

# Marmite



- Do you love it or hate it? Apparently Marmite is a super food and was added to army rations in WW1. There are claims that it increases your brain power, that it's a good hangover cure and works well as an insect repellent!
- Are you a Marmite personality? Confident in who you are and always ready to speak your mind, or are you gentler and more easy-going? Which would you prefer to be?
- Some people dislike Marmite because it's so strong, or they only spread it very thinly. If you're Marmite, consider whether you sometimes need to tone things down a little, for the sake of those around you.
- Other people love Marmite because of its strong umami flavour. Consider whether you need to be more assertive, or let your personality shine out more strongly.