



# F.U.N in the Jar 101



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# Introduction

This **booklet** that you have in your hands is not just a guide to create your own project, but also **tool** to build awareness around nutrition and the relevance of it in our lives and our mental, emotional and physical health through building healthier, more conscious and more sustainable life.

All the content that you will find here has been born from the experience of the participants of "**F.U.N in the Jar**" training course in **Perma Halos** (Romania) and has the aim to serve as a guide for other projects.

Youth workers can find here introductory information about the main topics (nutrition, fermentation, microbiome...) and also ideas, activities, games, recipes, examples and even fun facts that they can use as an **inspiration** to create their own project. Other participants of the team as chefs, group responsables and helpers can find in these pages content that they can develop by themselves as well.

As we have known for a long time, our **gut is our second brain** and It can give us lots of important information about our mood, emotions, thoughts and physical health. Do you relate to "stomach butterflies" when the person you like appears? And what about having to "run to the toilet" when you are too nervous? That's your gut talking to you, so let's listen to it!

What about the concept of **contamination**? Most of us have probably been thinking that contamination is a negative concept, when if it's controlled, as in fermentation process, we have learnt that it might be beneficial for mental and physical health. So let's give it a try and play with recipes you will find in the following pages!




**Fermentation** is a process that makes us realize about the connection we have with nature through our food and that helps increase it while being good for us, our pocket and our Planet. **Enjoy this book!**

# Macro- and micronutrients: concepts and tools to incorporate in programmes

## Concepts

### Macronutrients

- Macronutrients constitute the total amount of the caloric intake, meaning the principal energy source of the human body. They can be divided into 3 main groups: carbohydrates, proteins, and fats.

Macronutrient	Definition	Examples
Carbohydrates*	The body breaks down carbohydrates into glucose. Glucose, or blood sugar, is the main source of energy for your body's cells, tissues, and organs.	
Proteins	Proteins are essential building blocks of our bodies. They are made up of smaller units called amino acids and perform various crucial functions, including providing structure, aiding in cellular processes, and regulating bodily tissues and organs.	
Fats*	The body uses fat as a fuel source, and fat is the major storage form of energy in the body. Fat also has many other important functions in the body, and a moderate amount is needed in the diet for good health.	

**Carbohydrates** and **fats** can further be divided into subgroups.

## **Carbohydrates:**











- **Simple:** Are the most basic form of carbohydrates (ex: sugars)
- **Complex:** There are two main types of complex carbohydrates: starches and fibers. **Starches:** They are complex carbohydrates, which are made of lots of simple sugars strung together. Your body needs to break starches down into sugars to use them for energy. Starches include bread, cereal, and pasta. They also include certain vegetables, like potatoes, peas, and corn. **Fibers:** It is also a complex carbohydrate. Your body cannot break down most fibers, so eating foods with fiber can help you feel full and make you less likely to overeat. Diets high in fiber have other health benefits. Fiber is found in many foods that come from plants, including fruits, vegetables, nuts, seeds, beans, and whole grains.

## **Fats:**

- **Saturated:** Fats that are usually solid at room temperature. Some examples are meats, dairy products, oils (coconut, palm fruits).
- **Unsaturated:** Fats that are usually liquid at room temperature. Some examples are avocados, olive oil, fish, nuts.
- **Trans:** Fats that have been artificially altered to become more solid. They are created through a process called hydrogenation. Trans fats are found in processed food, such as baked goods, margarines etc.

