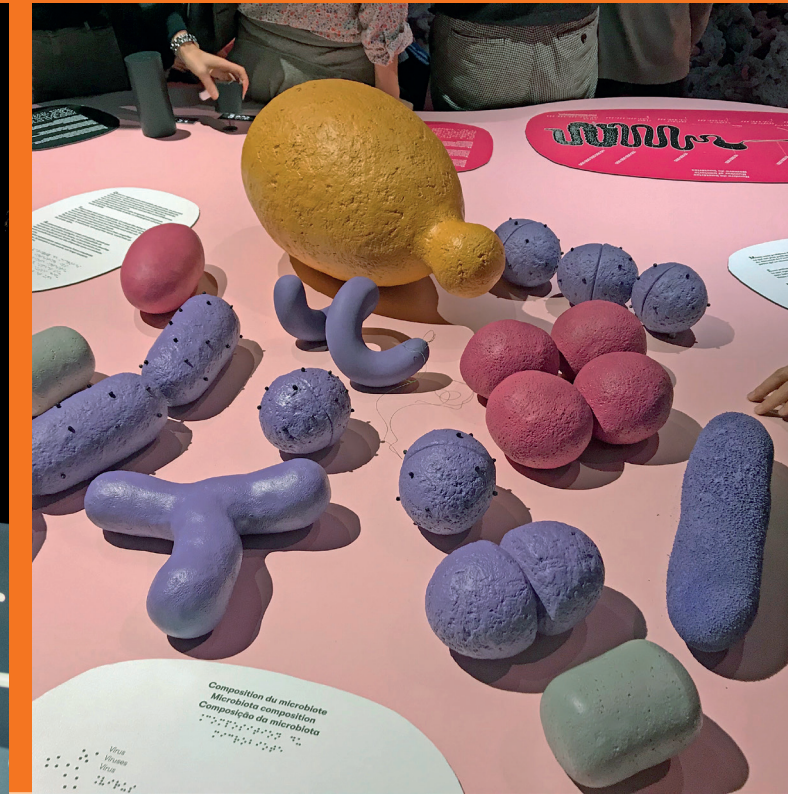


Microbiota, a whole world in your belly



We see the heart as indispensable to life because it pumps blood around the body. We admire the brain for its ability to form thoughts every second. But most of us think that the gut is good for little more than going to the toilet. The gut seems yucky. Yet the world is much more fascinating when we explore what is hidden from sight. If we take a closer look, we see that the gut is not only clever, it is also populated! We may not feel them, but billions of bacteria live there: this microbiota contributes to the healthy functioning of our organism.

This exhibition, inspired by the book by Giulia and Jill Enders, gives you a look at this underrated organ, reveals how beautiful it is and explains how to use this knowledge to improve our daily lives.



GOOD TO KNOW

Audience: for adults, families and school visitors aged 10 upwards
Surface area: 600 sqm
Composition: 7 audiovisuels - 3 multimedia - 4 hybrid exhibits
 - 1 plastinated organ - 8 interactive manipulations - 3 models
 - 4 graphical exhibits
Languages: French, English, Portuguese
Possibility of adaptation in other languages
Accessibility: universal accessibility

