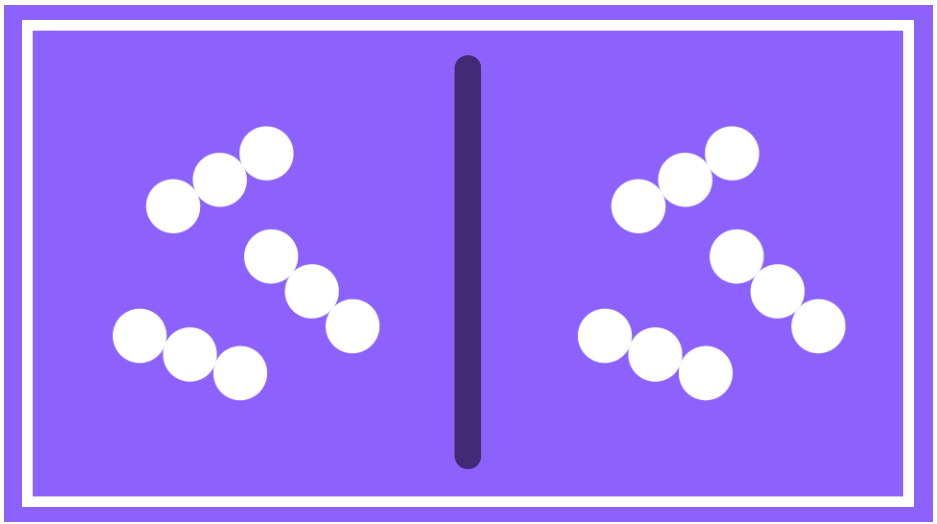
Flavour profile: Tangy, sour, creamy, lightly fizzy

