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## New Habit to Improve Your Gut Health

### Description

Scientists say that your gut microbiome helps you feel good. This microbiome is made of tiny living things called microbes. It helps with digestion and can improve your mood, energy, and health.

There are many things that affect gut health. Eating foods with probiotics is the best habit for a healthy gut. Probiotics are good bacteria found in foods like yogurt, kombucha, and kimchi. These foods help with digestion and can keep your gut healthy.

Studies show that probiotics can help your immune system too. About 70% to 80% of your immune system is in your gut. Good gut bacteria can protect against sickness, like colds and flu.

Eating probiotics may also help your brain. Some studies suggest they can improve your memory and mood. Adding foods like kefir to your diet can be easy and help make you feel better.

You should try to eat probiotic foods every day. Start with small amounts and gradually add more. Combining probiotics with other healthy habits can help your gut stay happy.

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### Vocabulary List:

1. **Microbiome** /,maɪ.kroʊˈbaɪ.oʊm/ (noun): A community of microorganisms living in a particular environment especially the human body.
2. **Probiotics** /,prɒb.iˈɑː.tɪks/ (noun): Live microorganisms that provide health benefits when consumed.
3. **Digestion** /daɪˈdʒɛs.tʃən/ (noun): The process by which food is broken down in the body.
4. **Immune** /ɪˈmjun/ (adjective): Relating to the immune system that protects the body against disease.
5. **Sickness** /ˈsɪk.nəs/ (noun): A state of being ill; a disease or illness.
6. **Mood** /muːd/ (noun): A temporary state of mind or feeling.

## Comprehension Questions

### Multiple Choice

1. What are probiotics?

Option: Bad bacteria

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- Option: Tiny living microbes
  - Option: Virus particles
  - Option: Algae

2. Where can probiotics be found?

- Option: Yogurt, kombucha, and kimchi
- Option: Red meat and fried foods
- Option: Processed sugary snacks
- Option: Caffeinated beverages

3. What percentage of your immune system is in your gut?

- Option: 50%
- Option: 60%
- Option: 70% to 80%
- Option: 90%

4. What benefits can probiotics provide for your brain?

- Option: Improve memory and mood
- Option: Increase stress levels
- Option: Cause headaches
- Option: Worsen cognitive function

5. How often should you try to eat probiotic foods?

- Option: Once a week
- Option: Every other day
- Option: Once a month
- Option: Every day

6. Incorporating probiotics with what can help your gut stay happy?

- Option: Unhealthy habits
- Option: Sedentary lifestyle
- Option: Other healthy habits
- Option: Junk food consumption

### True-False

7. Probiotics are bad bacteria that harm your gut.



8. Good gut bacteria can protect against sickness like colds and flu.
9. You should start with large amounts of probiotics when incorporating them into your diet.
10. Probiotics play no role in improving mood, energy, and health.
11. Your gut microbiome does not contribute to digestion.
12. Most of your immune system is not located in your gut.

### Gap-Fill

13. Eating foods with probiotics is the best habit for a healthy gut. Probiotics are good bacteria found in foods like yogurt, kombucha, and \_\_\_\_\_.
14. Start with small amounts of probiotic foods and gradually add \_\_\_\_\_.
15. Research suggests that about 70% to 80% of your immune system is located in your \_\_\_\_\_.
16. Probiotics may help improve your memory and \_\_\_\_\_.
17. Combining probiotics with other \_\_\_\_\_ habits can help your gut stay happy.
18. Adding foods like \_\_\_\_\_ to your diet can improve your gut health and overall well-being.

