

Watch and listen to the video twice and then do the exercises

https://www.youtube.com/watch?time_continue=148&v=1sISguPDlhY&feature=emb_title

All of the following foods are good sources of fiber except:

- A Bananas
- B Kale
- C Eggs
- D Almonds

All of the following vegetable preparation methods help provide more fuel for gut bacteria except:

- A Steaming
- B Boiling
- C Frying
- D Preparing raw vegetables

All of the following are examples of fermented foods except:

- A A variety of fermented vegetables like kimchi and sauerkraut
- B Tempeh
- C All pickles
- D Kombucha

Helpful probiotic bacteria found in many foods and supplements include:

- A E. coli
- B H. pylori
- C Lactobacillus and Bifidobacteria
- D Clostridium difficile

Answer ONE of the following questions: (w zeszycie)

1. What are some ways of eating that can help cultivate gut microbiome diversity?
2. Other than food, what lifestyle factors can affect our microbiomes?
3. What are some helpful functions that gut bacteria provide for our bodies?

ZAPAMIĘTAJ !!!!

GUT (gat) - jelito,bęben

- przeszukać, wywrócić do góry nogami (informal)

- podstawowy zasadniczy pierwotny

GUT FEELING – przecucie

GUT INSTINCT – wrodzony instynkt

GUT BUSTER – dowcipas, kawał

Write and email to your friend in which (od 80 do 160 słów)

- explain what you like in your diet

- explain what you would change in your diet and why

- what is your favourite food and why

- ask him what's his favourite kind of restaurant

Wyślij maila do sprawdzenia oraz odpowiedzi do zadań