

Activity Sheet One

Design a microbe-boosting lunch

My lunch is		
My gut bacteria will love it because		



Activity Sheet One

Name and Shame Fad Diets

My examples are
(include images if you wish)
1.
2.
3.
<i>5.</i>
Mu sud hasharia will wat like the and diete
My gut bacteria will not like these diets
My gut bacteria will not like these diets because