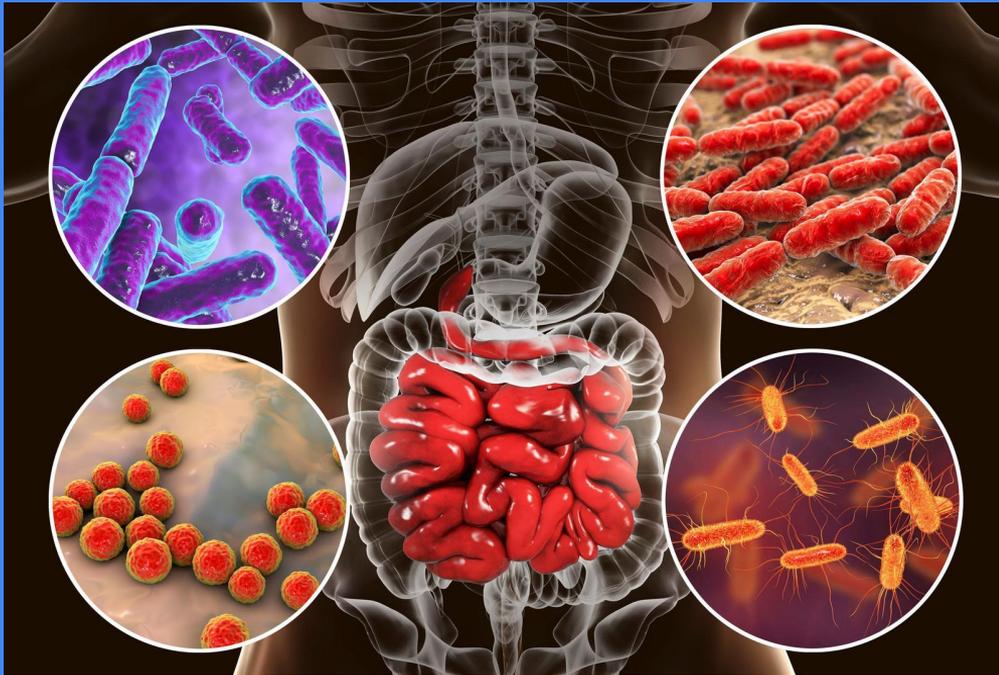
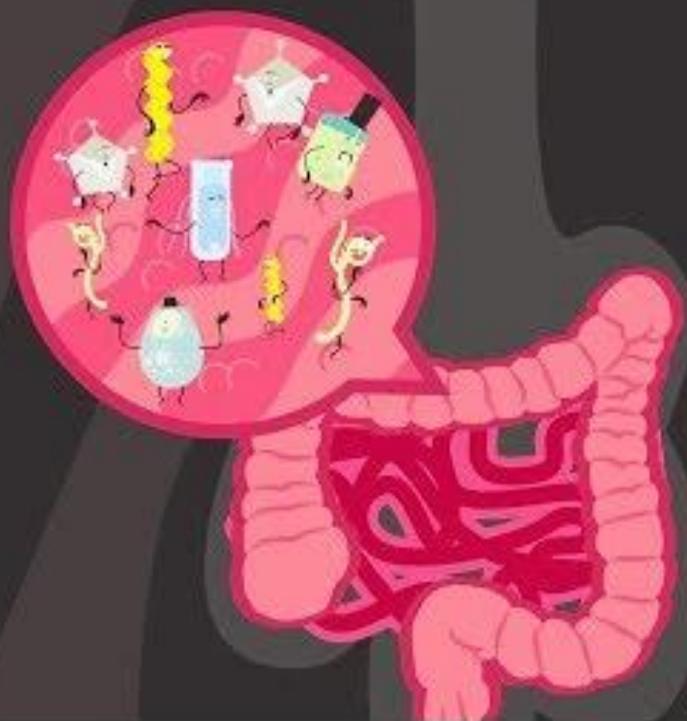


The Human Gut Game

How does the food you eat affect your gut bacteria??

