

AGENTS OF CHANGE



MISSION LOG

B1: THE MICROBIOME

**TOP SECRET
STUFF INSIDE**

**MISSION
LOADING**



SANDWICH SWAPS

Create a recipe of your favourite sandwich.

Make your sandwich, then cut it up and swap and share your sandwiches with your friends - it is good to try new things!

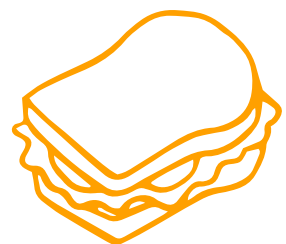
RECIPE FROM AGENT _____'S KITCHEN

RECIPE FOR:

INGREDIENTS:

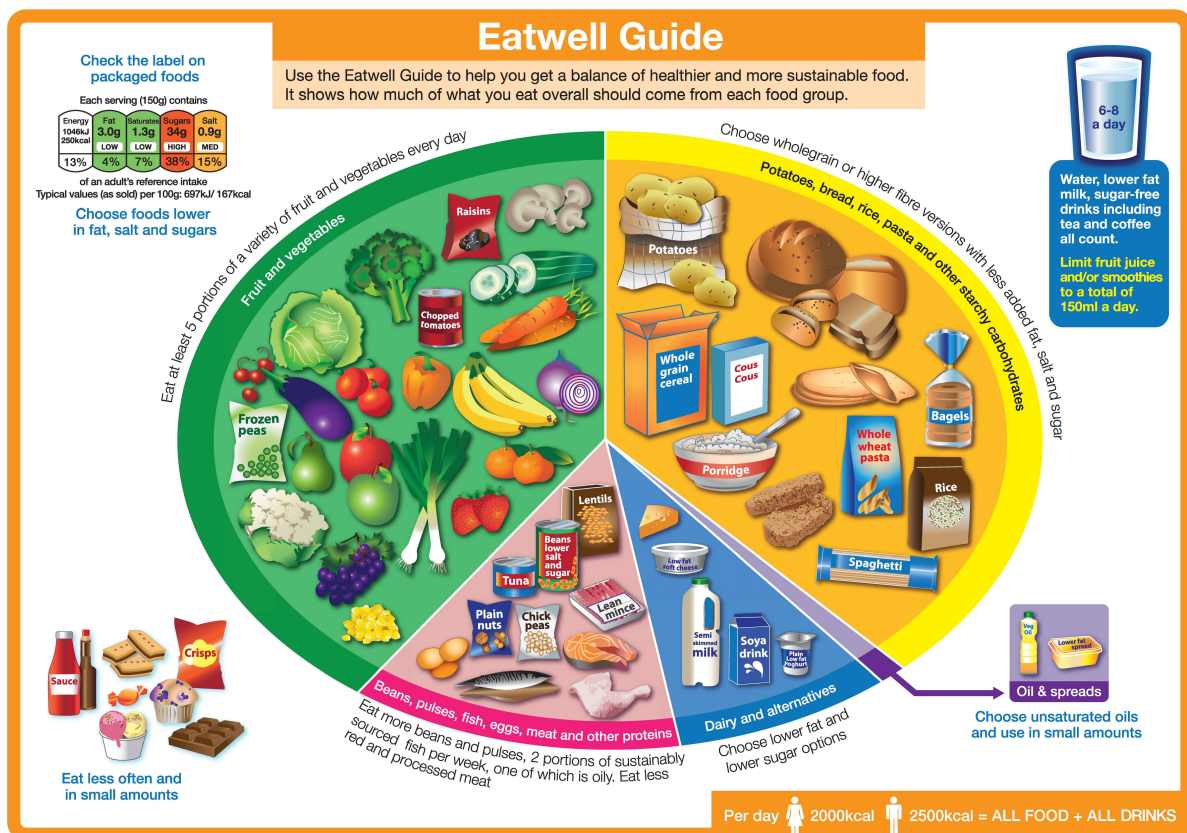
EQUIPMENT:

METHOD:



SANDWICH SWAPS

Each food often contains many different nutrients. Some are identified as being a good source of a particular nutrient and therefore are placed in a food group. We can use food groups to support us in eating a balanced diet that provides all the nutrients we need. Use the guide below to identify which food group the ingredients in your sandwich belong to. Could you swap or add any foods to improve the nutritional content of your sandwich? Discuss this with a partner.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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HUMAN DIGESTION: MAKE A POO

Explore digestion using a pair of old tights!

