

THE SCIENCE OF SENSE FOOD

MICRO-BIOMES

Gut micro-biome weighs about 2kg and is bigger than the average human brain. It's a bustling community of trillions of bacteria, archaea, fungi and

viruses, containing at least 150 times more genes than the human genome. It's a vital organ in the body which needs looking after. Eating fermented food and probiotic live cultures, which are found in live yogurt will give you Lactobacillus and Bifidobacterium which are two probiotics which are great for gut health. Eating fibre is important because fibre is the food for those good bugs.

WORD SEARCH

Fermented	Kombucha	Kimch	Fibre
Gut	Live	Cultures	Bacteria
Seaweed	Cows	Yogurt	Sushi

F	E	B	A	C	T	E	R	I	A	S
K	O	M	B	U	C	H	A	P	A	F
I	Y	E	R	L	K	F	L	I	V	E
M	U	P	S	T	O	E	P	R	L	R
C	O	W	S	U	R	S	F	K	S	M
H	F	I	B	R	E	P	E	S	U	E
I	G	E	K	E	J	F	P	I	D	N
S	P	S	U	S	H	I	U	G	U	T
Y	O	G	U	R	T	W	I	S	T	E
R	W	E	P	S	E	A	W	E	E	D



EXPLORING FOOD

SUSHI - CALIFORNIA ROLLS

Ingredients

8 sheets of Nori (dry seaweed sheets)
1 cup sushi rice
Sushi rice seasoning

Fillings

you can use any combination or different options
Avocado pitted, peeled, and sliced the long way
Smoked Salmon
Cucumber cut into thin strips

To Serve

Wasabi
Soya sauce



Method

1. Cook the sushi rice according to the package instructions. Once cooked place the rice in a low shallow dish. Sprinkle generously with sushi rice seasoning. Allow to cool.
2. Prepare your fillings: chop your cucumber and avocado.
3. Cover a bamboo rolling mat with plastic wrap. Lay a sheet of nori, shiny side down, on the plastic wrap. With wet fingers, firmly pat a thin, even layer of prepared rice over the nori, leaving 1/4 inch uncovered at the bottom edge of the sheet. Place 2 or 3 long cucumber spears, 2 or 3 slices of avocado, and a slice of smoked salmon in a line across the nori sheet, about 1/4 from the uncovered edge. Pick up the edge of the bamboo rolling sheet, fold the bottom edge of the sheet up, enclosing the filling, and tightly roll the sushi into a cylinder about 1 1/2 inch in diameter. Once the sushi is rolled, wrap it in the mat and gently squeeze to compact it tightly.
4. Cut each roll into 1 inch pieces with a very sharp knife dipped in water.
5. Serve with soya sauce and if you like some heat mix a small piece of wasabi into your soya sauce.

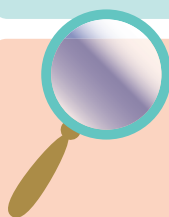
We would love to hear how you got on with your sushi! You can email us on junior@rte.ie or if you want to post on social media just tag us on @rtejr

Science of Sense Food is a 6 part radio series for RTEJr presented by Hazel Bermingham and Professor Theodore Bumbledumm. In this episode junior scientists Mae Carroll and Isla Ryan go to TU Dublin School of Food Science and Environmental Health to meet with Food Scientist Dr Orla Cahill. Science of Sense junior explorers Rebecca Dunne and Marco Acosta meet with Pauline Dunne from Killowen Farm. Science of Sense Recipe with Science of Sense chef Matthew Ryder Klein.



GET EXPLORING

Science of Sense Scientists Mae Carroll and Isla Ryan asked Food Scientist Dr Orla Cahill a lot of questions about Microbiomes. What question that they didn't ask would you like to know the answer to? And how can you find out the answer?



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