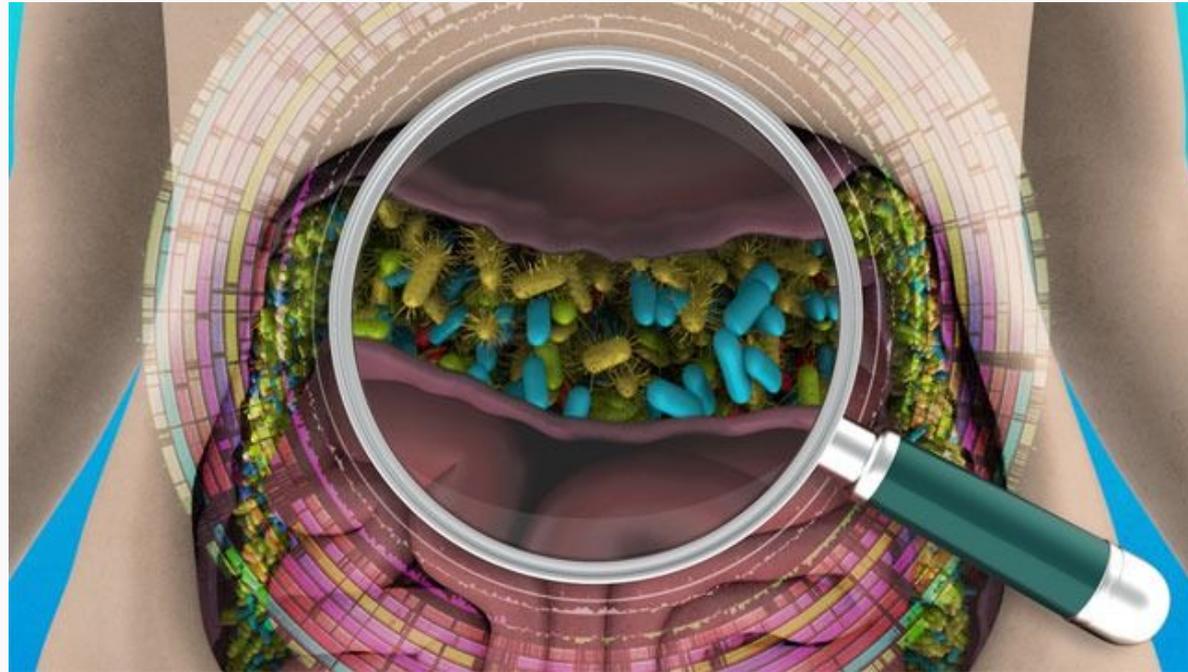




HOW  THE FOOD YOU EAT AFFECTS YOUR GUT

The Objective

- To learn how diet affects your gut bacteria
- To finish the game with a healthy gut!



The Start

1. Choose 7 green bacteria and 3 red bacteria.
2. Look at your “gut” bacteria.
3. Record the number of each species on your data table in the “Start” column.
4. Add up the number of different species and record.

Round 1- Fast food or junk food

1. Send one team member to choose 3-5 food cards to represent fast food or junk food you might eat.
2. Record the foods on your data table.
3. Based on the foods you chose, exchange your cards.

Since you chose **50% or more processed, high fat/sugar foods....**

Exchange 2 different green bacteria cards for 2 of the same red bacteria cards

Round 1

1. Record the data about the new bacteria population.
2. Choose from the side effects buckets!
3. Record side effects.

Side Effects Buckets!

If 50% or more of your bacteria are red, than choose 2 cards from the negative side effects bucket.

If more than 50% of your bacteria are green, than choose 2 cards from the positive side effects bucket.

Round 2- Life Event Dice Roll!