You will need:

- Stomach Acid: Orange juice
- Saliva: Water
- Food: Cracker and banana
- Stomach: Clear plastic freezer bag
- Small Intestine: Leg of tights
- Body: Tray
- Scissors
- Funnel

Mouth to Stomach

Place the cracker, banana and water in the bag to model swallowing.

Stomach

Add the orange juice to the bag and squash and mash to model the stomach acid breaking down the food.

Small Intestine

Cut a hole at the end of the plastic bag and pour into the tights using the funnel.

Body

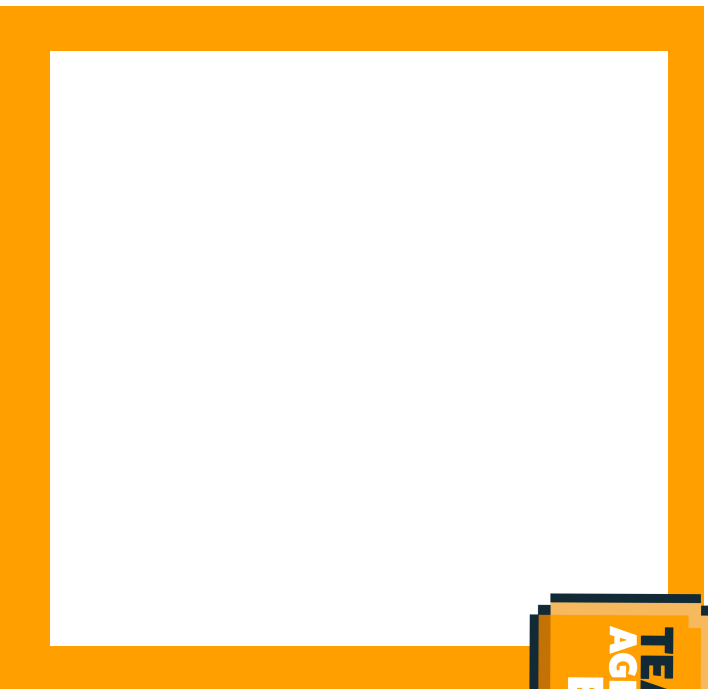
Squeeze the mixture in the tights over the top of the tray to model the body absorbing the nutrients from food.



Cut a small hole in the bottom of the tights and squeeze the food out, to model the food waste product coming out the body.

