

Win a Digital Camera!!!

Microbe MAGIC



Welcome

We are a group of scientists at University College Cork and Teagasc looking at how bacteria in the gut can help keep us healthy. We want to tell you about our research. This is our first schools newsletter and we hope you like it!

Did you know: The human gut is home to 1-2kg of bacteria - that is the same as 1-2 bags of sugar!

ISSUE ONE 2004

Hi, I'm G.I. Jake and I'm a *Bifidobacterium*

I'm a good bacterium and I live in your large intestine. My job is to fight off infections by destroying bad bacteria. I also slow-down the growth of cancers, make your gut a healthier place and make vitamins to keep you healthy and strong.

Scientists around the world say I am a "probiotic". That means I am alive and if you eat/drink enough of me and my buddies I can help you stay healthy. The food industry is very excited about us and have called us as a "functional food" which means we offer more benefits than just the normal vitamins and minerals. I think I'm pretty amazing!

The super-cool scientists at the APC (<http://schools.apc.ucc.ie>) are studying me and my buddies.

Win a €20.00 token - Complete the sentence "Bacteria are good for you because....." in ten words or less ONLINE at <http://schools.apc.ucc.ie>

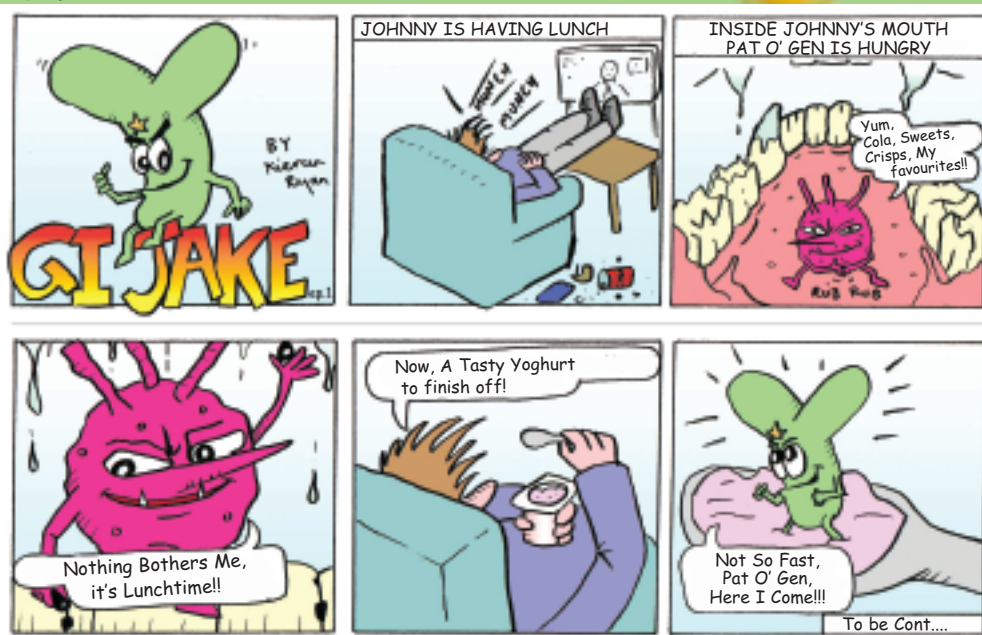
KIERAN RYAN THE CARTOONIST

by Aisling Hegarty
(Ovens National School)



