



Fermented Beets: Superfood Benefits Uncovered

Description

Editor's Note: This article is a reprint. It was originally published on December 26, 2016.

Beets are usually recommended in limited amounts due to their high sugar content. But when fermented, beets become one of the healthiest vegetables as most of the sugar is consumed by beneficial bacteria during fermentation, leaving other healthy components intact.

Fermented foods, like beet juice, are rich in probiotics or good bacteria. Studies show that a balanced gut bacteria environment is crucial for overall well-being. Raw beets can lower blood pressure, improve heart health, and boost stamina during exercise. They also have immune-boosting properties and may aid in cancer prevention.

Fermenting beets enhances their health benefits and adds beneficial bacteria and enzymes. Beet kvass, a fermented beet juice, is popular in Eastern Europe for its therapeutic properties. Start with small amounts and gradually increase consumption.

Choose organic beets to avoid genetically engineered varieties. Beet greens are also nutritious and can be juiced or used in salads. Experiment with raw beets or beet kvass to see how they benefit your health, especially if you have heart issues or gut problems. Moderation is key, especially for diabetes or insulin resistance. Beet kvass is a great option as it's lower in sugar and provides beneficial bacteria for gut health.

Vocabulary List:

1. **Fermented** /fər'mentɪd/ (adjective): Changed by a chemical process that breaks down substances typically involving bacteria or yeast.
2. **Probiotics** /ˌprɒb.iə'tɪks/ (noun): Live microorganisms that provide health benefits when consumed.
3. **Stamina** /'stæmɪnə/ (noun): The ability to sustain prolonged physical or mental effort.
4. **Nutritious** /nju'trɪʃəs/ (adjective): Providing nourishment; valuable to health.
5. **Therapeutic** /ˌθerə'pjʊ:tɪk/ (adjective): Relating to the treatment of disease or disorders.
6. **Moderation** /ˌmɒdə'reɪʃən/ (noun): The avoidance of excess or extremes especially in behavior or opinions.

Comprehension Questions



Multiple Choice

1. When was the article originally published?

- Option: December 26, 2016
- Option: January 1, 2017
- Option: December 31, 2016
- Option: January 12, 2017

2. Why are beets usually recommended in limited amounts?

- Option: Due to their high sugar content
- Option: Due to their high salt content
- Option: Due to their high fat content
- Option: Due to their high protein content

3. What happens to the sugar content of beets when they are fermented?

- Option: Most of the sugar is consumed by beneficial bacteria
- Option: The sugar content remains the same
- Option: The sugar content increases
- Option: The sugar content is reduced by half

4. What are fermented foods, like beet juice, rich in?

- Option: Probiotics or good bacteria
- Option: Vitamin C
- Option: Omega-3 fatty acids
- Option: Calcium

5. What is a popular fermented beet juice in Eastern Europe known for its therapeutic properties?

- Option: Beet kvass
- Option: Kombucha
- Option: Kimchi
- Option: Sauerkraut

6. Why should one choose organic beets?

- Option: To avoid genetically engineered varieties
- Option: Because they are cheaper
- Option: Because they are easier to find
- Option: Because they taste better



Answer

Multiple Choice: 1. December 26, 2016 2. Due to their high sugar content 3. Most of the sugar is consumed by beneficial bacteria 4. Probiotics or good bacteria 5. Beet kvass 6. To avoid genetically engineered varieties

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What is the process through which a product or service is awarded an official document confirming its quality or meeting specific standards?

- Option: Implementation
- Option: Organic
- Option: Integrity
- Option: Certification

2. Who are individuals or groups that have an interest in the success and outcomes of a business or organization?

- Option: Practices
- Option: Stakeholders
- Option: Menopause
- Option: Hormonal

3. Which type of live bacteria and yeasts are good for your digestive system?

- Option: Fermented
- Option: Probiotics
- Option: Stamina
- Option: Nutritious

4. What is a medical condition in which bones become weak and brittle?

- Option: Therapeutic
- Option: Moderation
- Option: Osteoporosis
- Option: Nutrition

5. Which term refers to inflammation of the brain usually caused by a viral infection?

- Option: Weight
- Option: Regulating
- Option: Hormones



Option: Encephalitis

6. What is the stage in a woman's life when menstruation stops typically around the age of 45-55?

Option: Factors

Option: Habits

Option: Menopause

Option: Hormonal

7. What mineral is essential for strong teeth and bones?

Option: Unsaturated

Option: Calcium

Option: Fermented

Option: Probiotics

8. What is the process of providing or obtaining the food necessary for health and growth?

Option: Metabolism

Option: Nutrition

Option: Therapeutic

Option: Moderation

9. Which term relates to the signaling chemicals in the body that control various processes?

Option: Awareness

Option: Repellent

Option: Hormonal

Option: Osteoporosis

10. Which type of fats are considered healthier than saturated fats?

Option: Limit

Option: Threat

Option: Unsaturated

Option: Nutritious

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ certification ensures that products are grown without synthetic pesticides or GMOs.

12. The successful _____ of new policies requires careful planning and execution.

13. Regular exercise can help improve your _____ and overall endurance.



14. Enjoying treats in _____ is key to maintaining a balanced diet.
15. Hormones play a crucial role in _____ various bodily functions.
16. Various lifestyle _____ can influence your risk of developing certain health conditions.
17. Educating the public can help raise _____ about the importance of environmental conservation.
18. Using insect _____ can help protect against mosquito-borne diseases.
19. It is important to _____ your intake of sugary snacks to maintain good health.
20. Climate change poses a significant _____ to biodiversity and ecosystems.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Businesses should adopt sustainable to minimize their impact on the environment.
22. Regular exercise can help boost your and aid in weight management.
23. Maintaining a healthy diet and staying active can help control your .
24. Developing good eating and exercise early in life can lead to a healthier future.
25. Choosing foods high in fats can help lower cholesterol levels.
26. Setting on screen time can promote better sleep and overall well-being.
27. Certain herbs have properties that can help alleviate minor ailments.
28. Balancing the number of consumed with physical activity is essential for weight management.
29. Maintaining the trust of customers requires honesty and in business dealings.
30. A well-rounded diet should include a variety of foods that are and provide essential nutrients.



Answer

Multiple Choice: 1. Certification 2. Stakeholders 3. Probiotics 4. Osteoporosis 5. Encephalitis 6. Menopause 7. Calcium 8. Nutrition 9. Hormonal 10. Unsaturated

Gap-Fill: 11. Organic 12. Implementation 13. Stamina 14. Moderation 15. Regulating 16. Factors 17. Awareness 18. Repellent 19. Limit 20. Threat

Matching sentence: 1. Practices 2. Metabolism 3. Weight 4. Habits 5. Unsaturated 6. Limits 7. Therapeutic 8. Calories 9. Integrity 10. Nutritious

CATEGORY

1. Health - LEVEL2

Date Created

2024/09/28

Author

aimeeyoung99

ESL-NEWS.COM