

## Vocabulary

- **Fermentation:** the chemical breakdown of a substance by bacteria, yeasts, or other microorganisms, typically involving effervescence and the giving off of heat
- **Bacteria:** tiny, single-celled, living organisms that are spherical, spiral- or rod-shaped; they can be harmless, they can be good for us, or they can cause disease and spoilage of food
- **Lactose:** a sugar naturally present in milk. It is a disaccharide containing glucose and galactose unitse
- **Lactic acid:** a colorless, syrupy organic acid formed in sour milk and produced in the muscle tissues during strenuous exercise
- **Culture:** the cultivation of bacteria, tissue cells, etc. in an artificial medium containing nutrients