The Secret World Inside You
8.2 Your Microbiome Interactive Table

[Intro]

3 games to build your microbiome!

Your goal is to grow as many helpful microbes as you can.

HELPFUL MICROBES

NOT HELPFUL MICROBES

The colored dots represent gut microbes that keep you healthy—if you feed them right.

START

[these headings persist throughout game]

Build your Microbiome!

Game 1   Game 2   Game 3

Language

Start over

plunger

[GAME 1]

How to Play
1) Touch one of the foods below to select it.
2) Then pull and release the plunger on left edge of the table to feed your gut.

[beside human figure] Watch me to see how you’re doing!

[timer]
30

Build a diverse biome
Touch a food

[Food results]

**YOUR SCORE**

[high score]
Good job! You built a rich, healthy, diverse microbiome. The foods you chose helped many different kinds of microbes grow.

[beside human figure]
A rich, diverse microbiome helps prevent obesity, diabetes, allergies, cancer, stroke and heart disease.

[low score]
Uh oh! The foods you chose didn’t help very many microbes grow. Your gut has very low diversity. Try again?

[beside human figure]
A weak microbiome with low diversity can leave you vulnerable to obesity, diabetes, allergies, cancer, stroke and heart disease.

[YOUR MEAL]

**GOOD for microbiome**
Fruits, vegetables and whole grains are full of fiber, which feeds friendly microbes. Cultured foods like yogurt contain live bacteria that give your microbiome a boost.

**BAD for microbiome**
Sugar, fat, protein, and processed foods do have nutrients, but don’t help diverse gut microbes grow.

[GAME 2]

**CURE YOUR INFECTION!**

You have a throat infection! Your doctor prescribes antibiotics. They’ll kill the bacteria causing the infection in your throat—but they’ll also kill some beneficial microbes in your gut. Which type will do the least damage?

Touch an antibiotic to start.
Broad-spectrum antibiotic
Narrow-spectrum antibiotic

[Medicine play]

**broad-spectrum antibiotic.**
This antibiotic cured your throat infection. But because it's effective against many different kinds of bacteria, it killed a LOT of good gut bacteria as well.

**narrow-spectrum antibiotic.**
This antibiotic cured your throat infection. It also killed some good bacteria, but because it targets a narrower range of bacteria than broad-spectrum antibiotics, there was less damage to the gut microbes.

Throat infection cured!

Touch REPLAY to try a different antibiotic, or NEXT GAME to continue.

[GAME 3]

**REBOOT YOUR BIOME!**

You’ve got another infection—and this one is in your gut! Antibiotic-resistant *C. diff* bacteria (red dots) are spreading fast. Your doctor prescribes antibiotics.

Touch the pill bottle.

**ANTIBIOTIC**

[after taking antibiotics]
The antibiotics killed a lot of good bacteria, but not the infection—it’s antibiotic resistant! The medicine just removed its competition.

Try again—or, try some probiotics instead.

**ANTIBIOTIC**
**PROBIOTIC**

[probiotics option]
Probiotics might help prevent *C. diff* infections, but this one is too well established. You need something stronger. How about a fecal transplant?

**ANTIBIOTIC**
**PROBIOTIC**
Congratulations!
You transplanted a massive dose of microbes from a healthy person’s gut into yours. The huge infusion rebuilt your microbiome, and pushed out the pathogens. Well done! You’re ready to move on and face the world!