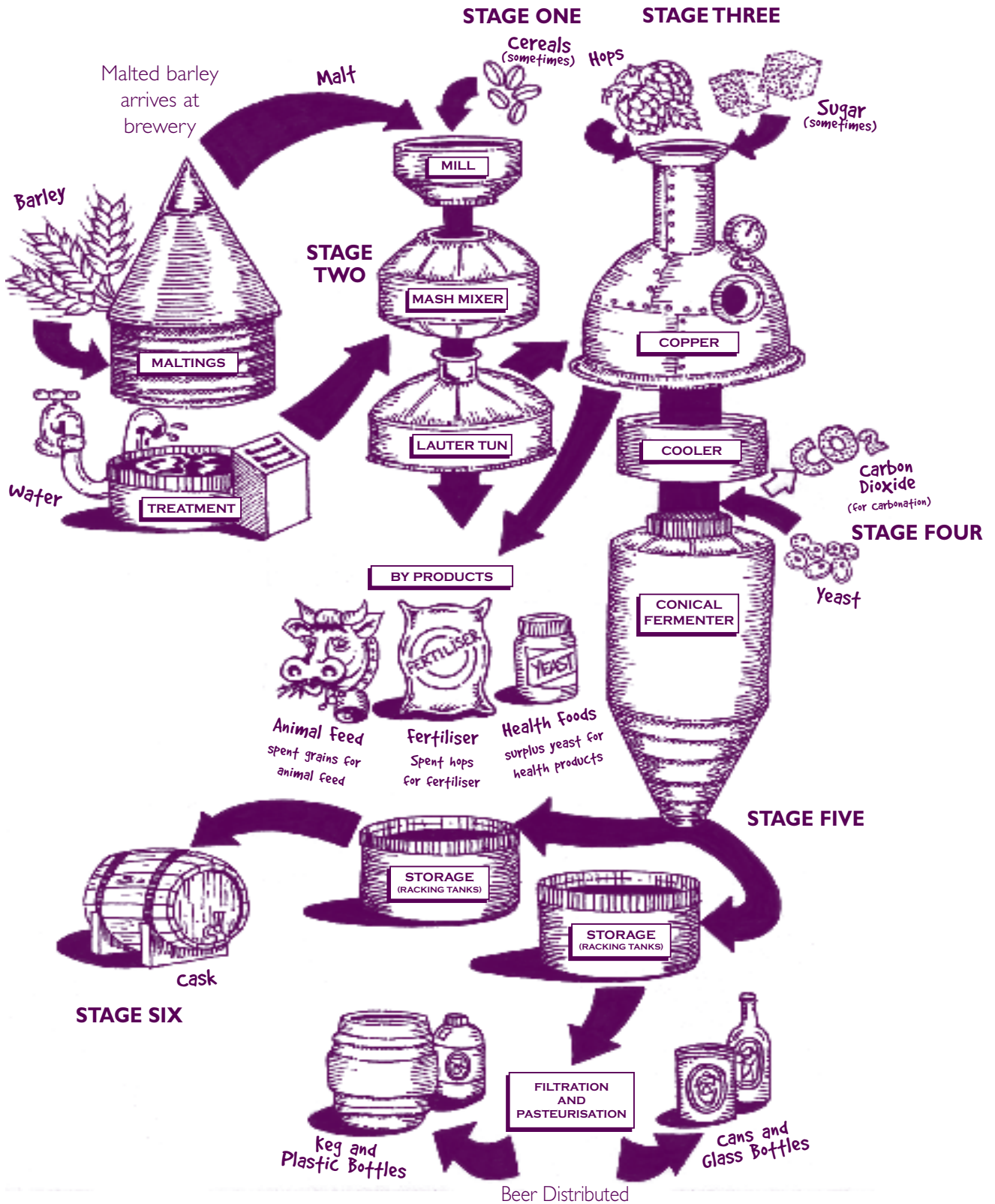


How is it made?...brewing beer



Stage One

Malted barley ground down into **GRIST** (a coarse flour).

Stage Two

Hot water added to the grist. The liquid produced (called **SWEET WORT**) contains sugars.

Stage Three

Hops are added to the Sweet Wort solution and boiled to produce a bitter **HOPPED WORT**. Hops removed, solution cooled.