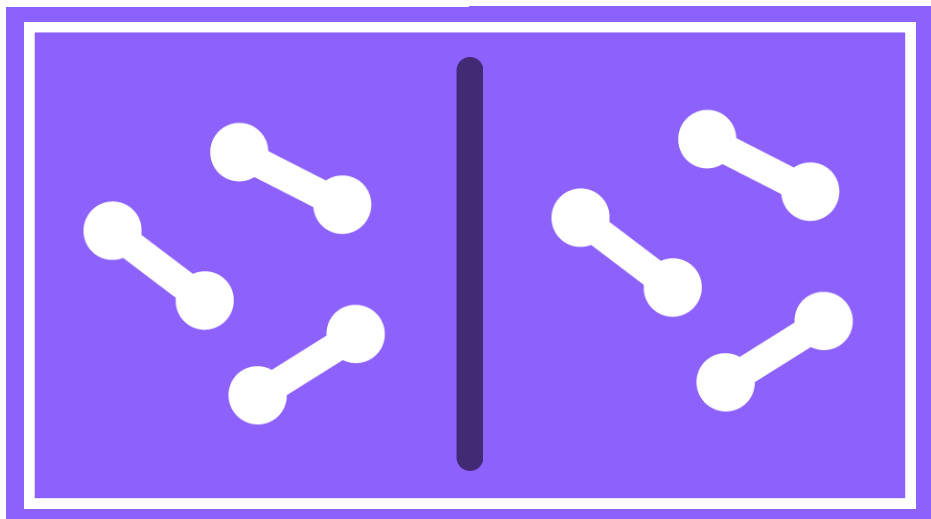
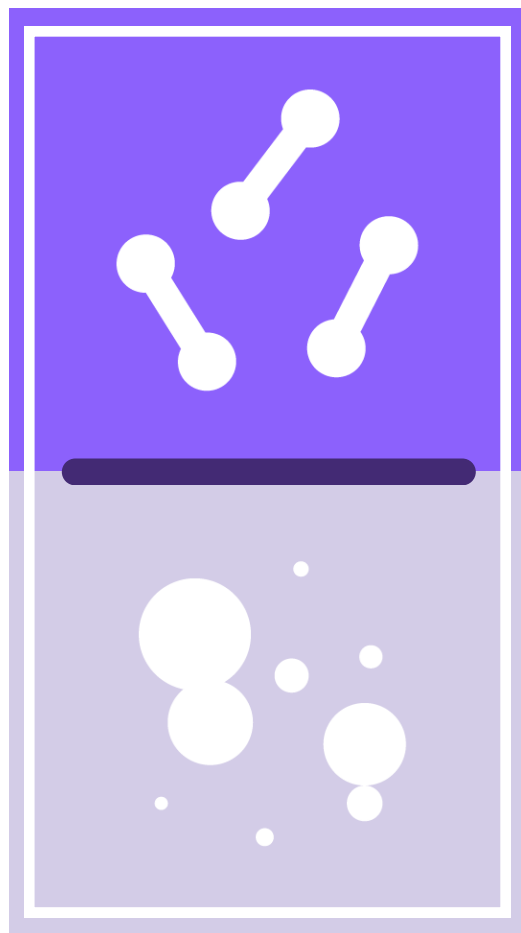
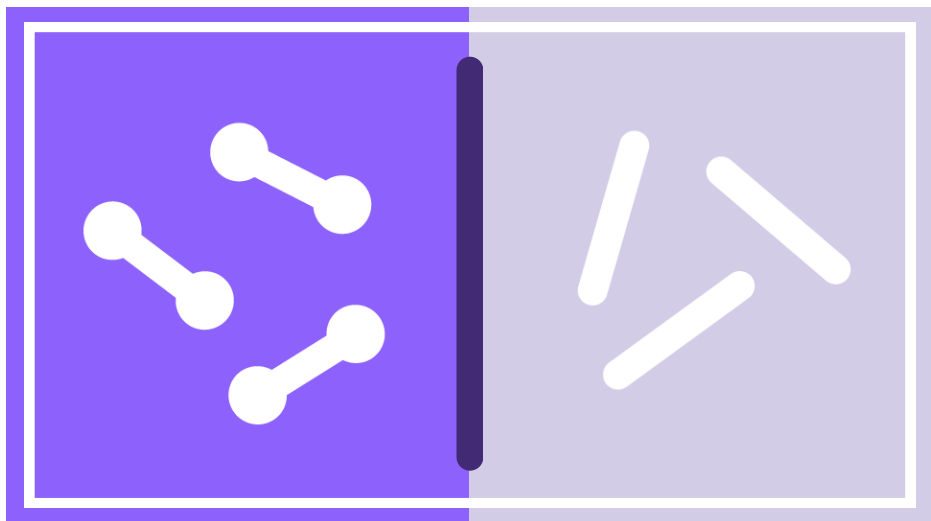
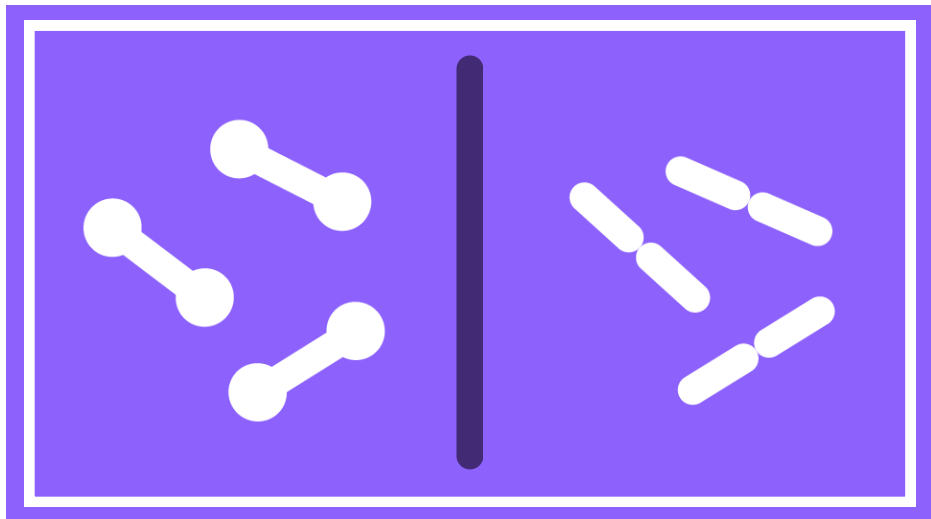
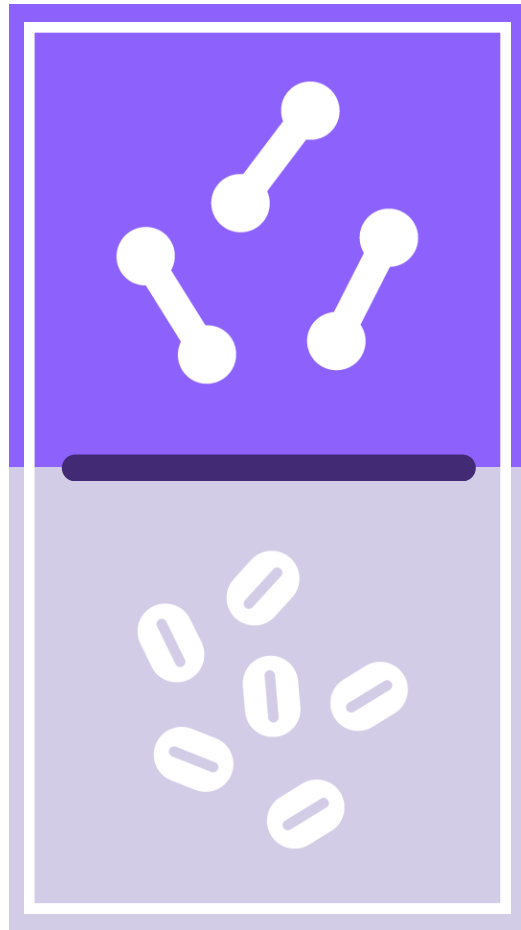