MY UNIQUE PROFILE

AGENTS OF CHANGE



AGENT NAME

AGE

AGILITY

SPECIAL

SKILL

FAVOURITE

FOOD

FOOD I

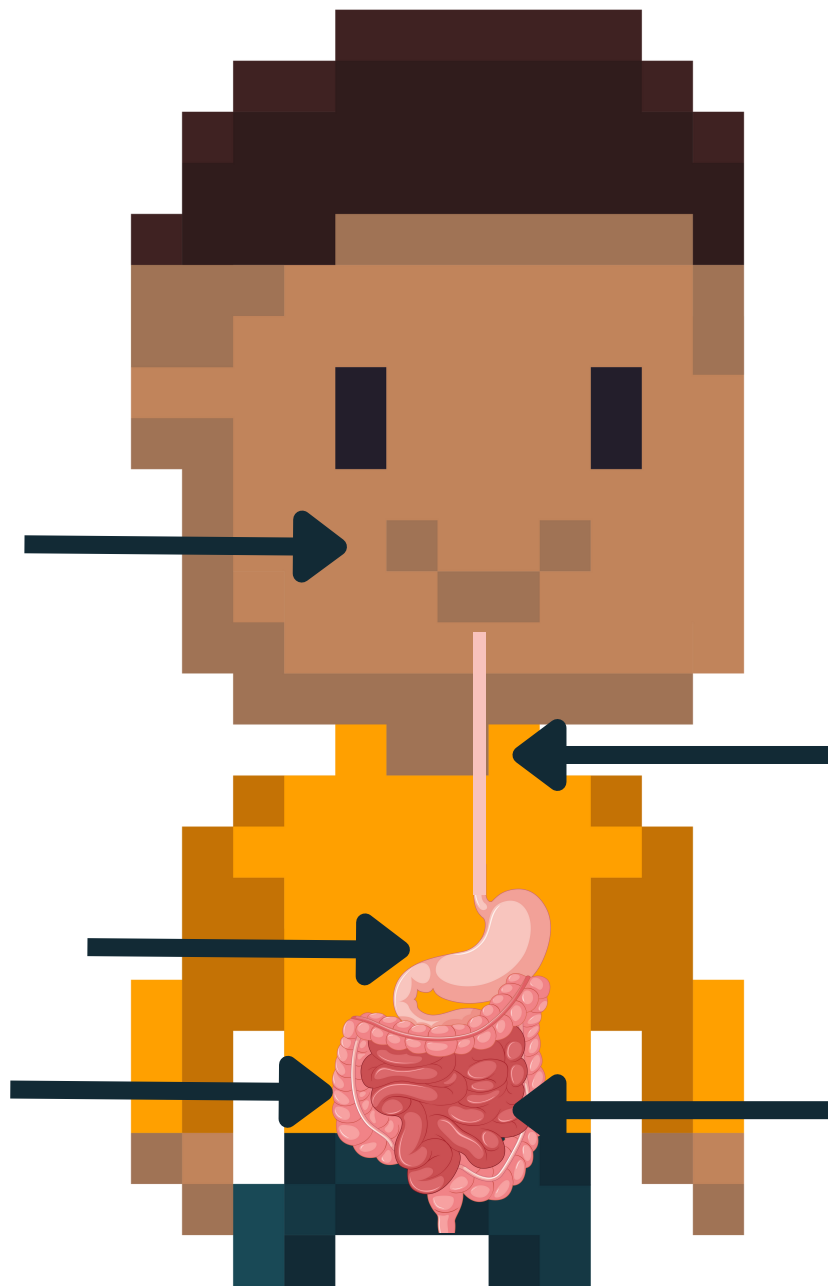
WOULD LIKE

TO TRY

HUMAN DIGESTION

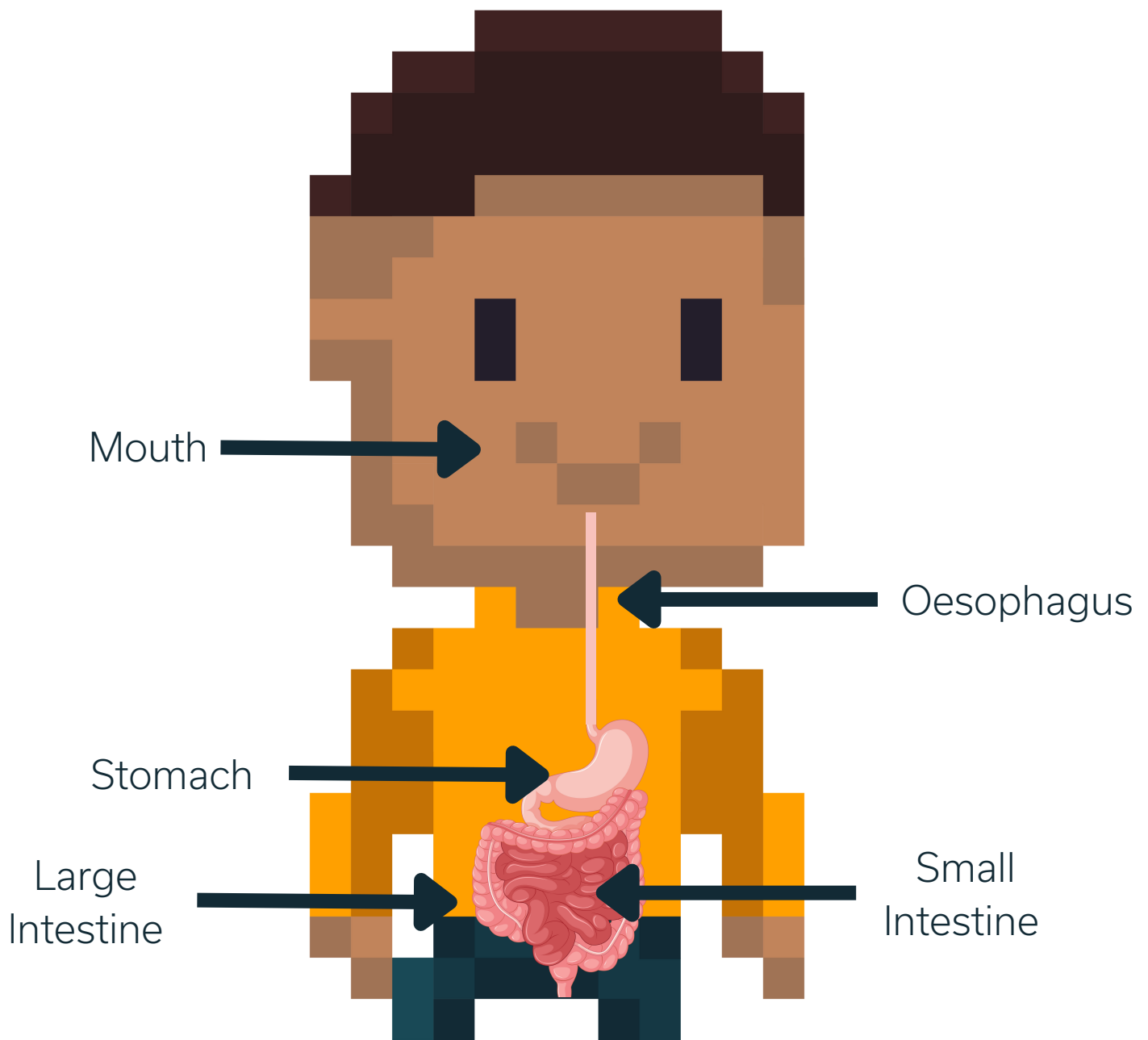
Label the different body parts on the diagram used in to digest food.

