

Microbes and the Mind Quiz - ANSWERS

1. True or false? Microbes...

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

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

- a) 39-100 thousand
- b) 39-100 million
- c) 39-100 billion
- d) **39-100 trillion**

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

.....**the gut/intestines**.....

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

- a) Commensalism
- b) Parasitism
- c) **Mutualism**

5. What does microbial dysbiosis mean?

.....**when the bad bacteria outnumber the good bacteria/ when gut bacteria become unbalanced**.....

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

.....**dopamine; serotonin** (or others they may already know).....

7. Parkinson's disease...

- a) Is a neurodegenerative disorder
- b) Has symptoms of slow movement and tremor
- c) Is caused by death of dopamine-producing neurons in the substantia nigra
- d) Involves microbial dysbiosis
- e) **All of the above**

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

- a) **Eating a varied diet**
- b) Taking antibiotics
- c) **Taking prebiotics**
- d) **Spending time outside**
- e) Not eating enough fibre