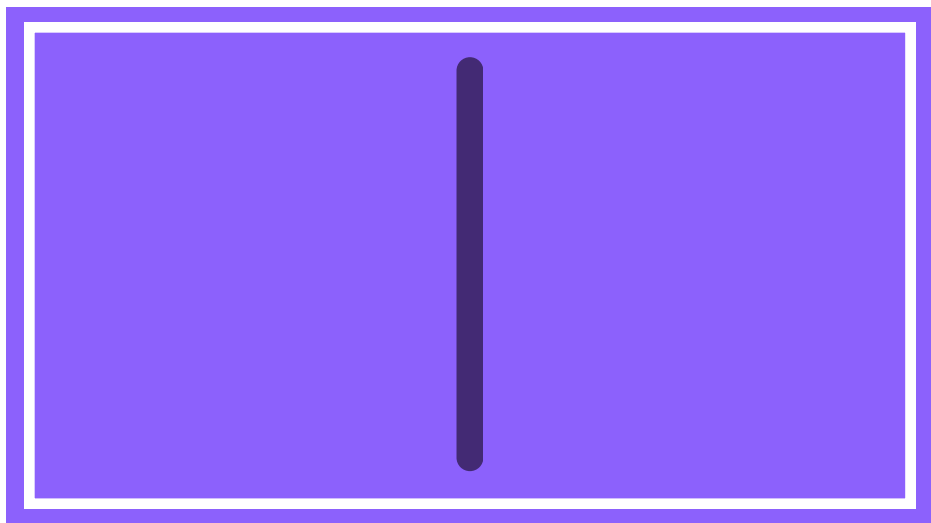
Storage: Refrigerate ($\leq 4^{\circ}\text{C}$) in sealed bottles. Best consumed within 2 weeks, flavour becomes more acidic over time