### Answer

**Multiple Choice:** 1. Tiny living microbes 2. Yogurt, kombucha, and kimchi 3. 70% to 80% 4. Improve memory and mood 5. Every day 6. Other healthy habits

**True-False:** 7. False 8. True 9. False 10. False 11. False 12. False

**Gap-Fill:** 13. kimchi 14. more 15. gut 16. mood 17. healthy 18. kefir

### Vocabulary quizzes



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**Multiple Choice ( Select the Correct answer for each question. )**

1. What is the primary purpose of immunotherapy?  
Option: To kill bacteria directly  
Option: To enhance the body's immune response  
Option: To provide immediate relief from symptoms  
Option: To replace traditional medicines
2. What is a common concern regarding new findings in medical research?  
Option: They are always trustworthy  
Option: They often require more testing  
Option: They guarantee a cure  
Option: They eliminate the need for education
3. What does transmission in the context of infections refer to?  
Option: The spread of infections  
Option: The treatment of infections  
Option: The prevention of diseases  
Option: The diagnosis of illnesses
4. Why is education recommended in preventing infections?  
Option: It increases anxiety  
Option: It helps in understanding preventive measures  
Option: It is unnecessary  
Option: It promotes misinformation
5. Which benefit is commonly attributed to probiotics?  
Option: Curing chronic diseases  
Option: Improving digestion  
Option: Reversing aging  
Option: Suppressing immunity
6. Symptoms of infections often include which of the following?  
Option: Increased energy  
Option: Fever and discomfort  
Option: Enhanced mood  
Option: Decreased immunity
7. What is often prescribed to prevent sickness?  
Option: Education sessions  
Option: Antibiotics  
Option: Probiotics only



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Option: Stress management techniques

8. What does the microbiome primarily relate to?

Option: Bone health

Option: Bacterial diversity in the body

Option: Muscle growth

Option: Heart function

9. What should be used to protect against the transmission of infections?

Option: Education only

Option: Condoms and medications

Option: Isolation

Option: A lack of awareness

10. What type of care is often necessary for severe infections?

Option: Minimal care

Option: Preventive care

Option: Intensive care

Option: Home remedies

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. \_\_\_\_\_ can be a crucial treatment for managing certain types of cancer.

12. Healthcare providers often \_\_\_\_\_ regular check-ups for early detection of diseases.

13. Researchers often collect \_\_\_\_\_ from various subjects to study disease transmission.

14. Vaccination can help \_\_\_\_\_ against specific infectious diseases.

15. Antiviral \_\_\_\_\_ can be effective in treating viral infections.

16. Regular exercise can help \_\_\_\_\_ many chronic illnesses.

17. Proper hygiene practices reduce the \_\_\_\_\_ of infectious diseases.

18. Public health \_\_\_\_\_ campaigns aim to inform citizens about health risks.

19. \_\_\_\_\_ may arise from various pathogens including viruses and bacteria.

20. Common \_\_\_\_\_ of allergies include sneezing and itching.



**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. Research findings must be verified through peer review to be considered trustworthy.
22. Researchers published their findings in a leading medical journal.
23. Diet and lifestyle choices can influence a person's mood significantly.
24. Many patients report discomfort as a side effect of medications.
25. Consuming probiotics can enhance digestion and improve gut health.
26. Frequent handwashing can reduce the likelihood of sickness during cold seasons.
27. Acid reflux can cause significant discomfort after meals.
28. Intensive therapy is often required for patients suffering from severe infections.
29. The microbiome plays a crucial role in maintaining a healthy digestive system.
30. Probiotics can be beneficial for restoring gut health after antibiotic treatment.

**Answer**

**Multiple Choice:** 1. To enhance the body's immune response 2. They often require more testing 3. The spread of infections 4. It helps in understanding preventive measures 5. Improving digestion 6. Fever and discomfort 7. Antibiotics 8. Bacterial diversity in the body 9. Condoms and medications 10. Intensive care

**Gap-Fill:** 11. Immunotherapy 12. recommend 13. samples 14. protect 15. medications 16. prevent 17. transmission 18. education 19. Infections 20. symptoms

**Matching sentence:** 1. trustworthy 2. findings 3. mood 4. discomfort 5. digestion 6. sickness 7. reflux 8. intensive 9. microbiome 10. probiotics

**CATEGORY**

- 1. Health - LEVEL1

**POST TAG**

- 1. better
- 2. ESL
- 3. esl news
- 4. gut health
- 5. habit



6. Level 1
7. reading

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**Author**

aimeeyoung99

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