## **Micronutrients**

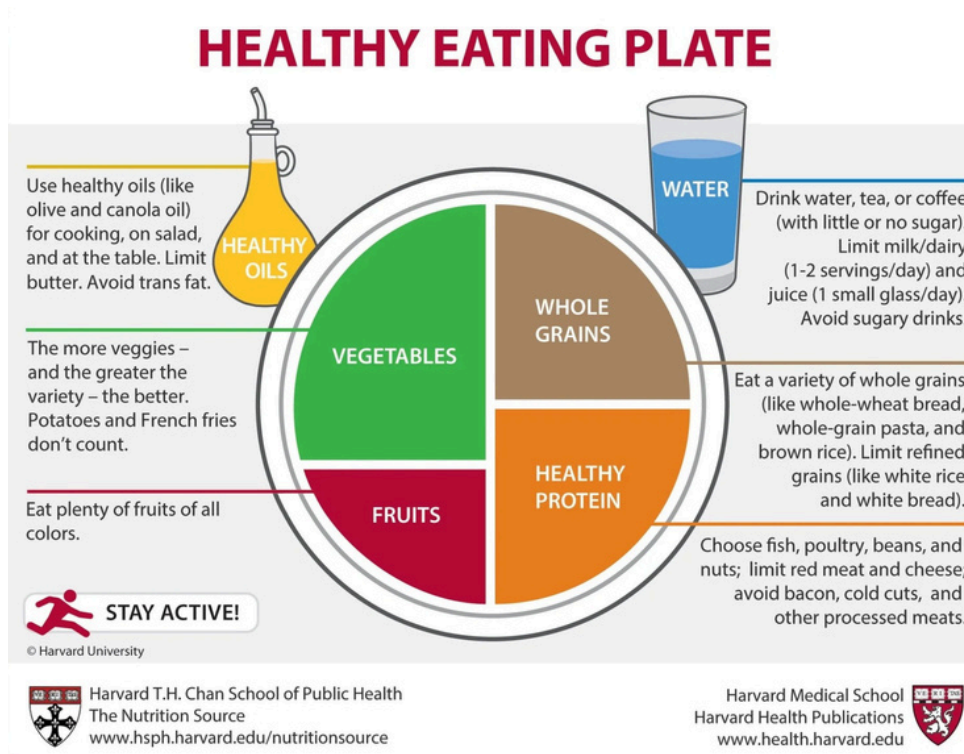
- Micronutrients are essential nutrients that our bodies need in small quantities to function properly. Unlike macronutrients (proteins, carbohydrates, and fats), which provide energy and building blocks for tissues, micronutrients play various roles in metabolism, growth, and overall health.

Micronutrient	Definition	Types	Examples
Vitamins	Organic compounds that our bodies cannot produce on their own. They are essential for various functions, including energy production, cell growth, and immune system function.	Vitamin A	
		Vitamin B12	
		Vitamin C	
		Vitamin D	
		Folic Acid (Vitamin B9)	
Minerals	Inorganic elements that our bodies need in small amounts. They are involved in many bodily functions, such as bone health, fluid balance, and nerve function	Iron	
		Magnesium	
		Zinc	
		Potassium	
		Calcium	

# Tools








## The Harvard's plate

Harvard's plate: The Harvard Plate is a visual guide to healthy meal proportions, developed by nutrition experts at Harvard University. It emphasizes fruits, vegetables, and whole grains while limiting unhealthy fats, added sugars, and sodium. It is based on the most up-to-date nutrition research, and it is not influenced by the food industry or agriculture policy. The Harvard Plate is a helpful tool for creating balanced meals that can support good health and well-being.



## The Bristol Scale:

Bristol Stool Scale is a visual guide used to classify the consistency of human feces. It ranges from Type 1 (hard, separate lumps) to Type 7 (watery, no solid pieces). This scale is commonly used by healthcare professionals to assess bowel health and identify potential digestive issues.

TYPE 1		<b>Separate hard lumps</b> VERY CONSTIPATED
TYPE 2		<b>Lumpy and sausage like</b> SLIGHTLY CONSTIPATED
TYPE 3		<b>A sausage shape with cracks in the surface</b> NORMAL
TYPE 4		<b>Like a smooth, soft sausage or snake</b> NORMAL
TYPE 5		<b>Soft blobs with clear-cut edges</b> LACKING FIBER
TYPE 6		<b>Mushy consistency with ragged edges</b> INFLAMMATION
TYPE 7		<b>Liquid consistency with no solid pieces</b> INFLAMMATION AND DIARRHEA





# Food Disorders

## Food-related disorders and youth health

The relationship between food and health is a complex one, and it's becoming increasingly apparent that unhealthy eating habits can lead to serious health issues, especially in young people. Food-related disorders, such as eating disorders, obesity, and nutrient deficiencies, are on the rise among youth, impacting their physical and mental well-being.

Understanding the causes, symptoms, and potential treatments for these conditions is crucial in preventing and addressing the growing health crisis among young people.

Disorder	Characteristics	Physical Consequences	Emotional Consequences
Anorexia Nervosa	Extreme fear of gaining weight, distorted body image, severely restricted diet, unhealthy weight loss, and denial of the seriousness of the condition.	Weakness, dizziness, fainting, hair loss, brittle nails, amenorrhea, increased risk of heart problems and osteoporosis.	Low self-esteem, isolation, depression, anxiety, perfectionism.
Bulimia Nervosa	Cycles of binge eating followed by purging behaviors, accompanied by feelings of guilt and shame.	Damaged teeth and gums, esophageal tears, electrolyte imbalances, dehydration, gastrointestinal problems.	Shame and guilt, depression, anxiety, substance abuse.