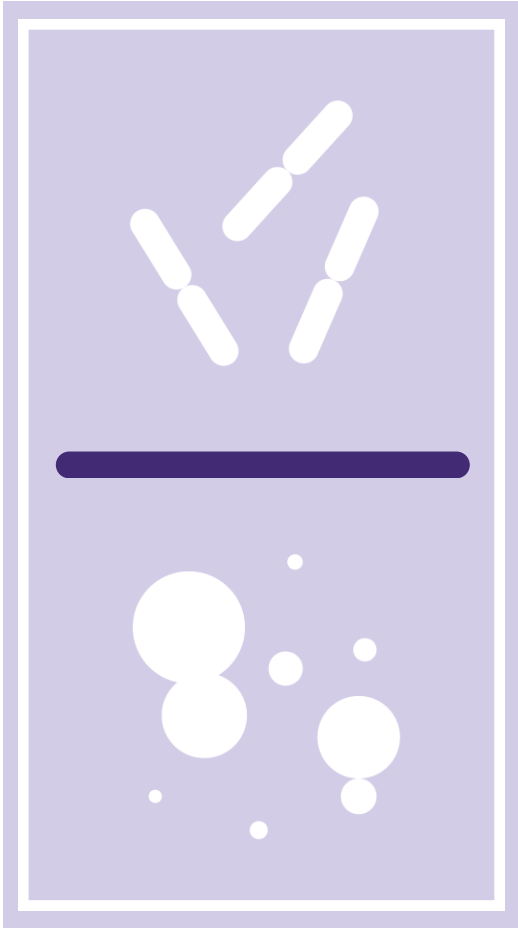
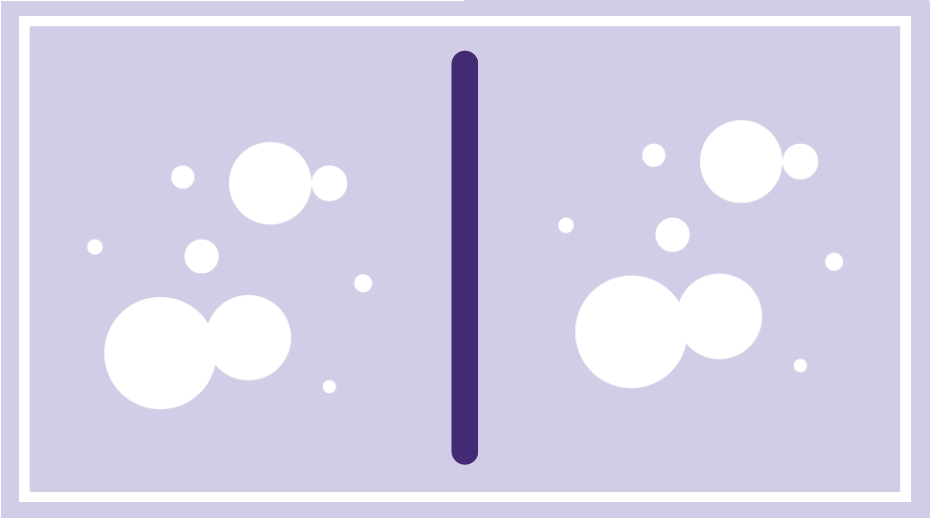
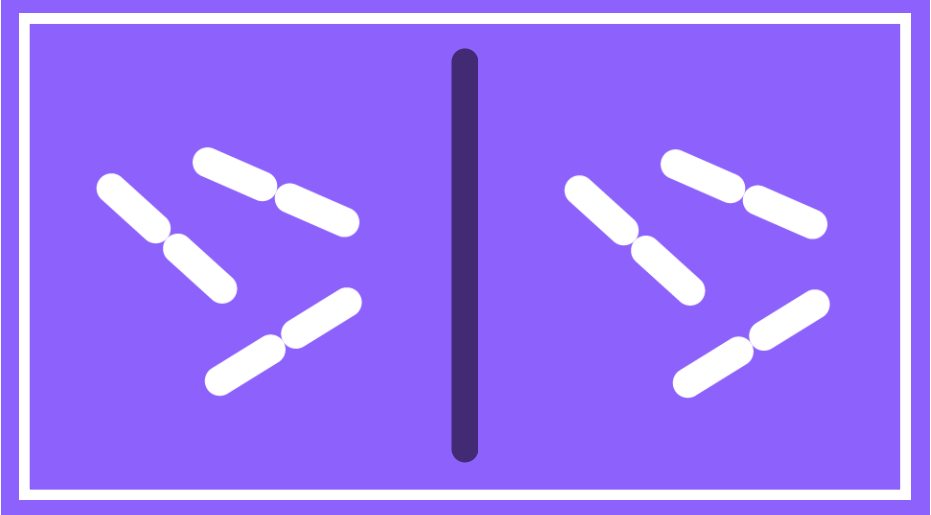
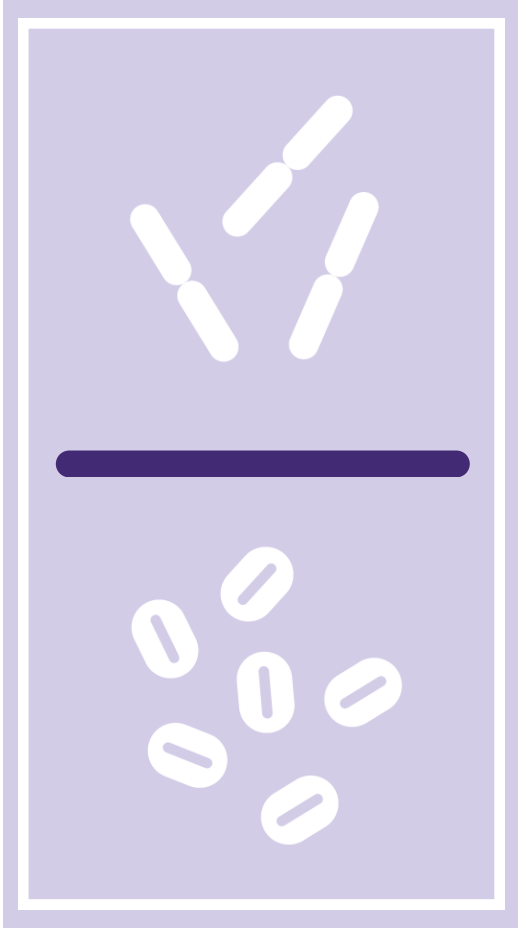
Serving suggestion: Enjoy as a drink, in smoothies, or poured over cereal; it can be used as a sour base for dressings or soups