1. Choose one team member to roll the die.
2. Remember the number that you rolled.

Life Event Dice Roll

- 1- You get sick and need to go on antibiotics. Replace 3 different green cards with 3 of the same red cards.
- 2- You start playing soccer every day for a week! Replace 2 red cards with 2 green cards.
- 3- You start eating fermented foods like yogurt and kombucha. Replace 2 red cards with 2 green cards.
- 4- You learn to drive and start getting fast food every day for dinner. Replace 3 different green cards with 3 of the same red cards.
- 5- You start yoga and meditation class so your stress levels go down. Replace 2 red cards with 2 green cards.
- 6- You have a huge Math test next week and you are super stressed about it. Replace 2 green cards with 2 of the same red cards.

Round 2- Life Event Dice Roll

1. Based on the life event you rolled, exchange your cards.
2. Record the data about your new bacteria population.
3. Choose from the side effects buckets.
4. Record side effects.

Side Effects Buckets!

If 50% or more of your bacteria are red, than choose 2 cards from the negative side effects bucket.

If more than 50% of your bacteria are green, than choose 2 cards from the positive side effects bucket.

Round 3- Choose what you would eat on a typical school day.

1. Send one team member to choose 3-5 food cards to represent your diet for a typical school day.
2. Record the foods on your data table.
3. Based on the foods you chose, exchange your cards.

If you chose **50% or more processed, high fat/sugar foods....**

Exchange 2 different green bacteria cards for 2 of the same red bacteria cards

If you chose **more than 50% fresh, unprocessed foods...**

Exchange 2 red bacteria cards for 2 different green bacteria cards

Round 3

1. Record the data about the new bacteria population.
2. Choose from the side effects buckets!
3. Record side effects.

Side Effects Buckets!

If 50% or more of your bacteria are red, than choose 2 cards from the negative side effects bucket.

If more than 50% of your bacteria are green, than choose 2 cards from the positive side effects bucket.

Round 4- Life Event Dice Roll!

1. Choose one team member to roll the die.
2. Remember the number you rolled.

Life Event Dice Roll

- 1- You get sick and need to go on antibiotics. Replace 3 different green cards with 3 of the same red cards.
- 2- You start playing soccer every day for a week! Replace 2 red cards with 2 green cards.
- 3- You start eating fermented foods like yogurt and kombucha. Replace 2 red cards with 2 green cards.
- 4- You learn to drive and start getting fast food every day for dinner. Replace 3 different green cards with 3 of the same red cards.
- 5- You start yoga and meditation class so your stress levels go down. Replace 2 red cards with 2 green cards.
- 6- You have a huge Math test next week and you are super stressed about it. Replace 2 green cards with 2 of the same red cards.

Round 4

1. Based on the life event you chose, exchange your cards.
2. Record the data about your new bacteria population.
3. Choose from the side effects buckets.
4. Record side effects.

Side Effects Buckets!

If 50% or more of your bacteria are red, than choose 2 cards from the negative side effects bucket.

If more than 50% of your bacteria are green, than choose 2 cards from the positive side effects bucket.

Round 5- Choose what you would eat in order to improve your gut bacteria

1. Send one team member to choose 3-5 food cards to represent your improved diet.
2. Record the foods on your data table.
3. Based on the foods you chose, exchange your cards.

If you chose **50% or more processed, high fat/sugar foods...**

Exchange 2 different green bacteria cards for 2 of the same red bacteria cards

If you chose **more than 50% fresh, unprocessed foods...**

Exchange 2 red bacteria cards for 2 different green bacteria cards

Round 5

1. Record the data about the new bacteria population.
2. Choose from the side effects buckets!
3. Record side effects.

Side Effects Buckets!

If 50% or more of your bacteria are red, than choose 2 cards from the negative side effects bucket.

If more than 50% of your bacteria are green, than choose 2 cards from the positive side effects bucket.

Conclusion

1. Record any final data or notes.
2. Discuss analysis questions with your group. Write your own answers! It's okay if your answers are different.
3. Share your answers with the class as we discuss together.