

1. Which of the following is NOT a role of microorganisms in human health?
 - A. They help us digest food.
 - B. They produce vitamins and other essential nutrients.
 - C. They protect us from harmful pathogens.
 - D. They cause disease.
2. Which of the following is an example of a pathogenic microorganism?
 - A. *Escherichia coli*
 - B. *Lactobacillus acidophilus*
 - C. *Salmonella enterica*
 - D. *Streptococcus mutans*
3. Which of the following is an example of a commensal microorganism?
 - A. *Escherichia coli*
 - B. *Lactobacillus acidophilus*
 - C. *Salmonella enterica*
 - D. *Streptococcus mutans*
4. Which of the following is an example of a symbiotic microorganism?
 - A. *Escherichia coli*
 - B. *Lactobacillus acidophilus*
 - C. *Salmonella enterica*
 - D. *Streptococcus mutans*
5. Which of the following is NOT a way in which microorganisms can enter the human body?
 - A. Inhalation
 - B. Ingestion
 - C. Skin contact
 - D. Wounds
6. Which of the following is an example of a microorganism that can be found in the human gut microbiome?
 - A. *Escherichia coli*
 - B. *Lactobacillus acidophilus*
 - C. *Salmonella enterica*
 - D. *Streptococcus mutans*
7. The human gut microbiome is important for which of the following?
 - A. Digestion
 - B. Immunity
 - C. Both digestion and immunity
 - D. Neither digestion nor immunity
8. Which of the following is NOT a way in which the gut microbiome can be altered?
 - A. Antibiotic use
 - B. Poor diet
 - C. Stress
 - D. Exercise

9. A dysbiotic gut microbiome has been linked to which of the following?

- A. Obesity
- B. Diabetes
- C. Both obesity and diabetes
- D. Neither obesity nor diabetes

10. Which of the following is an example of a microorganism that can be found in the human skin microbiome?

- A. *Escherichia coli*
- B. *Lactobacillus acidophilus*
- C. *Staphylococcus aureus*
- D. *Streptococcus mutans*

11. The human skin microbiome is important for which of the following?

- A. Protection from pathogens
- B. Vitamin production
- C. Both protection from pathogens and vitamin production
- D. Neither protection from pathogens nor vitamin production

12. Which of the following is NOT a way in which the skin microbiome can be altered?

- A. Antibiotic use
- B. Poor hygiene
- C. Stress
- D. Ultraviolet light exposure

13. A dysbiotic skin microbiome has been linked to which of the following?

- A. Acne
- B. Eczema
- C. Both acne and eczema
- D. Neither acne nor eczema

14. Which of the following is an example of a microorganism that can be found in the human respiratory microbiome?

- A. *Escherichia coli*
- B. *Lactobacillus acidophilus*
- C. *Mycobacterium tuberculosis*
- D. *Streptococcus mutans*

15. The human respiratory microbiome is important for which of the following?

- A. Protection from pathogens
- B. Vitamin production
- C. Both protection from pathogens and vitamin production
- D. Neither protection from pathogens nor vitamin production

16. Which of the following is NOT a way in which the respiratory microbiome can be altered?

- A. Antibiotic use
- B. Poor hygiene
- C. Stress
- D. Air pollution

17. A dysbiotic respiratory microbiome has been linked to which of the following?

- A. Asthma
- B. COPD
- C. Both asthma and COPD
- D. Neither asthma nor COPD

18. Which of the following is an example of a microorganism that can be found in the human vaginal microbiome?

- A. *Escherichia coli*
- B. *Lactobacillus acidophilus*
- C. *Candida albicans*
- D. *Streptococcus mutans*

19. The human vaginal microbiome is important for which of the following?

- A. Protection from pathogens
- B. Vitamin production
- C. Both protection from pathogens and vitamin production
- D. Neither protection from pathogens nor vitamin production

20. Which of the following is NOT a way in which the vaginal microbiome can be altered?

- A. Antibiotic use
- B. Poor hygiene
- C. Stress
- D. Sexual activity

- 1. D
- 2. C
- 3. B
- 4. D
- 5. D
- 6. A
- 7. C
- 8. D
- 9. C
- 10. C
- 11. C
- 12. D
- 13. C
- 14. C
- 15. C
- 16. D
- 17. C
- 18. C
- 19. C
- 20. D