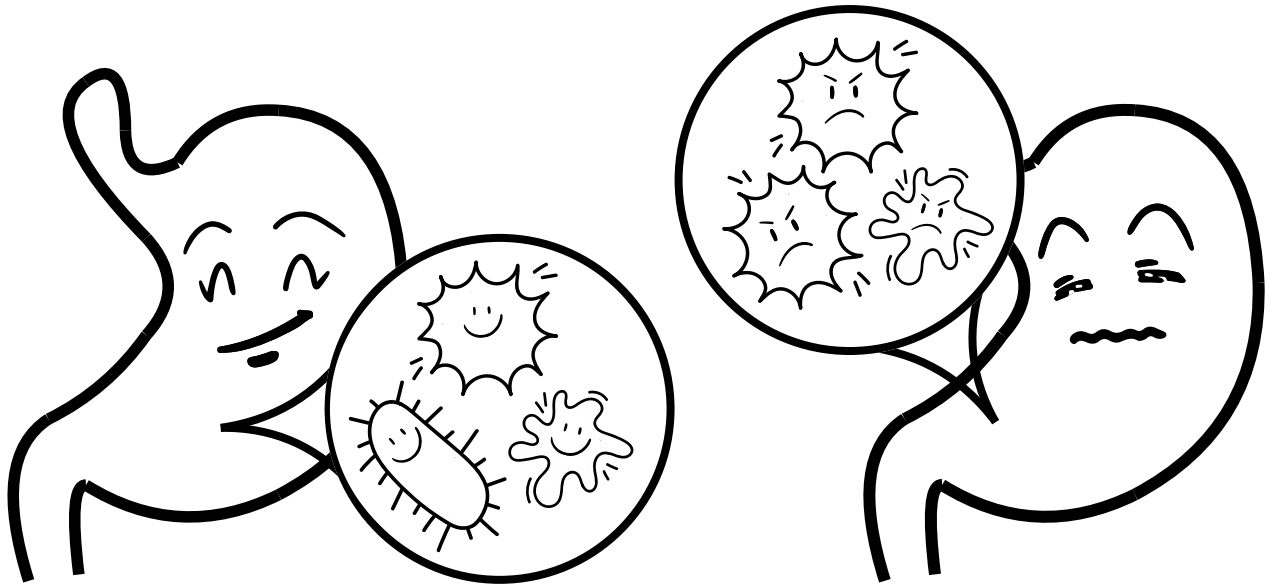
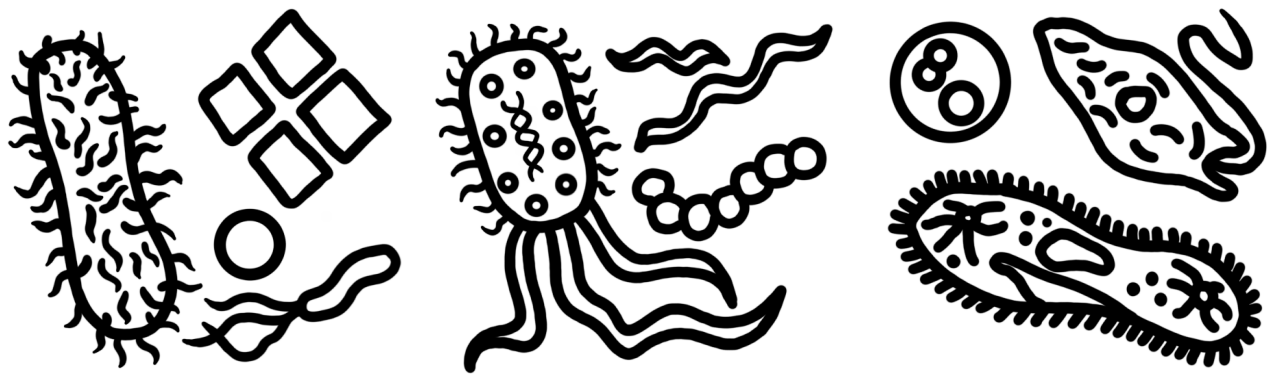




