

Module 4, Lesson 2 Quiz:

Microbiome

1. A diet that is full of _____ can inhibit the gut flora because it is very _____.
 - a. Probiotics, dirty
 - b. Prebiotics, high in sugar
 - c. **Packaged foods, sterile**
 - d. Frozen foods, processed
2. Microbes are essential to your immune system, heart, lungs, skin, and gut. They are made up of which of the following?
 - a. Fungi
 - b. Viruses
 - c. Bacteria
 - d. **All of the above**
3. Dysbiosis refers to:
 - a. **An imbalance of gut microbiome**
 - b. A gastric disease
 - c. A medication regimen that affects digestion
 - d. The relationship of the microbiome to their food supply
4. A rich microbiome is linked to:
 - a. Overweight
 - b. **Healthier weight**
 - c. Underweight
 - d. Prevention of digestive disorders
5. One great tool to help your clients build healthy gut microbiomes is to recommend:
 - a. Following a Paleo diet
 - b. **Consuming foods that contain prebiotics and probiotics**
 - c. Washing all foods very well
 - d. Eating canned and frozen foods