Stage Four

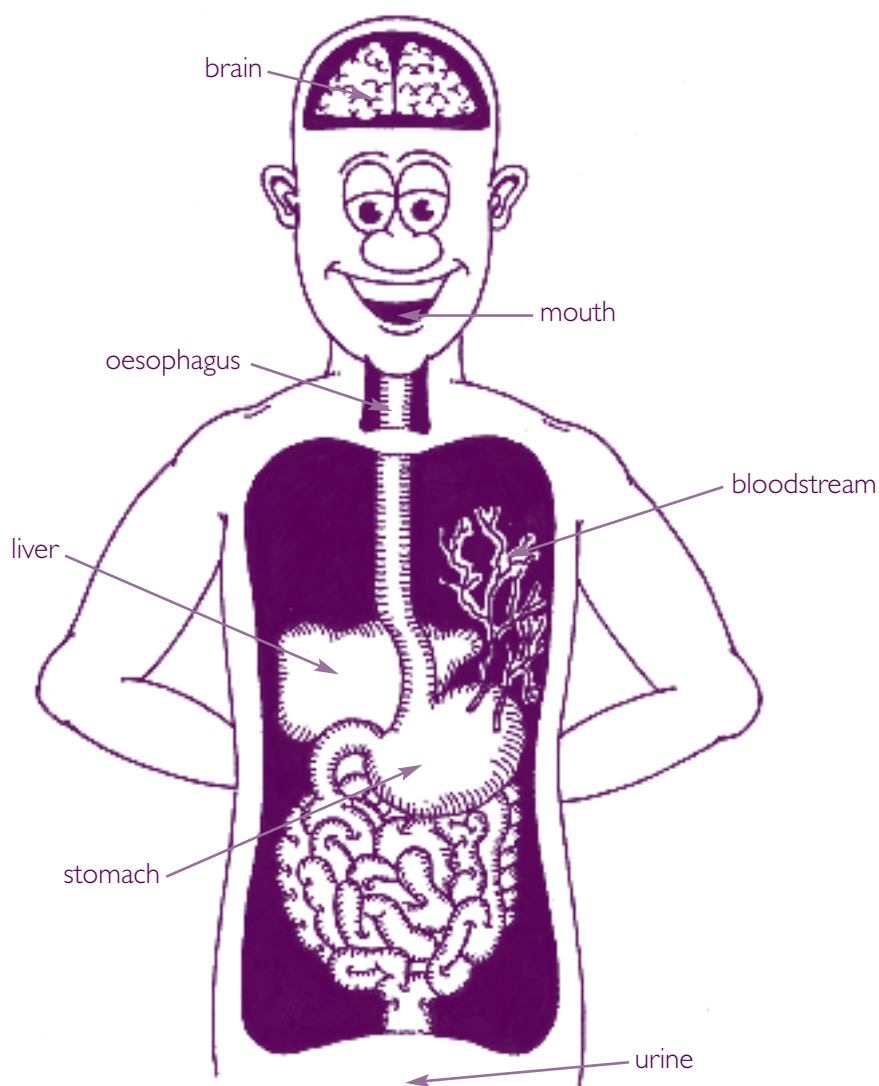
YEAST added to **FERMENT** the hopped wort. The yeast converts the sugars into alcohol. **CARBON DIOXIDE** also produced.

Stage Five

Beer matured in a **CASK**. Sugar and finings (to clear the beer) added. Clear beer produced, chilled, filtered and carbon dioxide added.

Stage Six

Beer packaged into draught or cans/bottles. Beer **PASTEURISED** to prevent spoilage by micro organisms.



- Alcohol can be considered as a food, as a drug and as a poison. It can be used by one's body to provide energy. Alcohol is extremely soluble in water. When it is drunk it does not need digesting and will go directly into the bloodstream, with some immediate effects.
- Alcohol is drunk, passes down the oesophagus or food pipe, and into the stomach. It passes into the blood stream and is carried around the body, quickly reaching the brain. Once there, it begins to affect the way in which the brain works.
- Alcohol is a depressant drug. It depresses, or slows down, the brain.
- Almost all the alcohol taken into the body is broken down by the liver, the largest organ in the body. Only between 5 per cent and 10 per cent is excreted as urine through the kidneys, or as sweat through the skin, or in the breath by the lungs.

Food and Drink

Try to crack the following coded message:

WE ALL NEED TO  **AND**  **OTHERWISE**

WE WOULD  **WATER**  **AND OTHER** 

ARE ALSO VITAL FOR US TO LIVE, OTHERWISE
WE  **DRY UP OR DEHYDR** 

IT IS IMPORTANT
T  **WE EAT THE** 

SORT OF  **TOO MUCH OF THE**
WRONG FOODS 

MAKE US  **UN** **THE SAME IS**
TRUE FOR 

If you have decoded this message so far can you now list as many foods and drinks as possible. Use your own 'codes' and then ask others in your group to identify the different foods and drinks, and your message.

Eg (picture of fish) and 'c' (plus a picture of hips), (picture of lemon + 'ade').