

THE GUT GAME

Two or more players

5 and 10 - Junk food jungle

Nooo! You had too much junk food!! Your gut is very upset...
Go back to number 4!

7 - Probiotics

Yogurt contains good bugs called "probiotics".
These good bugs live in your gut and help your body
fighting against the harmful bugs!
With your new superpowers go to number 16!

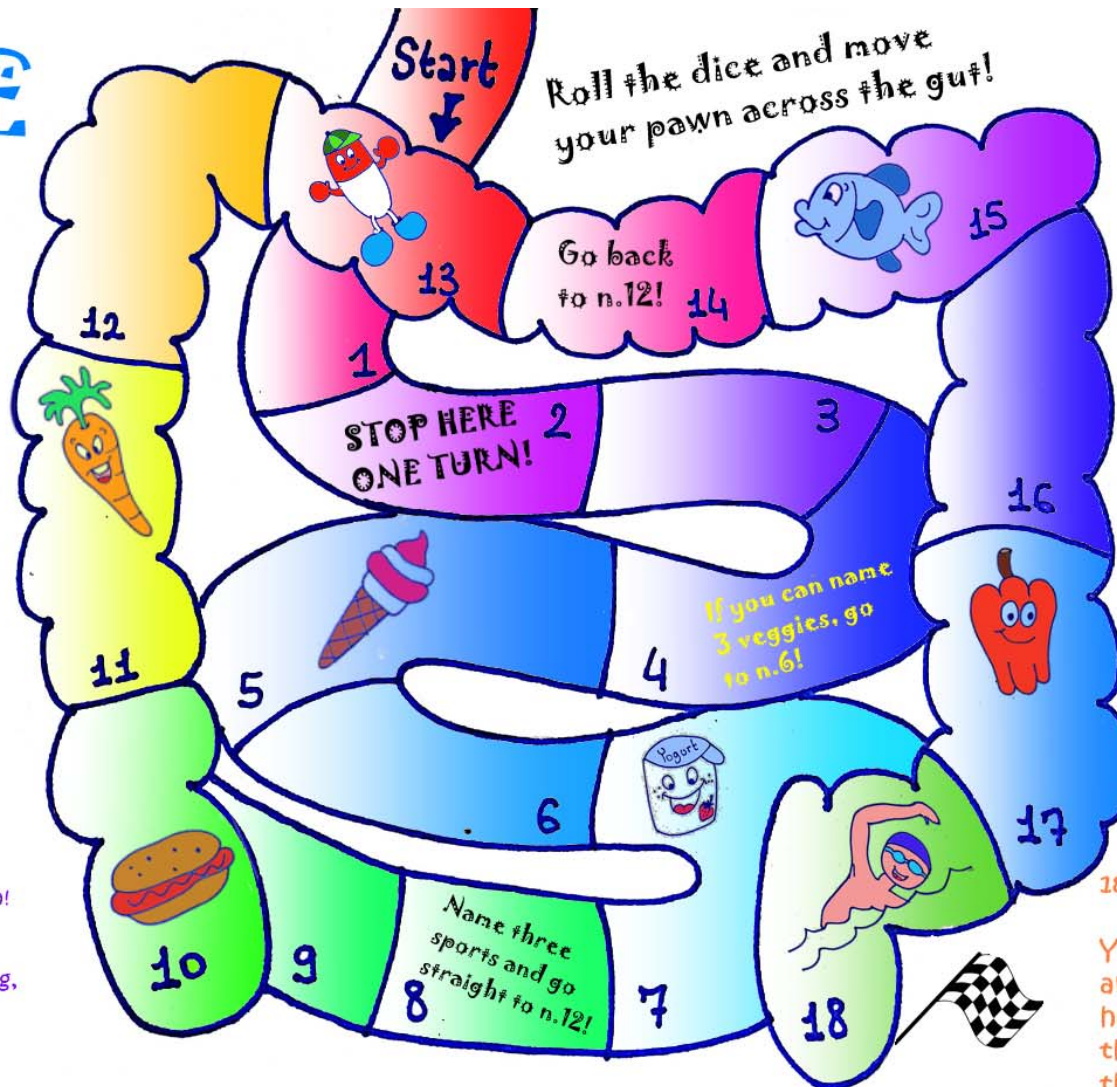
11 and 17 - Fruit and veggies

Fruit and veggies are your friends!
They are rich in vitamins and minerals that support your
immune system. They also contain fibres,
which are broken down by the good bugs and used as fuel
by the gut cells.

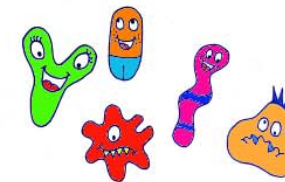
13 - Antibiotics

Nooo! A bad bug caused you an infection!
You need to take some antibiotics
to fight this bad guy...
Sadly, while getting rid of the harmful bug,
the antibiotic has also killed some of
your good gut bacteria.
Go back to number 7 and take some
probiotics to fix your gut!

Jump to the next box!



Roll the dice and move
your pawn across the gut!



15 - Fatty fish

Fatty fish like salmon
and herrings contain
substances called
"omega-3" that can
help to calm
an upset tummy.

Jump to number 16!

18 - WELL DONE YOU!

Your healthy diet
and active life style
helped you winning
this fight against
the bad bugs!