YOUR MICROBIOME AND YOU



A Science Coloring Book by Maya Weissman, PhD

VOCABULARY WORD SEARCH

S X J U X P A S I V P P B C V
X M S Z L T R V U F R S S J A
A E I Y D B Y R V W O I T X H
X S H C M H A K X B T N O U O
E E H Z R B D C R B I T M Z L
D N I A D O I W T I S E A Q F
J I K M D Y B O G E T S C Z A
J O G A A A S I S L R T H A H
Z V R E V T P D O I J I U R E
B L H F S U O T O M S N A C A
V E T H A T M E A Z E E W H L
I D O R H E I N O T D S K A T
R F M W M F E O A I I R Y E H
U B L C L O Q M N P B O B A B
S R E V O L U T I O N W N Y C

bacteria

health

microbiome

archaea

stomach

symbiosis

protist

intestines

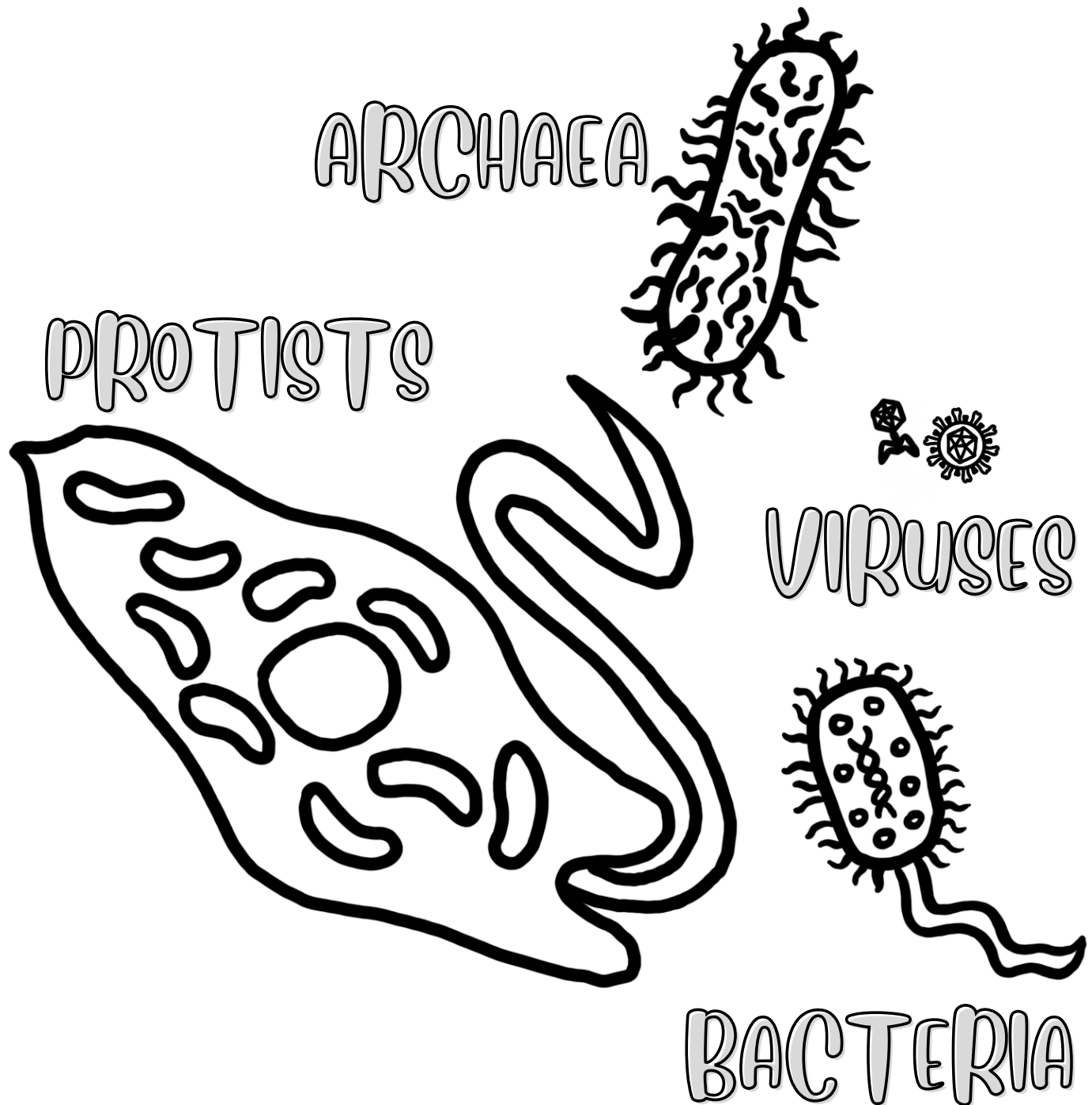
adaptation

virus

digestion

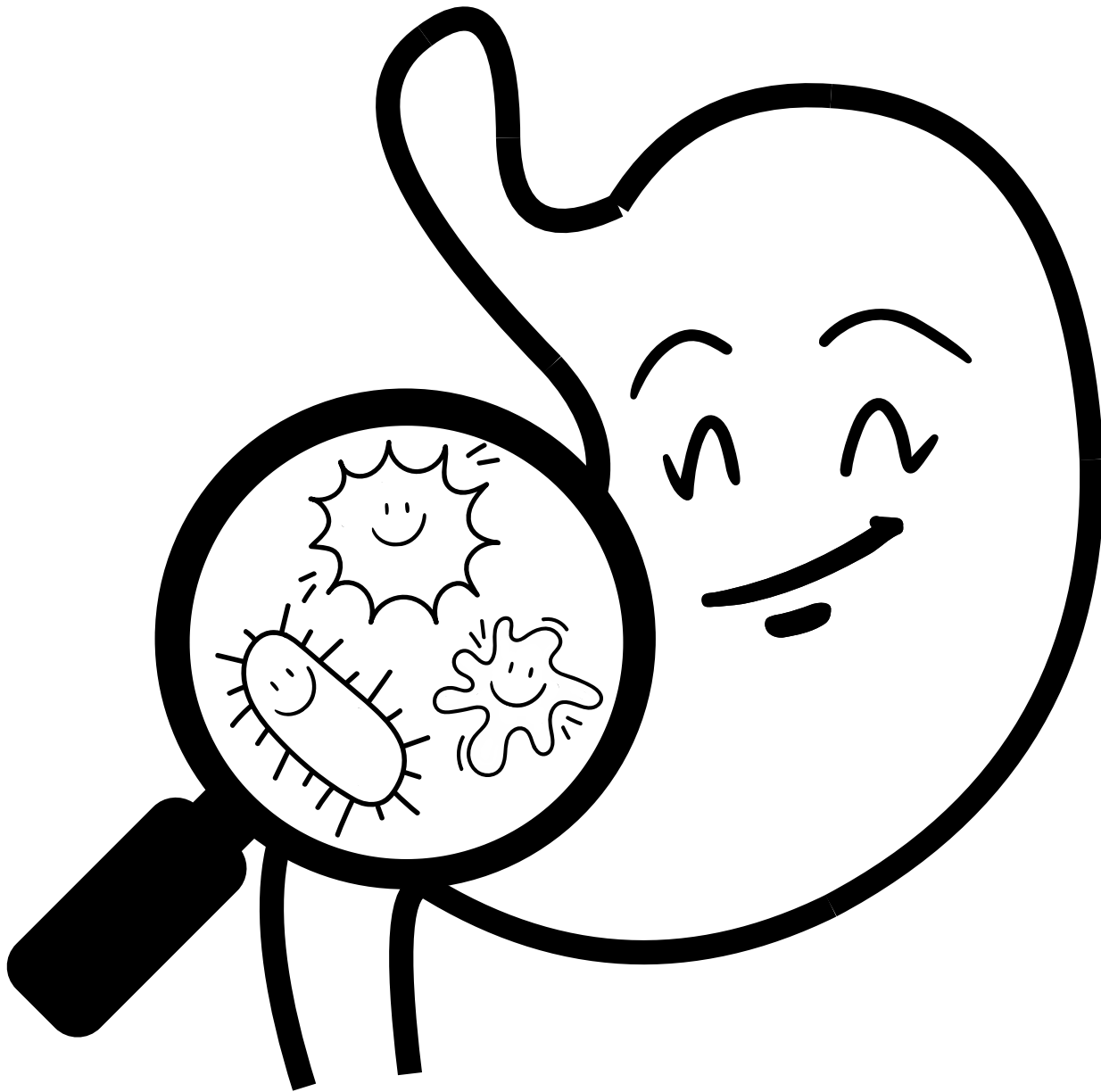
evolution

Microbes are tiny organisms that are too small to be seen with the naked eye. Microbes come in all different shapes and sizes.