Binge-Eating Disorder	Frequent episodes of consuming large amounts of food in a short period, feeling out of control, followed by guilt or shame.	Weight gain, obesity, high blood pressure, diabetes, heart disease.	Shame and guilt, low self-esteem, depression, social isolation.
Pica	Craving and consumption of non-food substances.	Intestinal blockage, poisoning, nutritional deficiencies.	Social isolation, embarrassment, medical concerns.
Rumination Disorder	Repeatedly regurgitating food after eating, often chewing it again and either swallowing it or spitting it out.	Weight loss, malnutrition, dental problems.	Social isolation, embarrassment, medical concerns.
Night Eating Disorder	Frequent nighttime awakenings to eat, resulting in insomnia and excessive daytime sleepiness.	Weight gain, obesity, sleep disorders.	Sleep disturbances, fatigue, social isolation.
Purging Disorder	Engaging in purging behaviors to control weight, without a history of binge eating.	Similar to bulimia nervosa, including damaged teeth, esophageal tears, and electrolyte imbalances.	Shame and guilt, depression, anxiety.
Orthorexia Nervosa	Obsessive preoccupation with healthy eating, leading to restrictive diets and rigid food rules.	Malnutrition, weight loss or gain, digestive issues, nutrient deficiencies.	Social isolation, anxiety, depression, body image issues.

It's important to note that these disorders can coexist and are often accompanied by other mental health conditions, such as depression, anxiety, and substance abuse. If you or someone you know is struggling with an eating disorder, please reach out to a mental health professional or a support group.



# MICROBIOTA

The microbiota is the set of all the microorganisms (bacteria, yeasts, fungi, molds) that live inside us.

It is a real ecosystem that we can find inside our bodies. Just as the oceans and forests are part of the planet, the billions of microorganisms that live in the various niches of our body are part of us. This invisible life works together to establish a systemic balance. The microbiota is the invisible life present inside and outside of us that supports the life of the entire human ecosystem.

Most of the microbes that we host are found in the intestine that is considered a real second brain. In the intestine we can find about 500 million of neurons that constitute an autonomous nervous system that work in symbiosis with the brain, forming the so-called “brain-gut axis”. These gut neurons are dedicated to collect data that are sent to the brain.

Half of the food we eat is to feed the microbiota. Once the food reaches our microbes, they break it down and give us the precious nutrients where and when we need them. In every major human pathology, from the simplest to the most complex, intestinal dysbiosis (imbalance between the types of organism) is always present, which is among the conditions that lead to the disease.

Eating a diet high on processed food creates a hostile environment for a lot of beneficial microorganisms, encouraging the growth of potential pathogens. Furthermore, if we don't include different fibres (veggies!) in our diet, we make our micro-friends very hungry. They will then start eating the intestinal mucus that is responsible for the correct absorption of nutrients and for the defence against potential pathogens.

The microbiome is the set of microbial cells that we contain (which therefore contain the DNA of microbes) and which we draw on to obtain epigenetic information. When we are born, our parents give us 50,000 genes. Thanks to the other 10 million genes that microbes share with us, we can perceive reality and improve the ability to adapt to it for greater resilience.

The strength and resilience of a good organism is given above all by the balance in the diversity that the microbiota has. Eating healthy and diversified food means feeding different microbes, increasing resilience.

## **GENERAL RISKS AND CHALLENGES IN FERMENTATION**

When fermenting with vegetal ingredients, the risk of dangerous contamination is almost zero.

Contamination in veggie fermentation could mean an off-flavour or a short trip to the bathroom but hardly anything more than that.

With induced fermentations you could also experience some cross contamination among the different ferments that you are preparing (kefir-kombucha, tempeh-natto, etc...).

However, even in this case, there is no life-threatening risk, therefore it's recommended to learn some methods and experiment without fear as failures are important to learn the proper ways and will make you stronger and more resilient.

Your nose is your best friend for assessing the quality of your ferments.

With meat, fish and dairy products more experience and knowledge of the processes is required.

## **FERMENTATION PROCESSES**

Fermentation is the process of transformation of organic matter by microorganisms.

