



Daily Article (Bharath's Reading list) - Answers and Explanations 23.01.2024

Article link : [Link](#) (Why Did Europeans Evolve Into Becoming Lactose Tolerant?)

1. According to the article, the evolution of lactose tolerance in Europe was spurred by:
- A. Genetic mutation, as the health benefits of milk favored those who could digest it, while digestive ailments worked against the success of the intolerant
 - B. The gene variant for lactase persistence increasing in populations when they were impacted by famine or pathogens
 - C. The widespread consumption of milk not only in Europe but throughout the steppe, resulting in the propagated a mutation for lactase persistence over time, across areas
 - D. All the above

Explanation : B

Only option B is correct. The article clearly rules out the spread of the genetic mutation over time due to regular milk consumption or the health benefits of milk.

2. Which of the following is not stated or not true from the article?
- A. Most non persistent milk drinkers report intestinal problems ranging from flatulence to diarrhea
 - B. Lactose tolerance evolved five different times in Europe, the Middle East and Africa
 - C. World-wide, almost all humans are born lactose tolerant
 - D. Different environmental stressors, like settlements, famine, droughts and higher disease loads may have worked in tandem to drive lactose tolerance

Explanation: A

Option A is not true: 'In fact, the work of co-author George Davey Smith shows ... virtually no difference between the milk consumption of persistent and non persistent adults. He also found that most non persistent milk drinkers reported no long-term health impacts, nothing that would shorten their lifespans or reduce their ability to reproduce.' , according to an analysis by Dhar and colleagues in Science of the Total Environment.'

3. Neolithic pottery fragments help shed light on the evolution of lactose tolerance as:

- A. Animal fat residues, including milk fat, is absorbed into ancient pottery
- B. Milk leaves a distinctive signature as it is made in a different way than carcass fat
- C. Milk fat is preserved at a remarkable level in pottery fragments
- D. All the above

Explanation: D

All given points are mentioned in the article