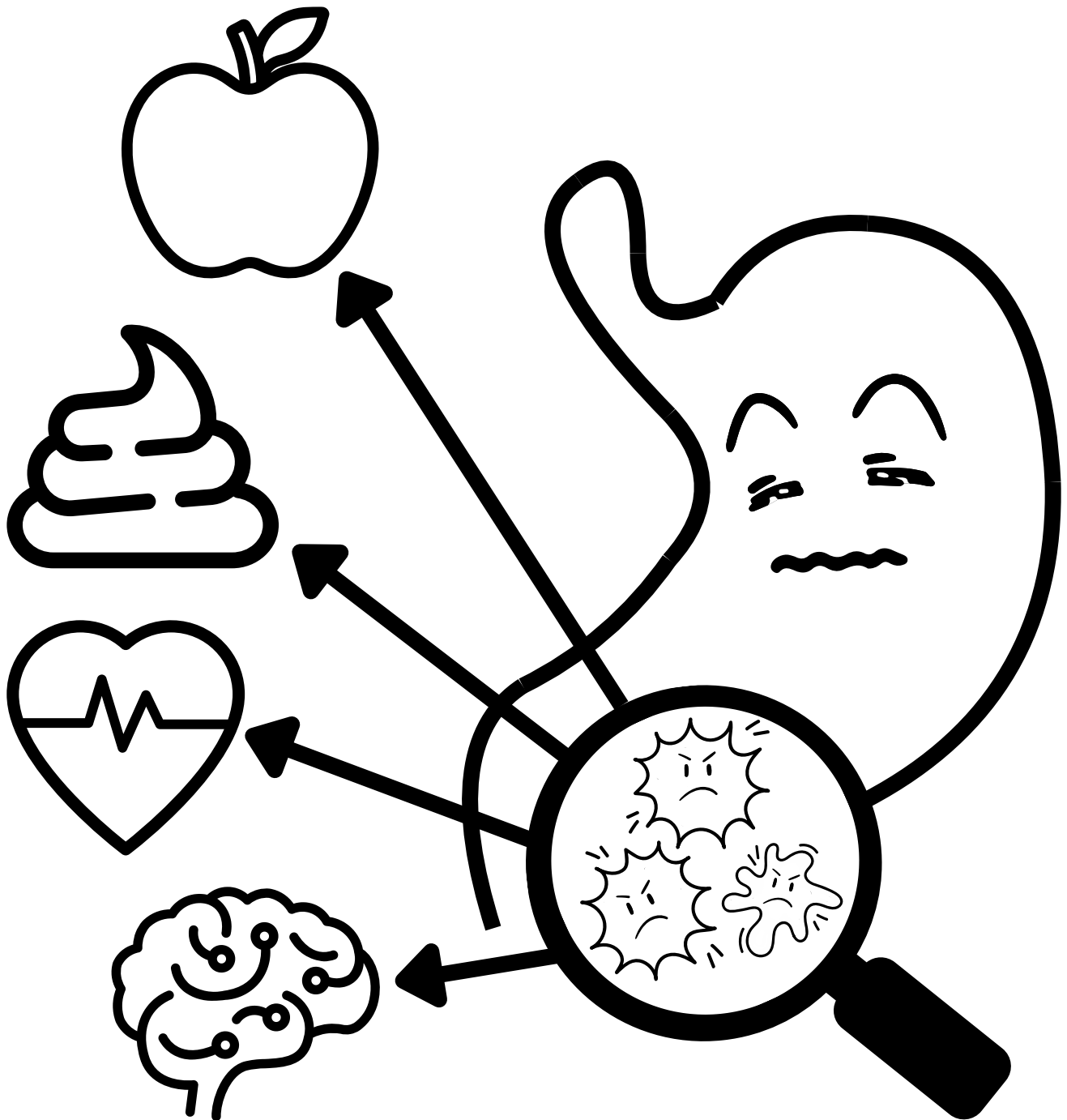
Some microbes cause diseases and make us sick.
But others can actually be **helpful** to humans!

