



# READ ABOUT IT



Microbiome is the city of good bugs in your tummy, working to digest food and keep you healthy. Our microbiome community is made up of 380,000 billion bacteria.

A healthy tummy can help language skills and mental and physical health. You can help your microbiome by eating healthy foods and drinking water. Keeping active and taking probiotics might help too.



## Poo and You!

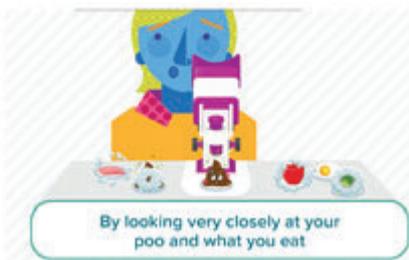
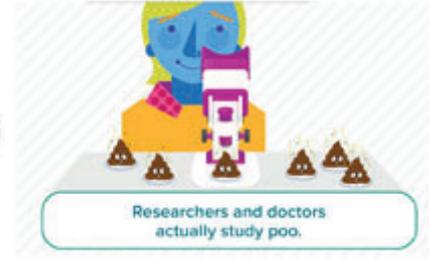
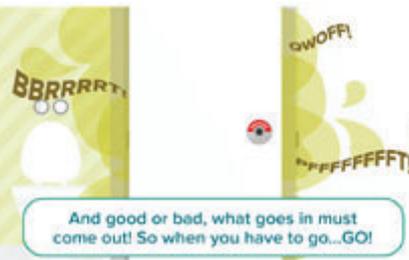
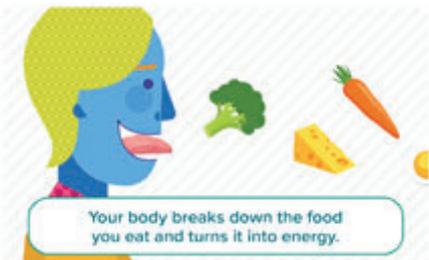
There are lots of things in poo. Poo can be used to examine the presence and types of bacteria (good and bad bugs) in a person's gut. Good bacteria in our gut are important. We now know that good bacteria in our gut are helping us to stay healthy.

Poo samples can provide researchers with lots of information. Find out how through the comic strip below!



Q:  
Why did the kids take toilet paper to the party?

A:  
Because they were party poopers!





# TAKE THE QUIZ!



1) True or False?

Our microbiome community is made up of 380,000 bacteria.

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2) What are some things that you can do to help your microbiome?

- a. Eat healthy foods
- b. Drink plenty of water
- c. Exercise
- d. All of the above

3) A healthy tummy can help...

- a. Your language skills
- b. Your mental health
- c. Your physical health
- d. All of the above

4) Why is good bacteria important for our gut?

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5) What can too many bad bugs do to your body?

- a. It can give you energy.
- b. It can make you feel yuck.
- c. B and D
- d. It can make you poo too much or not enough.

6) Why do researchers and doctors study poo?

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ANSWERS: 1. False 2. D 3. D 4. Because it keeps us healthy and helps us poo every day. 5. C 6. To see how much bacteria you have and to understand what's going on in your gut. By looking very closely at your poo and what you eat, they can find out which foods are best to keep you healthy.