

Question 1.

GI Jake is a....?

- a) Bacteria
- b) Virus
- c) Parasite
- d) Fungus
- e) None of the above

(Answer: **a.** GI Jake is a *bifidobacterium* – a probiotic that helps to keep your gut healthy!)

Question 2.

Probiotics are....?

- a) Live micro-organisms
- b) Fight disease
- c) Protect your gut
- d) Bacteria
- e) All of the above

(Answer: **e.** Probiotics are live micro-organisms that, when you eat enough of them, are good for your health. They fight disease and protect your gut from invasion by other micro-organisms. You can find probiotics in foods like yoghurts that are tasty to eat.)

Question 3.

Your gut is home to lots of different friendly bacteria. True or false?

(Answer: True. An adult gut has about 2 kilograms of bacteria, all working hard to keep you healthy and to fight disease!)

Question 4.

Your first line of defence is made up of....

- a) Your skin
- b) Your tears
- c) Your sweat
- d) Your nose
- e) All of the above

(Answer: **e.** Your first line of defence protects you by stopping bad microbes getting into your body. It is made up of your skin, tears, sweat, nose, eyes and processes like bleeding and peeing!)

Question 5.

Your nose...?

- a) Keeps your glasses in place
- b) Allows you to smell
- c) Allows you to taste
- d) Traps dust and microbes
- e) All of the above

(Answer: **e**. Your nose has a wide variety of functions, allowing you to breathe and smell, to work with the taste buds in your mouth so you can taste things properly and it contains tiny hairs called cilia that trap dust and microbes so they can't get into your body.)

Question 6.

How many sweat glands does your body have?

- a) About 1000
- b) About 20,000
- c) About 500,000
- d) About 1,750,000
- e) About 2,500,000

(Answer: **e**. Your skin actually has about 2,600,000 sweat glands all over your body. These produce sweat that helps to keep you cool and protect your body from bad microbes.)

Question 7.

Antibodies are made by?

- a) Red blood cells
- b) White blood cells
- c) Platelets
- d) Haemoglobin
- e) Vaccines

(Answer: **b**. The white blood cells in your body, like Luke O'Cyte (Leukocytes) make antibodies that protect your body from bad microbes.)

Question 8.

Coagulation means...?

- a) To fight
- b) To transport
- c) To clot
- d) To remove
- e) To protect

(Answer: **b**. Coagulation is the process in your body where a clot forms when you have a cut. The platelets in your blood join together to form a clot, which dries out to form a scab. When the cut has totally healed, the scab falls off.)

Question 9.

Saliva prevents infection? True or false?

(Answer: True. Your saliva contains components that help to keep your mouth and body healthy!)

Question 10.

Your skin is an organ? True or false?

(Answer: True. Your skin is the largest organ in your body!)

Question 11.

Tears contain antibodies! True or false?

(Answer: True. Tears contain antibodies. When you cry, the tears keep your eyes healthy by washing away bad bacteria and fighting any bad bacteria that are left!)

Question 12.

Haemoglobin carries...?

- a) Oxygen & Carbon dioxide
- b) Iron & calcium
- c) Antibodies & enzymes
- d) None of the above
- e) All of the above

(Answer: **a**. The haemoglobin in your red blood cells carries oxygen to the cells in your body and removes waste like carbon dioxide!)

Question 13.

Your body makes antibodies to vaccines? True or false?

(Answer: True! A vaccine is a tiny piece of microbe that is dead or really weak so it doesn't make you sick. When your immune system comes into contact with this tiny piece of microbe, it makes an antibody so that if you meet this microbe when it is live and healthy your body is already prepared.)

Question 14.

Platelets are sticky? True or False?

(Answer: True. Platelets stick together wherever you have a cut and form a scab that allows your cut to heal. When the cut has healed, the scab falls off by itself!)

Question 15.

Your immune system...?

- a) Works when you are sick
- b) Works constantly
- c) Works in your gut
- d) Works in your blood
- e) All of the above

(Answer: **e**. Your immune system works all day, every day, all over your body to keep you healthy and prevent you from getting sick!)

Question 16.

Chyme is....?

- a) A food
- b) A muscle
- c) An acid
- d) A food and acid mixture
- e) A muscle for swallowing

(Answer: **d**. Chyme is the food and acid mixture from your stomach that moves to your small intestine to be digested!)

Question 17.

All types of food can be digested by humans? True or false?

(Answer: False. Some types of food, like those with lots of fibre are difficult to digest as humans cannot digest fibre. Fibre is however very important as it helps food to move through your digestive system.)

Question 18.

How many muscles do you need to swallow?

- a) 2
- b) 22
- c) 222
- d) 2222
- e) More!

(Answer: **b**. You need 22 muscles to swallow! This is not something you can control and you cannot feel it! These muscles are so strong that you can even swallow standing on your head!)

Question 19

A bacterium is about the size of a grain of salt! True or false?

(Answer: False. A single bacterium is absolutely tiny! Millions would fit on the head of a pin!)

Question 20.

Fungus, like the mushroom, are microbes? True or false?

(Answer: True. Mushrooms are tasty and eaten every day but do you know they are actually a type of fungus, which is a type of microbe?!)