Some of these good microbes live inside your **digestive system**. We call them your **gut microbiome**.



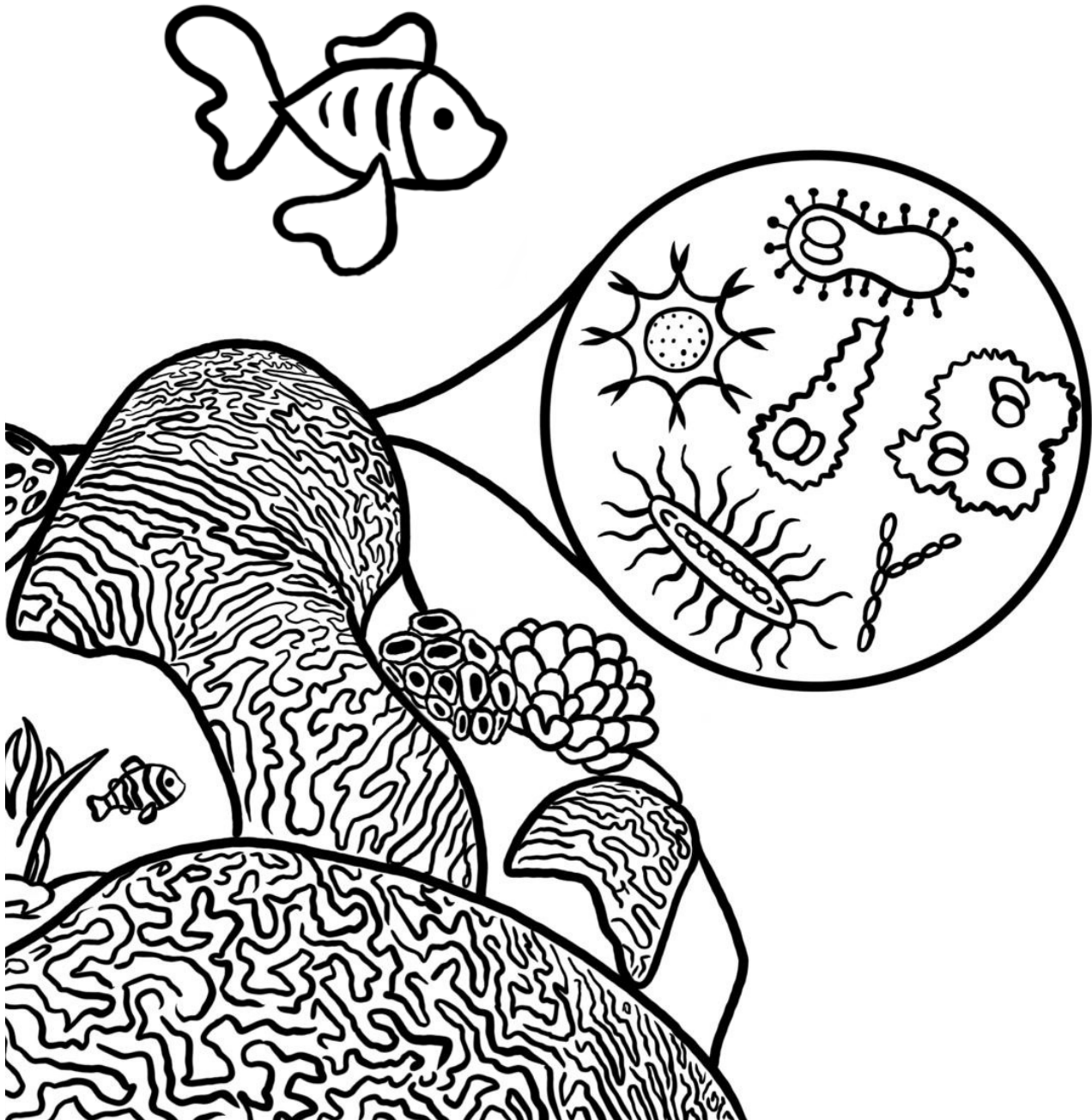
You have a **symbiotic relationship** with your gut microbiome, which means you both help each other survive.

