

“Reading Series 2 - Bacteria in the Gut” @ <http://www.youtube.com/ESL4free>

According to the text, the research indicates that..

- A.** differences in bacteria among human beings are insignificant.
- B.** European diet changes have damaged people’s health.
- C.** much of the bacteria in the human gut can cause harm.
- D.** good diet involves a wide range of factors.

Reading Text - Bacteria in the Gut:

Harmful bacteria living in the gut may cause higher rates of allergies, chronic stomach upsets and even obesity among children living in developed countries. Recent research compared intestinal bacteria from children in the European Union and young villagers in remote parts of Africa, finding enough differences to help explain disparities in chronic disease and obesity. Results suggest that diet has a dominant role over other possible variables such as ethnicity, sanitation, hygiene, geography, and climate in shaping the gut microbiota. It is likely that the reduction in food variety observed in EU compared with certain African children could indicate how the consumption of sugar, animal fat and calorie-dense foods is rapidly limiting the adaptive potential of these microbiota. Human health relies heavily on a very large number of microorganisms living in the body but only a fraction cause disease directly while many more help digest food, affect other bacteria and may influence hundreds of biological functions.

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SOME WORDS AND EXPRESSIONS IN THE TEXT

Disparities: differences (e.g.: a growing disparity between rich and poor).

Fraction: a part or amount of something. (“Only a fraction” implies “a small part of something”).

Potential: possibility that something will happen in the future.

Shaping: influencing the development of.