stomach small intestine large intestine
mouth oesophagus



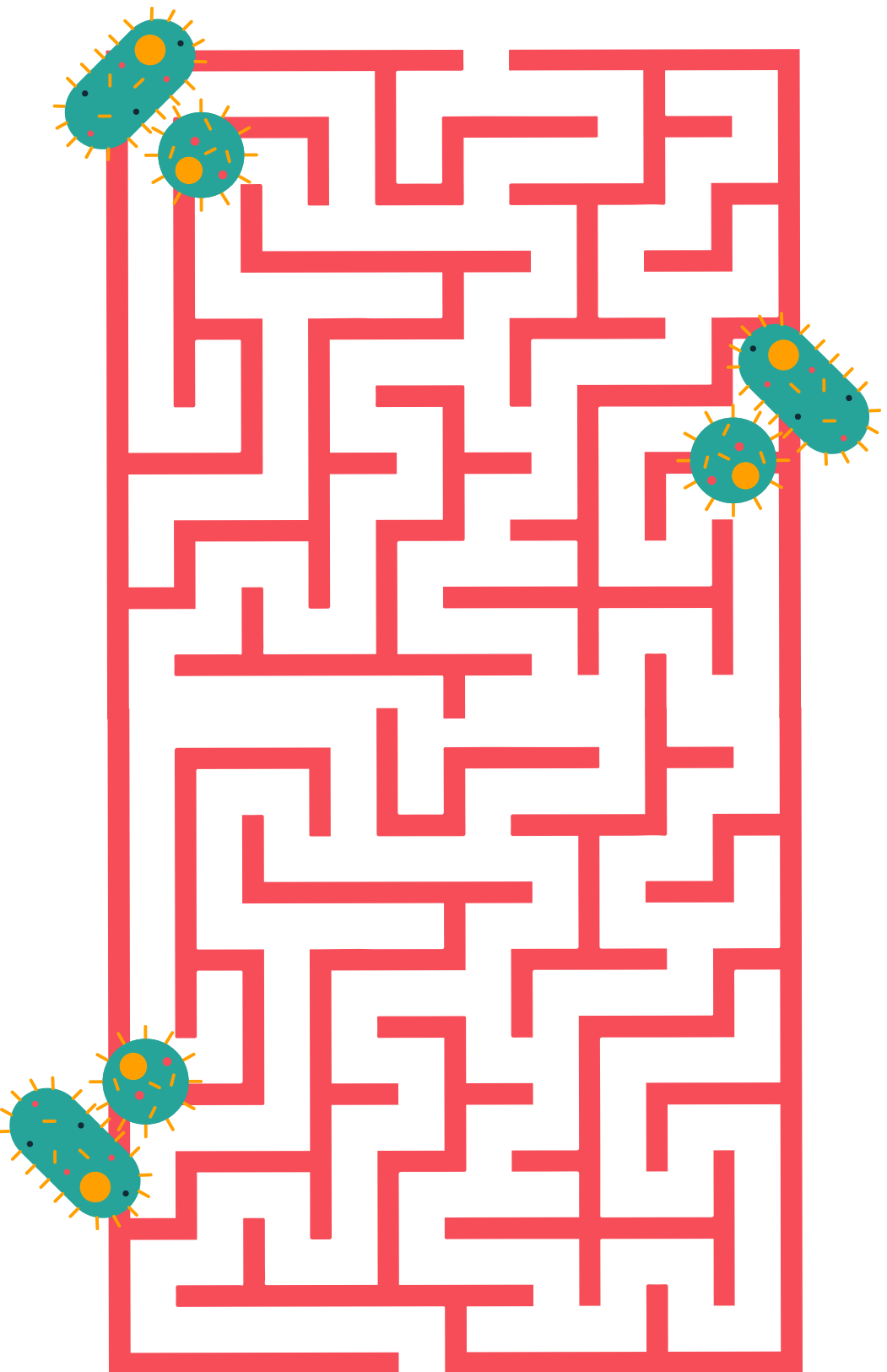
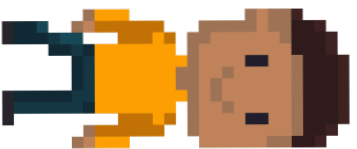
HUMAN DIGESTION