If your gut microbiome becomes **unbalanced**, it can make you sick.



The health of your microbiome is connected to your ability to digest food, but also your heart, brain, immune system, and more.

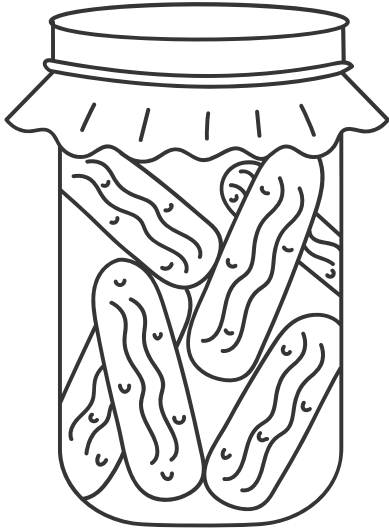
The microbiome isn't unique to humans. Other plants and animals rely on microbiomes to survive, including **coral reefs**!



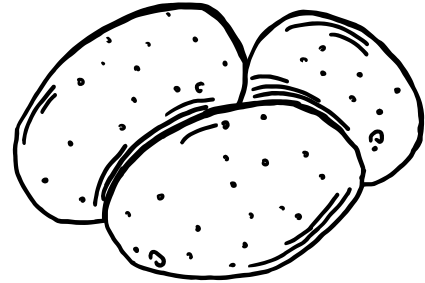
Just like you, when their microbiome is out of balance, coral can get very sick.

It is important to take care of your microbiome. One way to do that is by eating a diverse diet of **microbe-friendly foods**, like:

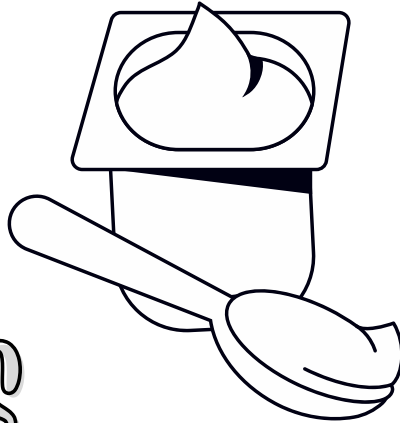
PICKLES



POTATOES



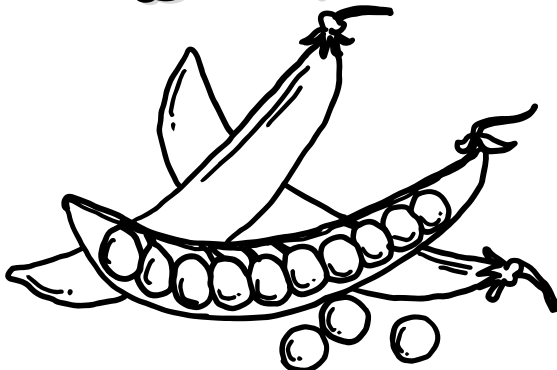
YOGURT



FRUIT &
VEGGIES



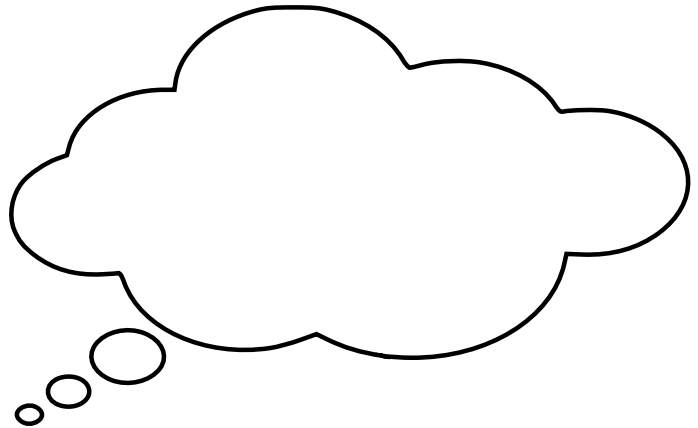
BEANS



How else can you take care of your microbiome?



Congratulations, you're now a microbiome master!
Draw yourself as a microbiologist.



What kind of questions will you ask about your microbiome? Write them in your thought bubble!