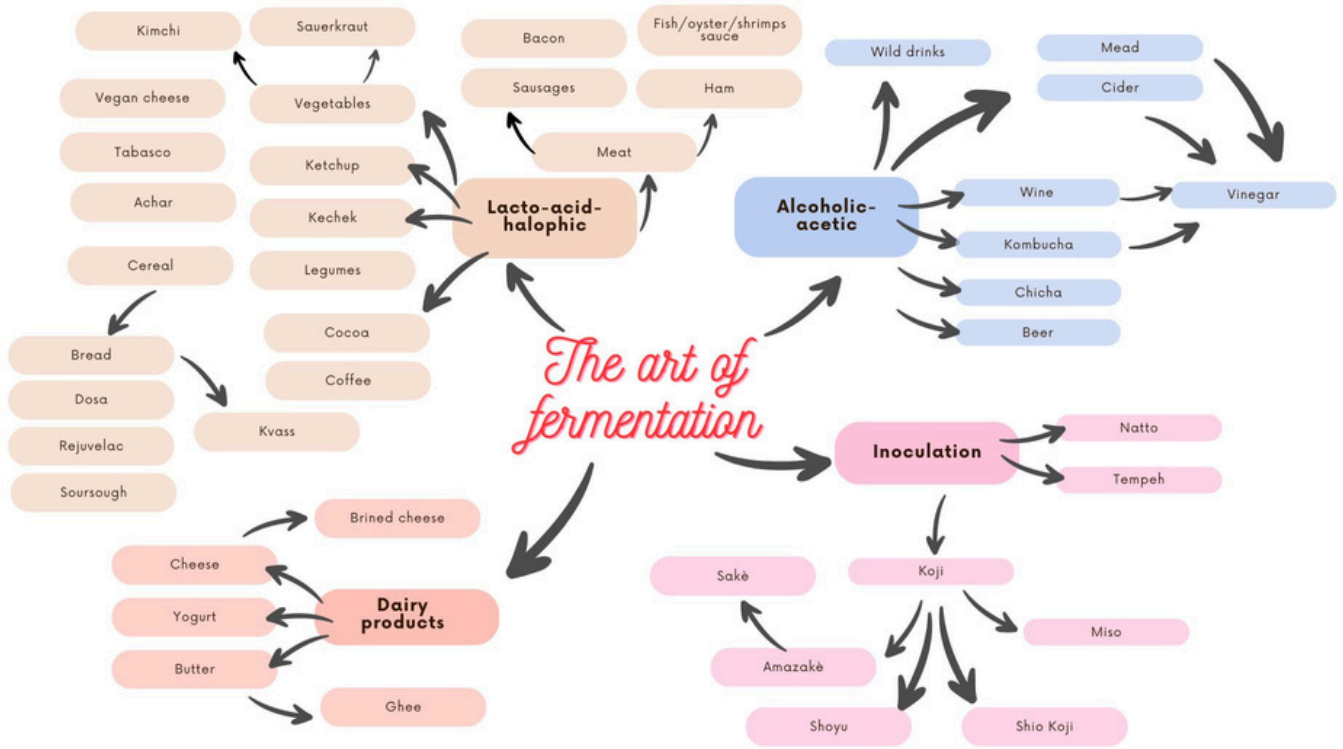
It is a process that occurs naturally at all times and even the first humans, who did not know microbes and saw the magical aspect of the process, learned to control it by acting on some parameters such as humidity, salinity, acidity, temperature, presence of oxygen, etc...

For millions of years fermentation was the only way to preserve food and this led to a co-evolution between us and these microbes, with which we have developed a symbiotic relationship. We are dependent on them, much more than they are on us.

Now we have discovered that it is also the healthiest and safest method of preservation. Another purpose of fermentation is to improve the nutritional aspect of some foods, and in many cases we can even make toxic foods edible. Until the advent of refrigerators, preservatives and supermarkets, 70% of the food we used to consume in every part of the world and in every culture underwent fermentation processes.

There are various types of fermentation processes. A division that can be useful is between spontaneous fermentations and induced fermentations. In the first, the process occurs thanks to microbes naturally present in the ingredients used, in the skin of those who handle them and in the surrounding environment. The second instead occurs through specific microbial strains and colonies that humans have selected over time.

Another way to classify the various types of fermentation could be the following.





# RECIPES

## **KOMBUCHA**

It is an acetic fermentation of teas or infusions that we can stop before it becomes too vinegary, and we drink it as a fresh, fizzy, aromatic drink.