AN EUROPEAN CONCEPTION

CIÊNCIA VIVA

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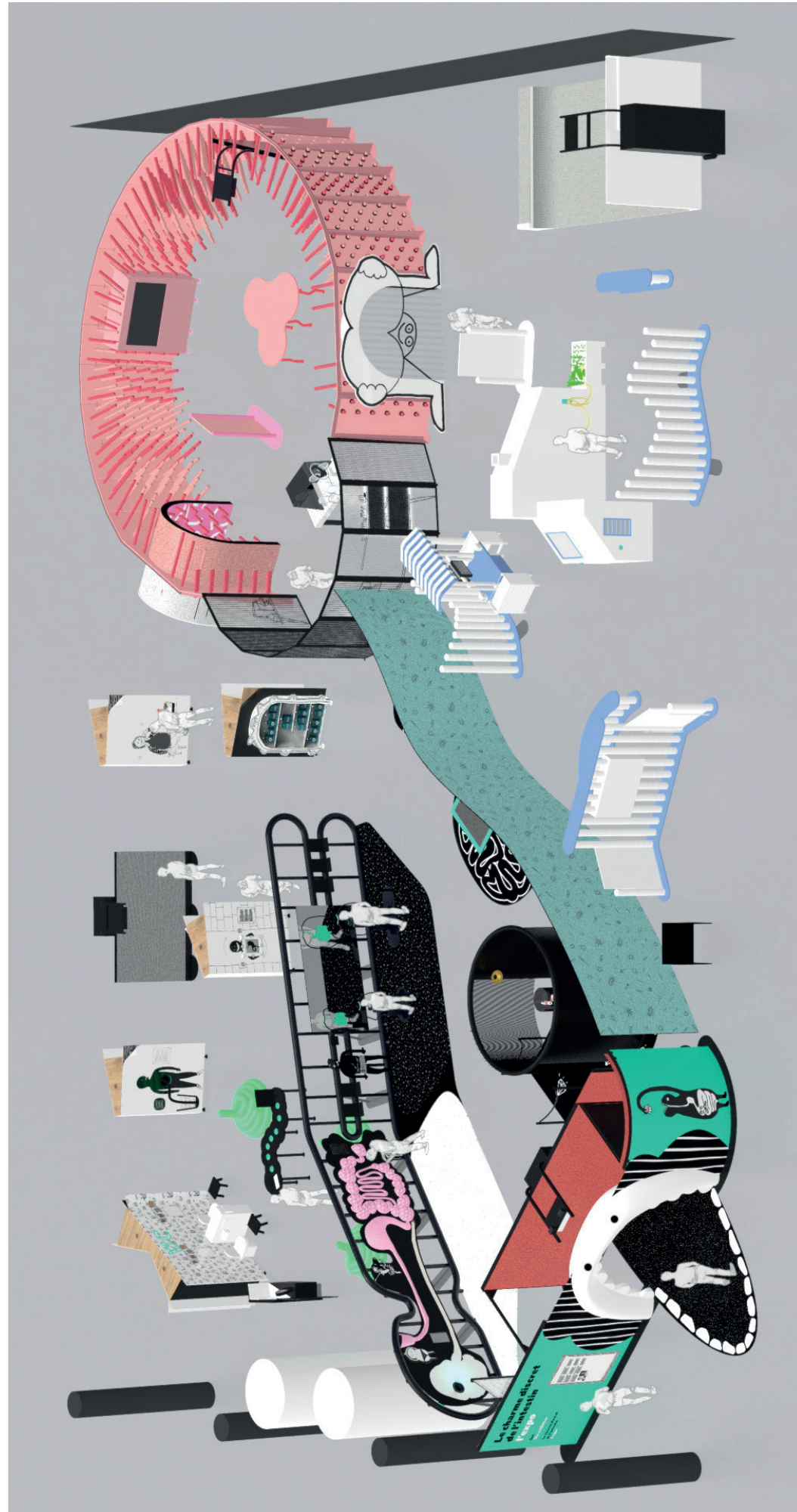
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microbiota

inspired by "Gut: The Inside Story of Our Body's Most Under-Rated Organ"



guided tour of digestion

What are our digestive organs doing all the livelong day? They are busy converting a great many things – an apple, bread, an egg – into the energy we need to live. What ingenious mechanisms do they use? Where precisely are these organs located and how can we help them do their job well? Our stomach is an intelligent organ of remarkable complexity. And great beauty, as we shall see when we get to know it better. Burping and farting may not be very refined, but the movements that produce them are as elegant as a ballet dancer's! You will discover all these facets in the first part of the exhibition. Start with a tour of our digestion in real images, then penetrate into the secrets of each organ.

HIGHLIGHTS

- 🕒 Discover the real look of the human digestive organs by looking at plastinated organs
- 🕒 Examine the anatomy of the human body by handling a touchscreen display running on an interactive and intuitive software
- 🕒 Touch and examine microbiota in a model. It will tell you all about its composition
- 🕒 Get acquainted with gut bacteria and learn about their role by watching a fun interactive movie
- 🕒 Try the multimedia game to choose which foods to eat to reach the recommended 30 grams a day

microbiota in the limelight

Imagine that you are as small as a minuscule intestinal villi. The gut would look like a forest filled with billions of exotic organisms: bacteria, yeasts, archaea, and viruses. Nowhere else in our body can we find such a huge variety of species and families. This is what is called gut microbiota. Scientific research has shown that these bacteria can impact our weight, our allergies, our immune system, and even our behavior. And we each have our own individual population of microbes. Welcome to the universe of gut microbes!

gut health

Just as the vast world in which we live has an impact on us, so the small world that lives inside us, in our gut, influences us too. A healthy equilibrium of microbiota contains a great variety of different microbes. From our earliest childhood, our stomachs are home to a population that evolves throughout our lives. Our microbiotic destiny is forged over the years by what we eat, what we put in our mouths, where we live and the people we kiss. Each person's microbiota is slightly different. This last section of the exhibition provides practical tips, based on scientific discoveries, that you can apply in your daily lives.