You are your microbes - Jessica Green and Karen Guillemin

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Watch the video and complete the activity.

From the microbes in our stomachs to the ones on our teeth, we are homes to millions of unique and diverse communities which help our bodies function. Jessica Green and Karen Guillemin emphasize the importance of understanding the many organisms that make up each and every organism.

1. What is the main idea of the video?

a. Microbes are harmful to our body
b. Our body is home to millions of different microbes
c. Microbes only exist in our digestive system
d. Microbes can cause diseases in humans

2. What does the video say about the diversity of microbes in our body?

a. There are only a few types of microbes in our body
b. Each person has a unique and diverse community of intestinal microbes
c. Microbes are the same in every person's body
d. The diversity of microbes does not affect our health

3. What is the role of cellulolytic bacteria in the digestive process?

a. They break down cellulose in vegetables and sugars
b. They convert simple sugars into chemicals like hydrogen and alcohol
c. They extract energy from simple sugars and convert them into waste products
d. They interact with other microbes in the digestive system

4. How do microbes in our digestive system obtain energy from food?

a. By directly absorbing the energy from the food
b. By burning the food like fuel
c. By converting the food into chemicals like hydrogen and alcohol
d. By extracting the energy from waste products of other microbes

5. How does the food we eat influence the composition of our intestinal microbes?

a. Complex molecules in food require different types of microbes for digestion
b. Simple molecules in food result in a greater variety of microbial workers

c. All food has the same effect on the composition of intestinal microbes
d. Only plant-based foods have an impact on intestinal microbes

6. True or False: People with diseases like diabetes or chronic intestinal inflammation often have a greater microbial variety in their intestines.

a. True
b. False

7. True or False: Our individual lifestyles have no effect on our microbial ecosystems.

a. True
b. False

8.- What happens when a person eats only foods made of simple molecules?

A Lots of different microbial workers are required to break down the food (causing a much more diverse gut microbial ecosystem)

B Only a few microbial workers are required to break down the food (causing a less diverse gut microbial ecosystem)

C Scientists are still uncertain exactly what happens to a person because of the foods that he/she eat

D All of the above