### **Ingredients:**

- Black tea or any other infusion, like rosemary, hibiscus, verbena (it needs sugar and tannins)
- SCOBY (Symbiotic Community of Bacteria and Yeasts)
- Sugar/honey

### **Materials:**

- Jars
- Beer bottles with mechanical caps

### **Preparation:**

First fermentation, aerobic:

1. Prepare the infusion tea and put it in a jar
2. Add the chosen sweetener (for sugar 5% to 10% of the water)
3. Wait for it to cool down
4. Add the SCOBY and 10% of the liquid from the 'mother', fill it until the top to avoid creating condensation
5. Cover the jar with a woven cloth (the reaction is aerobic so the air needs to flow)
6. Let it ferment for 5 to 12 days

**Second fermentation**, anaerobic: to make the beverage fizzy and to add more flavours (with leaves, herbs, ginger)

1. Put the kombucha in a beer bottle with a mechanical head
2. Add flavours (herbs, berry, leaves)
3. Add a bit of sugar (max 10 g/L)
4. Store it in the fridge after you got the desired amount of pressure to obtain thin bubbles

### **Fermentation tips:**

Use glass jars and wooden or plastic utensils, do not use metals.

If you stop at the first fermentation and you don't feed it, you obtain vinegar. After a month in the fridge the level of probiotics decreases. SCOBY lives on sugar and uses tannins to create their physical structure. To store your SCOBY, create a SCOBY hotel: at 18-25°C, SCOBY in tea and sugar covered with a woven cloth. Refeed every 6 to 12 months.

### **Health benefits:**

There are 6/7 different types of probiotics. It's a mineral salt and vitamins supplement, an antioxidant and aperitive digestive.

### **Curiosities:**

Kombucha's SCOBY co-evolved with us for more than 3000 years.

If you forgot to renew it for one month you can use it as vinegar in your salads!

## **KEFIR**

It is lactic fermentation of animal milk. It can be consumed instead of yogurt, it's one of the most probiotic food for humans (30 to 50 different strains of probiotics). The colony of bacteria and yeasts (SCOBY) has chosen transparent, jelly grains as their home. It comes from Caucase and in Persian the word "kef" means wellbeing.

### **Ingredients:**

- Kefir (kefir grains)
- Animal milk (goat, cow, sheep)

### **Materials:**

- Jars
- Colander

- Wooden spoon

### **Preparation:**

1. Ask a friend or a neighbour for some kefir grains
2. Feed them with the milk
3. Let it ferment from one to two days
4. Strain it using a plastic sieve and enjoy!
5. Save the grains and feed them with new milk

### **Fermentation tips:**

You can feed the Kefir with plant based milk, 1 each 3 times it needs animal based milk as it lives on lactose, only present in animal milk.

## **KIMCHI**

Kimchi is the typical food of Korea, like pizza for Italians!

It is a lacto-fermentation: we use salt to create a favorable environment for lacto-bacillus that are our friends.

For Kimchi there are many different recipes, this is just one example.

### **Ingredients:**

- Vegetables
- Water
- Salt
- For the paste: rice flour, spices

### **Materials:**

- Jars
- Grater
- Knife



**Preparation:**

1. Grate or slice the vegetables,
2. Add salt and massage
3. Let it rest for a few minutes then rinse in water to remove part of the salt
4. Create a paste with rice flour, chili, garlic and other spices and add it to the vegetables
5. Store in a jar and let it ferment at room temperature (15-25°C) for at least 3 weeks

**Fermentation tips:**

Do not ferment under direct sun. Put a plate under the jar as the kimchi might leak out.

**TEMPEH**

It's a typical food from south-east Asia, made by pulses, seeds or vegetables that are kept together by a thick, soft, white mycelium. It is similar to a soft and compact white cloud that has a meat-like texture and it can be cooked like it.

**Ingredients:**

- Any kind of pulses.
- Mold: *Rhizopus oligosporus*
- You can add other ingredients for a funky flavour (seed, cereals, veggies....)