Label the different body parts on the diagram used in to digest food.



ESCAPE THE GUT!

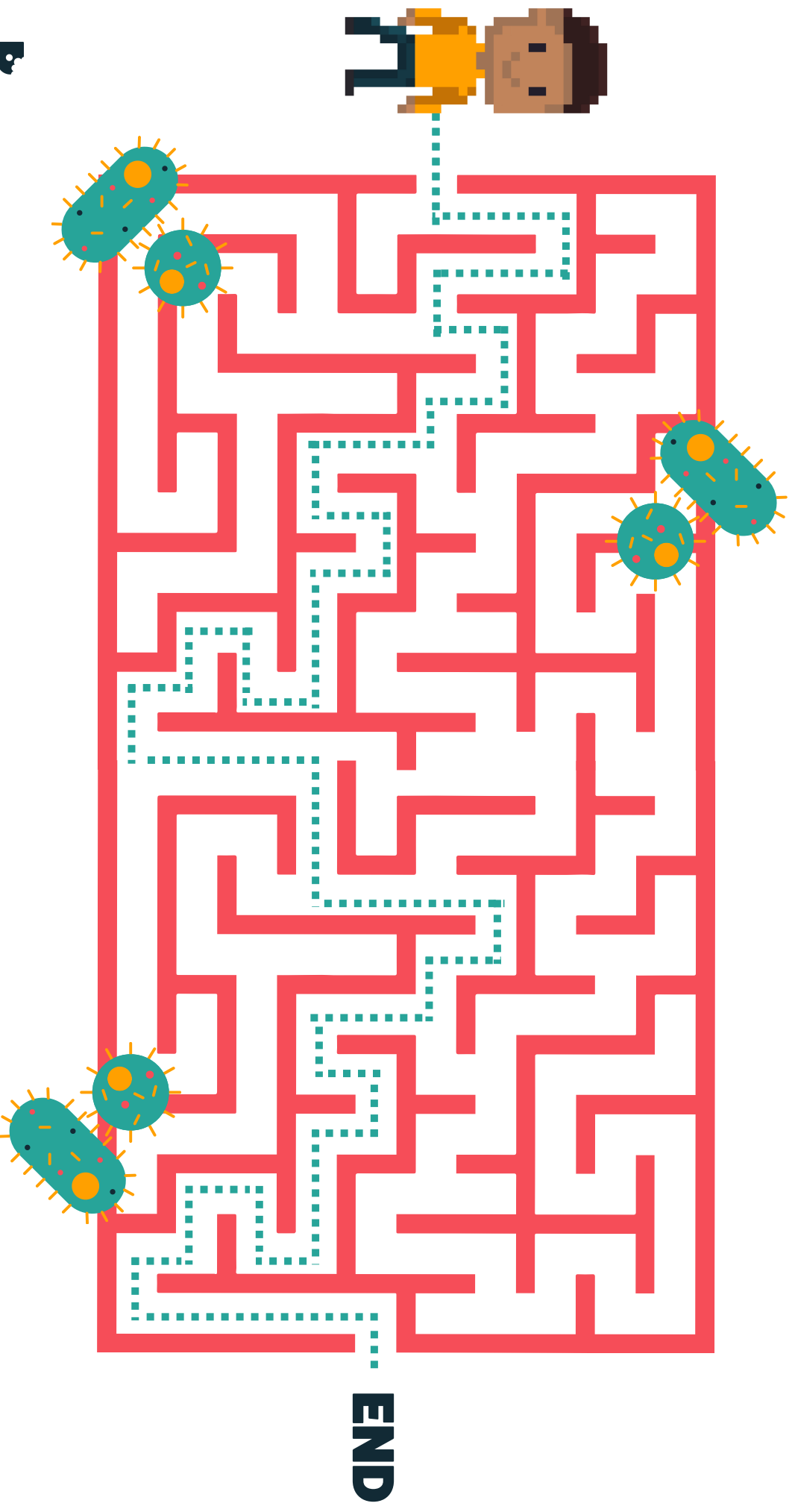
Can you help Agent B to escape the gut? Remember not to worry about the bacteria they are friendly and there to help!