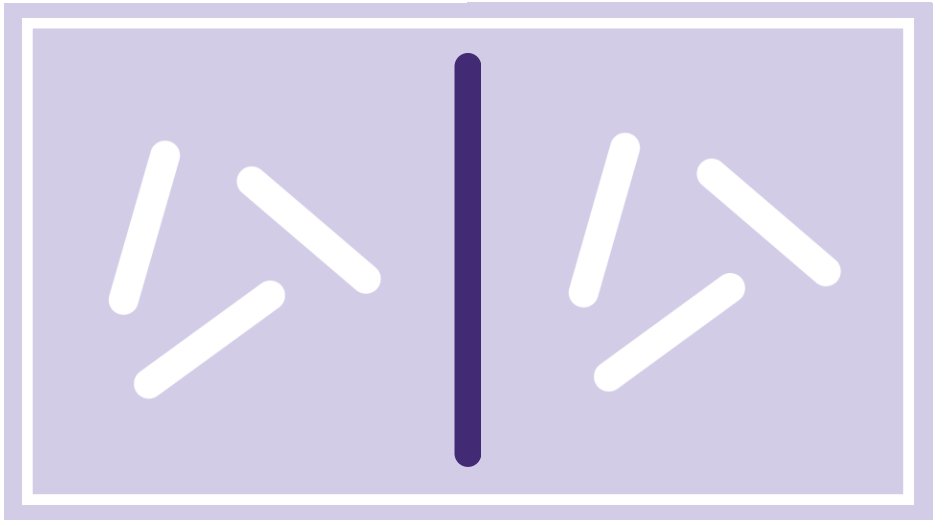
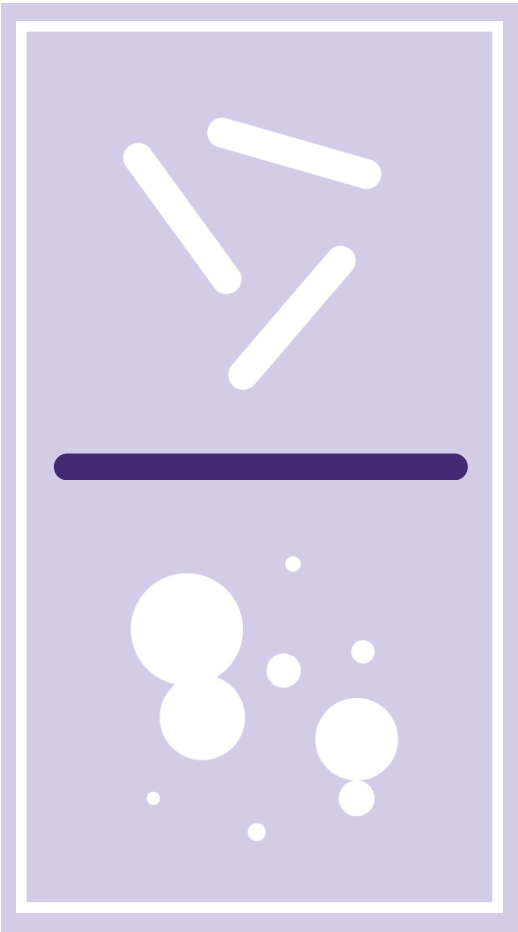
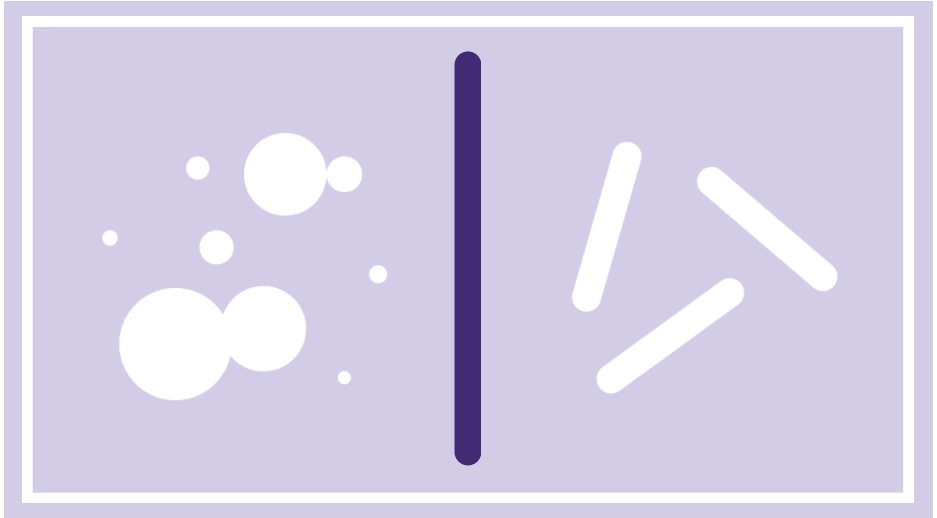
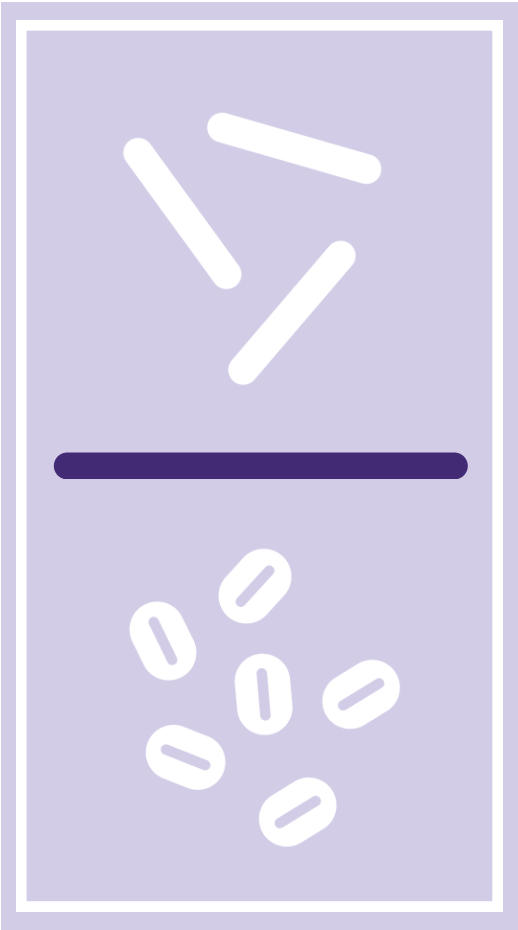
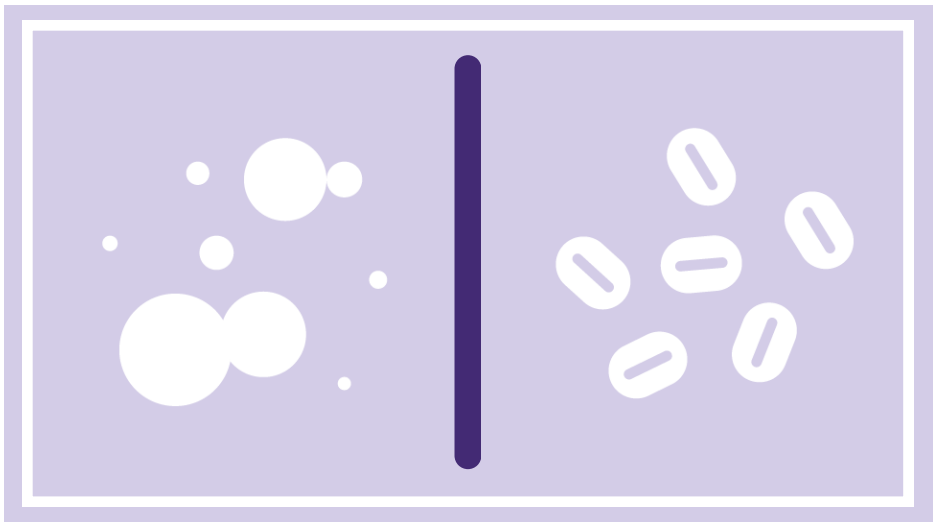












What are common fermentation microorganisms?



Lactobacilus



Bifidobacterium



Lactococcus



Acetobacter



Yeast



Mould



Fermented Food Domino Game

How to play &
more info on
fermented foods!