**Materials:**

- Fermentation chamber to control temperature and humidity
- Container
- Teatowels

## Preparation:

1. Soak the pulses (2-5 days) without changing water to create a lactic-acid environment.
2. Remove the skin of the pulses (or buy pre-skinned beans)
3. Cook it in water (for the consistency, you need to be able to squeeze them between thumb and pinky finger)
4. If you add veggies they must be cooked but firm. Seeds and cereals needs to be soaked and cooked too.
5. Wait for everything to cool down under 40 degree.
6. If too humid dry in a dehydrator or in a pan.
7. Mix your substrate with the spores (check the quantity on the package depending on the weight)
8. Vessel for fermentation:
  - a. Put in leaves (fig leaves, for example) do a wrap and close with string on top and below, max 3cm in diameter
  - b. Put in small plastic bags (freezer bags) and add holes on the surface
  - c. Put in a container (no more than 3cm thick) with a lid with holes
9. Put in the fermentation chamber, NO TOUCHING:
  - a. Temperature: 28-35°C
  - b. Humidity: 80-90%
  - c. Time: 25h-48h
  - d. Be mindfull... they are gonna try to suicide themself with overheating, try to mantain the temperature under 40°C
10. Freeze it if you're looking for a long storage
11. Cut in slices and after an optional marinade, cook before eating.

**Suggestions for other recipes:**

Put in marinade for 1 or 2h at room temperature or overnight in the fridge.

Example of marinade: water, salt, shoyu, garlic, spices, bay leaves, rosemary. Then cook with oil.

Cook with tomatoes, garlic, sage leaf.

**Fermentation tips:**

The Tempeh mycelium is white and spores are black. The Tempeh should be white everywhere if well mycelized but if it gets black here and there it is also cool, Rhizopus is just going on with his metabolism. If it smells weird or if the tempeh is slimy, discard it! It's gonna feed the compost.



# Tools and Techniques for an Engaging Fermentation Workshop

## 1. Theatre of Oppression: Dynamic and Static

- **Dynamic Theatre:** Use role-playing exercises where participants enact situations related to food disorders such as bulimia, anorexia, binge-eating, etc. This method encourages critical thinking and empathy as participants explore different perspectives and solutions.
- **Static Theatre:** Create tableaux or still images that represent different aspects of the food disorders. Participants can work in groups to physically represent concepts how these disorders come to fruition, and understanding how the oppressor can be in our everyday lives. For example in families or on social media.

## 2. Agree/Disagree Activity

- **Statement-Based Discussions:** Present participants with statements related to fermentation, such as "Fermentation is the oldest food preservation method" or "Fermented foods are always healthier." Participants physically move to one side of the room if they agree and the opposite side if they disagree. This sparks discussion and encourages critical thinking as participants justify their positions.
- **Fact or Myth Game:** Turn the agree/disagree activity into a game where participants determine whether a given statement is a fact or a myth. This activity can debunk common misconceptions and solidify correct knowledge in an engaging way.

## 3. Fermentation Tutorials and Hands-On Activities

- **Kimchi Making:** Start with a tutorial on the history, ingredients, and process of making kimchi. Follow up with a hands-on session where participants chop, mix, and ferment their own batch. This hands-on experience solidifies learning and gives participants a tangible product to take home.
- **Kefir and Tempeh:** Introduce participants to kefir and tempeh through a detailed tutorial, explaining the cultures involved and the fermentation process. A hands-on session allows participants to prepare and ferment these foods, deepening their understanding through practice.
- **Wild Soda Making:** Teach participants how to capture wild yeasts and bacteria to create naturally fermented sodas. This activity can be particularly fun and creative, as participants experiment with different flavours and ingredients.

#### 4. Energizers to Reinvigorate the Group

- Pizza Massage Game: Participants form pairs and give each other a playful "pizza massage." One person kneads the other's back like pizza dough, adds imaginary toppings, and "bakes" it. This light-hearted activity relaxes participants and breaks up longer sessions.
- Chicken Game: A fun, silly energizer where participants cluck like chickens and "pass" the cluck to the person next to them. This game is great for releasing tension and injecting humour into the workshop.
- 1, 2, 3 Counting Game: In pairs, participants alternate counting to three. The twist is that each time they repeat the cycle, they replace one of the numbers with a clap, then a stomp, creating a rhythm. This game enhances focus and coordination while providing a mental break.

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By incorporating these tools and energizers, you can create a dynamic and interactive fermentation workshop that keeps participants engaged and eager to learn. Whether through role-playing, hands-on activities, or fun energizers, these methods ensure that the educational experience is not only informative but also enjoyable and memorable.

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# Fun Facts

Learning and inspiration may come along with some fun.

Fun facts are an easy way to bring awareness and awake peoples curiosity about a health.