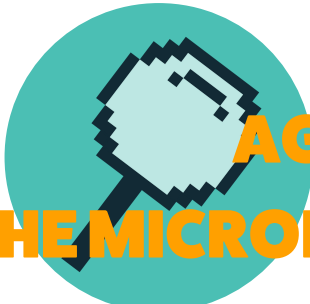


END

ESCAPE THE GUT! ANSWER SHEET

Can you help Agent B to escape the gut? Remember not to worry about the bacteria they are friendly and there to help!





AGENT B'S THE MICROBIOME DECODED

BASIC HUMAN NEEDS

The absolute minimum resources necessary for long term physical well being in a community. The traditional basic needs list includes, water, food and shelter, it now often includes transportation, sanitation, education and healthcare.

BALANCED DIET

A diet consisting of a variety of different types of foods and providing the correct amount of nutrient necessary for good health. To see what a suggested balanced diet is look up The Eat Well Guide on the NHS website.

NUTRIENT

There are seven groups of nutrients that food are classified into. We need all the nutrients in different amounts for survival and growth.

BACTERIA

Tiny cells that get nutrients from their environment.

GUT/INTESTINES

The long tube in the body of a person or animal, through which food moves during the process of digesting food. The large and small intestines work to remove nutrients and water from food.

IMMUNE SYSTEM CONFIDENT

The body's system to help fight off sickness.

When you believe you can do something, even if it's difficult.

CONCENTRATION HORMONE

The ability to pay close attention.

Chemical messengers that coordinate different functions in your body.

SEROTONIN

It is used by the body to send messages between cells. It appears to play a part in mood, emotions, appetite, and digestion.

AGENT B'S

VOCABULARY CHALLENGE THE MICROBIOME

Below are some of the key words Agent B used in their latest training video.
Can you match them to the correct definitions?

BASIC HUMAN NEEDS	The absolute minimum resources necessary for long term physical well being in a community.
BALANCED DIET	There are seven groups of nutrients that food are classified into. We need all the nutrients in different amounts for survival and growth.
NUTRIENT	The ability to pay close attention.
BACTERIA	The long tube in the body of a person or animal, through which food moves during the process of digesting food.
GUT/INTESTINES	The bodies system to help fight off sickness.
CONCENTRATION	A diet consisting of a variety of different types of foods and providing the correct amount of the nutrients necessary for good health.
IMMUNE SYSTEM	Tiny cells that get nutrients from their environment.