

**Q1) Approximately how many microbes are in our gut?**

- A) 10 million
- B) 10 billion
- C) 10 trillion
- D) 100 trillion

**Answer is D – 100 trillion microbes exist in our gut!**

**Q2) Approximately how much does the bacteria in our gut weigh?**

- A) 10g
- B) 100g
- C) 200g
- D) 500g

**Answer is C – the bacteria that occupies our gut weighs a 200g. This is the equivalent of an average adult hamster!**

**Q3) How long is the small intestine? (The closest answer wins – answer in feet!)**

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**The average length of the small intestine is approximately 21 feet. This is the same height as your average giraffe!**

**Q4) How many organs are in the digestive system?**

- A) 6
- B) 7
- C) 8
- D) 9

**Answer is D – there are 9 organs in the digestive system (including both hollow and solid organs). The mouth, oesophagus, stomach, small intestine, large intestine. Anus, liver, pancreas and gallbladder.**



**Q5) On average how many species of bacteria live in our Colon?**

- A- 50
- B- 500
- C- 5,000
- D- 50,000

**Answer is C, 5,000 different species of bacteria live in our colon.**

**Q6) The liver plays a hugely important role in our bodies. It can actually regenerate and replace itself, but how many functions does the liver have?**

- A) 5
- B) 50
- C) 500
- D) 5,000

**Answer is C. The liver has a whopping 500 functions.**

**Q7) How much saliva do people produce in one day?**

- A) Equivalent to a mug-full
- B) Equivalent to a plastic bottle-full
- C) 1 pint
- D) 2 pints

**Shockingly, we produce 2 pints of saliva each day!  
Answer is D, 2 pints.**

**Q8) Solve the anagram to find the organ – ‘Care Span’**

**The answer is ‘Pancreas’. The pancreas is an important gland that produces digestive enzymes and hormones.**

**Q9) Which of the following does not have a stomach?**

- A) Platypus
- B) Snail
- C) Common Eel
- D) Octopus

**We bet the answer wasn’t quite what you expected – A, platypi don’t have stomachs?! Their food goes straight from their oesophagus and into the small intestine. Snails, common eels & octopi all have stomachs.**





**Q10) What is dysbiosis?**

- A) The cause of bad breath
- B) Imbalances in the bacteria in the gut
- C) An infection of the small intestine
- D) When bacterial cells reproduce too quickly

**Answer is B, dysbiosis is used to describe negative alterations in the composition of gut bacteria. Either too many of some bacteria, or too few of others.**

**Q11) What external factors can influence the bacteria in the gut?**

- A) Diet
- B) Antibiotics
- C) Stress
- D) Conditions at birth
- E) All of the above

**The answer is E, all of the above.**

**Q12) How much fibre should we eat every day?**

- A) 5g
- B) 25g
- C) 30g
- D) 50g

**The answer is C, 30g. Most of the UK population don't eat enough fibre. (Fun fact – a 50g bowl of cereal, even cereal high in fibre, won't contain 50g of fibre! Fruit & veg are another great source of fibre, and eating a variety of these each day ensure your gut bacteria is diverse).**

**Q13) How does exercise effect the bacteria in your gut?**

- A) It increases the diversity
- B) It doesn't
- C) It decreases the diversity

**The answer is A, exercise increases the diversity of the bacteria in the gut.**

**Q14) The surface area of the small intestine is equivalent to:**

- A) A table-tennis table
- B) A tennis court
- C) A pool/snooker table
- D) A swimming pool

**The answer is surprisingly B – when stretched out, the surface**

**area of the small intestine is equivalent to a tennis court!**

**Q15) How many stomachs does a cow have?**

- A) 5
- B) 4
- C) 3
- D) 1

**The answer is B – cows have 4 stomachs.**

