

4.0 Career Education

Summary of Mismatched Genes - Reflection

Name:

## Instructions: From information and ideas in **Unit 4.0 “What Do You Mean We Don’t Fit”** use the following to summarize your thoughts and understanding of how we often don’t seem to fit our ‘modern’ world

1. What is the main thing that has sets us apart from the rest of the life forms on Earth?

2. Why is it a problem for organisms when environments change too quickly?

3. What are 5 specific examples of how don’t seem to match our modern world?

4. List 5 example of diseases that are thought to be a direct consequence of our modern lifestyle.

5. What trends have you noticed that are helping people reduce the ‘burden’ of movement?

6. What are some of the risks of too much sitting?

7. How is our food supply becoming less natural?

8. Why did our ancestors seek out high caloric foods like sweets and fatty foods?

9. “It comes down to the fact that our technology is almost boundless in how fast it can change, but our DNA is bound by an ‘archaic’ process. The two are grossly out of step with each other.” Explain.