

Name _____

The Inside Story: Why Do We Burp and Pass Gas?

Short Answer Key

1. Burping is necessary to release excess gas from the stomach, which can accumulate during digestion. It occurs when the pressure inside the stomach increases, causing the body to push the gas back up through the esophagus and out of the mouth.
2. The release of gas during flatulence is caused by the accumulation of gases like hydrogen and methane in the large intestine, along with swallowed air and gases produced during digestion. It exits the body when the muscles surrounding the anus relax, allowing the gas to escape.
3. Two factors that can influence gas production are diet (specifically, the types of foods consumed) and bacterial activity in the digestive system.
4. Bacterial activities in the large intestine contribute to gas production by breaking down undigested carbohydrates and fibers, producing gases like hydrogen, carbon dioxide, and methane as byproducts.
5. Gas production is considered a sign of a healthy gut microbiome because it indicates that the gut bacteria are actively breaking down food and producing essential nutrients. A balanced and diverse gut microbiome is associated with overall digestive health.