## **DID YOU KNOW THAT...**

- Eating too much fruit can be a cause of diabetes?  
(Fruit contain fructose which is a type of sugar)
- A “perfect diet” depends on as many aspects as your culture, eating habits, exercise, place of living and time of the year?  
(Nothing is good for everyone and nothing is bad for everyone)
- Obliging your kids to eat vegetables as a punishment can make them see it as something bad?  
(A healthy relationship with food is very important)
- A hairy mold is not always a sign of danger?  
(The Rizophus Oligosporus/Orizae used to produce tempeh can have different colours and become quite hairy)
- Until you explode a jar you can not be considered a professional fermentista?  
(Experimentation is the key, but make sure you know what you are eating)
- From all the microorganism species on earth, only 1% are dangerous for humans?  
(Bacteria can be your friends)

- Completely changing your diet to a “Healthy Diet” too fast can be too hard for your gut microbiome?  
(Do it consciously and gradually)
- Routine can be a good thing. We need a regular intake of minerals and vitamins to continue happy and funny?  
(The lack of certain type of these elements can be a cause of physical and mental diseases)
- “Burping” can be considered as a safety procedure when fermenting?  
(Excess gas can explode the container!)
- When we pasteurize products we kill most of the living beings inside, good and bad?  
(Unpasteurized product have always been a source of our healthy microbiome)
- There are more bacteria cells than human cells in our body?  
(Only in our gut may exist more than 1000 species of bacteria)
- Unrefined marine salt may have more than 7 minerals that do not exist in refined salt?  
(Its good to use salt in the most natural form as possible, and changing type of salt from time to time)
- Worrying too much for your nutritional health can transform into a mental disorder called orthorexia?  
(Take it easy and listen to your body)
- Human stool pills are prescribed to increase your gut microbiome health?  
(A healthy gut microbiome is a sign of good health)
- B12 is formed as a product of Tempeh fermentation and it has a great bioavailability, making it a great source?



# Challenges / Ideas

These are examples of challenges and ideas that arose within the project and may serve as inspiration to continuously grow as a human microbiome.

- **Energy management** during an intensive project can be tricky, maybe you want to party a lot, to participate in everything, maybe you are not eating well or you are emotionally tired, many reasons may exist.
  - Life can be amazing, and to live it like that, it's good to have good rest, respect your personal needs, rethink your beliefs and desires.
- **Dealing with a great number of diverse people** can be intense, there are many cultural differences and various energy levels. Maybe you need your personal space, or you are used to live with less social contact.
  - Online meetings and group exchanges before the project may help you to know what to expect. Since some times privacy is not possible during a project, good communication and establishment of agreements may be very useful. A good facilitator can pay attention to these elements.
- **Too much information** can be overwhelming, and participants may have different timing of efficient attention, which can lead to a waste of time and energy.
  - . Group dynamics, more frequent small breaks, changing places of activities and comfortable facilities can help to keep everybody's attention.
- **Food habits change** can be hard, different tastes, lack of diversity, raw foods and less sugar intake may be something that changes your digestion process, your energy and even your moods.
  - Again, an earlier online encounter that tells you what to expect can be useful to regulate expectation, and an introduction to a different diet can be even tried at home.



- **Strong expectations** can bring strong disappointments. You thought you would meet someone like you? That you would eat the type of food you want? That everybody would be at the same knowledge level? That it would be a holiday week?

