Are personalised diets the best way to be healthy?

1. **Listen to the first part (up to 2:20) of this podcast on Spotify where Neil and Rob discuss new types of diets. Then, answer the following questions:**
   1. What's the diet Rob follows?
      A. He is vegetarian.
      B. He eats plenty of meat but little vegetables.
      C. He eats plenty of green and little meat and fish.
   2. Where does the reaction that helps you to lose weight happens?
      A. The tongue
      B. The intestines
      C. The stomach
   3. What do they tell us about microbes?
      A. Not all are good for us.
      B. Microbes help us digest food.
      C. Microbes react to the food we ingest.
      D. All of the above are correct.
   4. How long is the gut?
      A. 3.5 metres
      B. 5.5 metres
      C. 7.5 metres

2. Listen to the second part of the podcast (2:20 - 5:37) and decide weather the following statements are true or false.

1. Doctor Spector began questioning these 'food myths' because he believed there was no evidence to back them up.
2. It was the difference in appetite and taste between two identical twins that made him notice that there are no two people with the same gut.
3. In order to come up with such discovery, he had to analyse his volunteers' feces.
4. He realized that the slimmer twin had a more varied microbiome.
5. A more varied microbiome means a more difficult digesting process.
6. *Christensenella* and *akkermansia*, two very effective microbes are quite easy to differentiate because of their positivity.

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3. Listen again to the full podcast and complete with one or two words.

1. While many diets claim to improve health or help you lose ....., recent research shows that...
2. The long tube inside your body which ..... food.
3. Tiny living ....., too small to see without a microscope.
4. Think of them as .... that cause our individual reaction to the food we eat.
5. How long exactly is the ....'s gut?
6. The units which measure the ..... of energy food provides.
7. The discovery came in a very ..... way.

4. Finally, match each definition with the right word.

a. Another name for the intestines.

b. Tiny living organisms, too small to see without a microscope.

c. The units which measure the amount of energy food provides.

d. Weak or unconvincing.

e. Very thin.

d. Easily noticeable for their positive effect.

1. Skinny
2. Flimsy
3. Microbes
4. Calories
5. Gut
6. Stuck out of the crowd

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