In addition to eating edible fruiting bodies, such as mushrooms, directly, various **fungi** have been **used** to supplement and add flavour to **foods**. Yeasts are **used** in the fermentation of fruits to produce wines, cereals to make beer, in bread manufacture and flavouring in the form of yeast extract. **Humans** have collected and grown mushrooms for **food** for thousands of years. ... Other **fungi** are used in fermenting a wide variety of foods, including soy sauce, tempeh, and cheeses. Blue cheese has its distinctive appearance and flavor because of the **fungus** growing though it