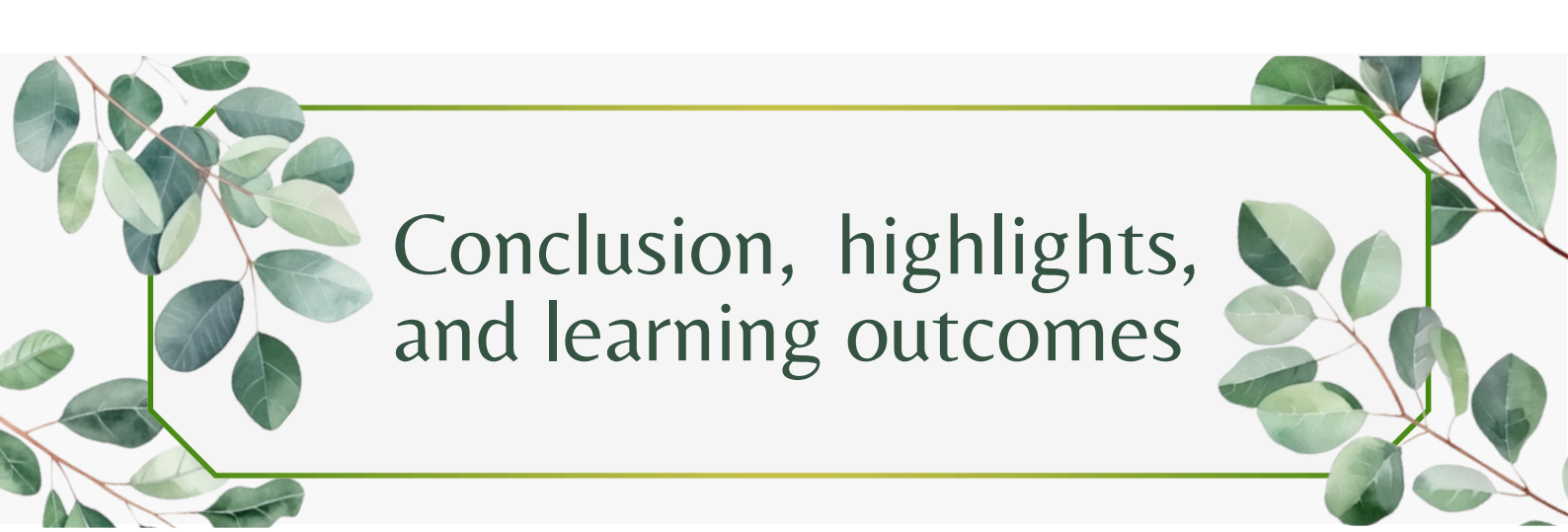
- Investing on good knowledge of what to expect can bring good results. Anyway, acceptance and adaptation are great skills, use disappointments to learn more about you and the world.

- **Group habits** can be easily acquired, and sometimes you find yourself in unusual activities that may change your energy levels, your eating patterns, your schedules and other self-care habits.

- Being aware of your personal needs can bring you some stability, sharing moments or alone moments may help you to understand how you feel.

- **Lack of communication** may turn a mug left on the table into a bomb. Cultural differences, diversity of people and personalities or even different views on methodological technics may bring uncomfortable moments.

- Being able to recognize and express your feelings may create a balance in the group, others can learn from you, and you from their feedback. Sometimes smaller sharing groups or methodologies to motivate sharing moments can a great tool for this learning process.



# Conclusion, highlights, and learning outcomes

**“Fun in the Jar” fermented in a magical way** bringing multiple benefits to its diverse group, increasing even more its capacities, symbiosis, and sub-products, it may even spill out of the Jar and reach you at home when you read our story, see our videos or listen to our words!

As a way to integrate the experience and to motivate youth around Europe, a **collection of highlights and learning outcomes** were registered, may you get contaminated by it! What can be better than a free training on a topic that you are curious about, with focused and supportive facilitators, through a loving and respectful approach? You even get to meet amazing people that inspire you on being a better and more communicative person, opening your consciousness to new ways of being and relating. From being revigorated by the presence of nature to opening your vision to the possibility of exchanging instead of buying!

Through various theoretical and dynamic sessions, the participants developed important knowledge on **gut health, microbiome, nutrition, food quality and obviously on fermentation**. They claim to have changed their perspective on how they eat and the relationship they have with food, being able to be more conscious on what to buy, how to balance a meal and to **produce fermented healthy medicine food!** (preparing a meal may even turn to be a fun thing!)

The practical component of the program made people more involved in the topic, creating balances in the group energy and making it easier to integrate the shared knowledge and to reproduce it at home! The introduction to the world of fermentation is done in a way that creates a **greater connection** with the nature around us, allowing a new comprehension of the **importance of biodiversity and cooperation**, both within and outside of the body. The stability and evolution of a community depends on that! And practice shows that it's not that difficult to explore this practical philosophy.

Last but not the least, the social fermentation produced amazing healthy compounds! The diversity of cultures, ages and backgrounds, role playing games and space for emotional and learning processes mixed in a way that allowed personal developments in a great diversity of competences. From cooking knowledge to conflict resolution, from learning how to express thoughts and emotions to getting inspired by the positive effects of passion. Fermentation does serve as a way to take us on a journey out of the comfort zone, teaching us how to **adapt to the outside environment** and how to **achieve group work skills** in a way that the output can be better than the initial input! All of that, while we **respect others and our own individuality!** **BURP!**