

 **CHECK YOUR LEARNING**

Suggested Answers

1. Causes of food poisoning include toxic foods, bacteria and moulds, and foods that have been improperly prepared, cooked, or stored. Symptoms include abdominal pain, vomiting, diarrhea, fever, shivering, sweating, and dehydration.
2. Both conditions are diseases of the bowels, and can be diagnosed with an endoscope. Doctors do not know what causes either condition, but they think that IBS may be related to intestinal bacteria or the immune system, and that colitis can be caused by viruses, bacteria, narrow blood vessels, or problems with the immune system.
3. Physicians can use endoscopes to examine the inside of the colon and to take tissue samples for study.
4. Sample answer: not smoking, exercising, and eating a healthy diet