

MAKE YOUR OWN MICROBIOME!

Having lots of different kinds of bacteria and microorganisms in your microbiome (gut!) is considered good for your health, but it's all about the right mix and a healthy balance. To help us understand the gut, make your very own unique microbiome using a range of textured items designed to be squeezed and squished.

To make your own microbiome you will need:

-  **A little ziplock bag** (your gut)
-  **A squirt of bubble bath** (tummy slime)
-  **A sprinkle of glitter** (house dust)
-  **2 small pom poms** (the bacteria *Bacteroides fragilis*)
-  **1 strand of spaghetti** (the bacteria *Bifidobacterium animalis*)
-  **1 kidney beans** (the bacteria *Enterococcus faecalis*)
-  **3 chickpeas** (the bacteria *Escherichia coli*)
-  **2 googly eyes** (the probiotic *Lactobacillus*)
-  **1 coloured craft stick** (the probiotic *Bifidobacterium*)



Everyone's microbiomes are completely unique and will have their own individual mix of bugs – so you can replace these bacteria and probiotic ingredients with fun alternatives in your house.

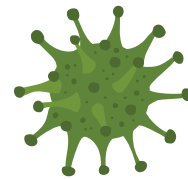
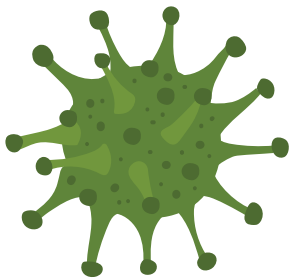
FUN FACT
Our microbiome community is made up of 380,000 billion bacteria!

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Method:

Pop it all in your gut (your little bag), zip it up tightly (make sure you don't have any messy leaks!) and mix and mush away. You have now created your very own microbiome!



Did you know?

Your bag with your own microbiome represents what is in your gut. Notice how there are lots of things in your gut all of the time? Your gut is an interesting, busy place!

Many of the things in your gut are keeping you healthy and providing the energy you need to be active.

At Telethon Kids, we are researching how gut health can improve overall health in children. From the water babies drink to how much fibre we eat, this research helps us provide the best recommendations to kids and parents.

You can help your microbiome by eating healthy foods and drinking water. Keeping active is important and taking probiotics might help too.



SAFETY TIP:

Many of the items in this activity are small and can be hazards to little kids, so keep these objects away from anyone under 3 years old!