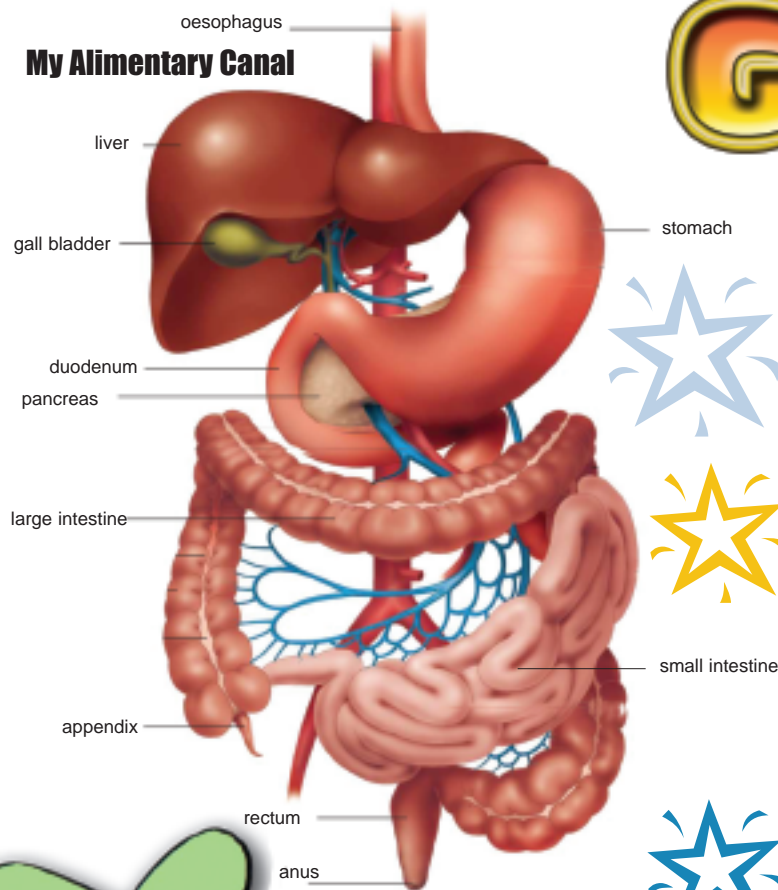
Kieran Ryan decided to be a scientist after his Leaving Cert, but he always liked to draw cartoons. His favourite character to draw is G.I. Jake because he mixes science with cartoons. Kieran says that if children want to become either a scientist or cartoonist they need to work hard and have plenty of patience. His other hobbies are football, hurling, soccer and reading. He supports Liverpool.

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The Alimentary Pharmabiotic Centre is a research centre funded by Science Foundation Ireland and is a partnership between University College Cork, Teagasc (Moorepark) and Industry.

My Alimentary Canal



GUT wordsearch

G I B T M U N E D O U D
S A N B L A D D E R S S
T L L T R N O L O C A Y
O H U L E E P D W D E E
M U U N B S C O Y I R N
A W V A G L T T O C C D
C K Z D D S A I U A N I
H T O N G U E D N M A K
A P P E N D I X D E P C
P R O B I O T I C E B R
S U G A H P O S E O R L
B A C T E R I A B I L E

ACID
BILE
DUODENUM
KIDNEYS
PANCREAS
STOMACH

APPENDIX
BLADDER
GALLBLADDER
LUNGS
POO
TONGUE

BACTERIA
COLON
INTESTINE
OESOPHAGUS
RECTUM

WIN a DIGITAL CAMERA FOR YOUR SCHOOL!

Find remaining word above: CLUE- It means health promoting bacteria often found in yoghurts and other dairy products.

ENTRY (ONE entry per school by email)
before June 18th 2004 to: apc@ucc.ie

A-Z of the gut

Part 1...to be continued.

ALIMENTARY CANAL is the tube from the mouth to the anus approx 8.3 metres long where food is digested.

ANTIBIOTICS are chemicals that kill bacteria and are used to treat infectious diseases.

BACTERIA are very small organisms which live in us and all around us. Some are good for us but others can make us sick.

BIFIDOBACTERIUM is a good bacterium which lives in our large intestine and helps fight infection.

TEACHER'S TASK

HOW TO MAKE..... LIVE YOGHURT

When the pot says "Live yoghurt" it means that it contains live bacteria which can magically transform milk into yoghurt.

- ★ Add some live yoghurt to a bowl of warm milk.
- ★ Cover and store it in a warm place and wait..... in less than a day the whole bowl will have been turned into yoghurt!
- ★ Add some fruit or jam - delicious! Eat immediately.

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