**Microbes and the Mind Quiz**

1. True or false? Microbes…

1. Are too small to be seen with the naked eye
2. Always cause disease
3. Are found all around us
4. Are not living things

2. How many bacteria are found in the human body?

1. 39-100 thousand
2. 39-100 million
3. 39-100 billion
4. 39-100 trillion

3. Where in the body will you find the highest density and diversity of bacteria?

……………………………………………………………….

4. When two species interact and both benefit, it is called…

1. Commensalism
2. Parasitism
3. Mutualism

5. What does microbial dysbiosis mean?

……………………………………………………………….

6. Some bacteria in the gut are able to produce neurotransmitters. Can you name one?

……………………………………………………………….

7. Parkinson’s disease…

1. Is a neurodegenerative disorder
2. Has symptoms of slow movement and tremor
3. Is caused by death of dopamine-producing neurons in the substantia nigra
4. Involves microbial dysbiosis
5. All of the above

8. Which of the following can promote a healthy microbiome?

1. Eating a varied diet
2. Taking antibiotics
3. Taking prebiotics
4. Spending time outside
5. Not eating enough fibre